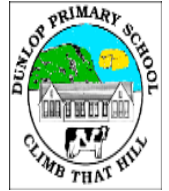


Dunlop Primary School and ECC Health Week and Sports Day Challenge June 2020



Monday

Walk in the Community Non Uniform Day

Kick start our Health Week Non Uniform Week by jumping into your sports clothes.

As part of our Walk in the Community and if possible and safe, Climb a Hill as this is our school motto, remember only go with an adult!

Along the way, take a break and sit quietly and enjoy the nature around you. Tune in your ears and listen for sounds of nature. Perhaps take some snacks and enjoy eating al fresco! Remember to clear up before moving on and help protect the natural habitat.

Emotional Health and Wellbeing

Begin each morning with morning yoga or mindfulness – visit Cosmic Yoga and find an activity you'd like to do

<https://www.cosmickids.com/category/watch/>

Begin your weekly Feeling's Cloud – think of different feelings and link a colour to each feeling. Over the week – colour a cloud which represents your feelings at that time. Remember it is so important to share your feelings with an adult.

Moving Matters – by moving our bodies we release endorphins and these make us feel happy! Visit Go Noodle and do some Zumba

<https://family.gonoodle.com/channels/zumba-kids>

Sports Day Challenge

From the list of Sports Day activities you have been given, choose which activities you would like to include in your Sports Day Challenge

Then:

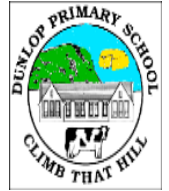
Make a plan of how your Sports day will be organised from first – last activity

Make a list of resources you will need for each sports activity

Begin to gather your resources

Make a score record sheet for each participant

Dunlop Primary School and ECC Health Week and Sports Day Challenge June 2020



Tuesday

Walk in the Community Non Uniform Day

Day 2 of Health Week Non Uniform Week so shows us your wild and wacky side and have a Crazy Hair Day!

As part of our Walk in the Community – take a walk and show off your crazy hair and along the way, look for interesting things in your community, perhaps a date on a building!

Emotional Health and Wellbeing

Begin each morning with morning yoga or mindfulness – visit Cosmic Yoga and find an activity you'd like to do

<https://www.cosmickids.com/category/watch/>

Complete a feeling on your Feeling's Cloud

Get up and get moving but these activities will also give your brain a workout - Visit Go Noodle for Brainercise

<https://family.gonoodle.com/channels/brainercise-with-mr-catman>

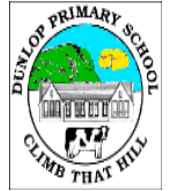
Sports Day Challenge

Decide on a name for your Sports Day then create a poster to advertise your Sports Day.

Remember to include date and time and some of the events that will be taking place.

Place your poster in your window or door to promote your event.

Dunlop Primary School and ECC Health Week and Sports Day Challenge June 2020



Wednesday

Walk in the Community Non Uniform Day

Day 3 of Health Week Non Uniform Week, show us how bright and bold you are!

Put on all your brightly coloured clothes and light up your community, like the bright sparks we know you are!

As part of our Walk in the Community - take your kindness rock to Dunlop Primary and place it at the wall in front of the school. This may just brighten someone's day!

Please note, the Community Council is wanting to create a Community Caterpillar and the kindness rock will support this.

Emotional Health and Wellbeing

Begin each morning with morning yoga or mindfulness – visit Cosmic Yoga and find an activity you'd like to do

<https://www.cosmickids.com/category/watch/>

Complete a feeling on your Feeling's Cloud

Kindness Rocks is focused on spreading positivity in your community. Paint two rocks in bright colours and then write a kind message on each. (your 2nd rock is for later in the week)

Sit or stand up and Think About It - Visit Go Noodle and take part in guided relaxation

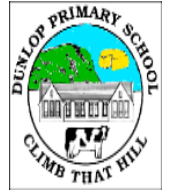
<https://family.gonoodle.com/channels/think-about-it>

Sports Day Challenge

Design number cards to be worn by the participants who will be taking part in your Sports Day. These might also include the name of your Sports Day.

Create and make medals or certificates to reward the winners of each event

Dunlop Primary School and ECC Health Week and Sports Day Challenge June 2020



Thursday

Walk in the Community Non Uniform Day

It's our penultimate day in our Health Week Non Uniform Week so go wild for nature and Wear it Green!

Or perhaps you have a wild side and you want to Wear it Wild and wear clothes with animal print or an animal picture!

As part of our Walk in the Community – take a walk and visit the Dunlop Fairy Trails in the Millennium Park and Commoncraig Woodlands. While there, sit still and listen, perhaps you'll be lucky enough to see one of the local fairies!

Bring your 2nd kindness rock and leave for the fairies (as requested by the fairies!)

Emotional Health and Wellbeing

Begin each morning with morning yoga or mindfulness – visit Cosmic Yoga and find an activity you'd like to do

<https://www.cosmickids.com/category/watch/>

Complete a feeling on your Feeling's Cloud

Fun – having fun makes us feel good so get up, get moving and dance like no one is watching!

Visit Go Noodle and have fun with these action songs/dances – remember you are never too old or too cool to have fun!

<https://family.gonoodle.com/channels/moose-tube>

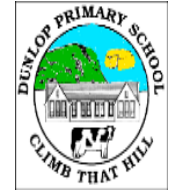
Sports Day Challenge

Plan an athlete's lunch/snacks for after Sports Day.

Athletes need to remain hydrated – prepare water bottles.

Plan your warm up for Sports Day, the participants need to warm up before participating as this will prevent injury or sore muscles so plan some gentle warm-up exercises.

Dunlop Primary School and ECC Health Week and Sports Day Challenge June 2020



Friday

Walk in the Community Non Uniform Day

It's the final day of our Health Week Non Uniform Week, so show your loyalty to your school house and wear clothes in Dunlop House Colours.

Dunlop house colours are red, yellow and blue.

Wear a little but it would be fun if you wore a lot!

I haven't planned a walk in the community today as I know you are going to be very physical with your Sport's Day Challenge! Let the Games Begin!

Emotional Health and Wellbeing

Begin this morning with morning yoga or mindfulness – visit Cosmic Yoga and find an activity you'd like to do

<https://www.cosmickids.com/category/watch/>

Complete a feeling on your Feeling's Cloud. Discuss your week of feelings with an adult as it is really good to talk.

You have been so busy this week, visit Go Noodle and choose activities that will help both your mind and body relax.

<https://family.gonoodle.com/channels/flow>

To help you relax just a little more, chat with your family, share your feelings, talk about your week and then relax on the sofa watching a movie together.

Sports Day Challenge

Set up your Sports Day - arrange your resources, equipment and record sheets.

Organise your participants – tell them the running order of your events. Give them their number cards to wear.

Remind the participants of health and safety and the importance of staying hydrated throughout! Give out water bottles.

Organise a photographer or videographer! All good sporting events need to be documented, so get the camera and the photographer briefed. If you are very technical, perhaps you can make a movie or montage of your event or week!