**C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0301480.wmfHealth Week   
14th – 18th June**Throughout health week we will promote things we can do to have a balanced healthy lifestyle.   
The activities below will be on offer for all children to take part in, if they want, throughout the free flow of the session.   
We will update learning journals and our GLOW blog throughout the week to include you in sharing the fun.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ZONE A** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Walk to School Week** | Wear a hat or sunglasses | Happy Shoesday | Wear bright clothes or accessories | Wear odd socks | Crazy hair day! |
| **Snack** | Make own smoothies | Veggie sticks and dips | Yoghurt and fruit | Fruit Kebabs | Ice lolly at races |
| **Sport of the day** | **Football** | **Cycling** | **Dance** **with Miss Ainsley!** | **Obstacle Course** | **Running Races** |
| **Group Time Focus** | * Ring games * ‘Pantosaurus’ story * ‘Dinosaurs love underpants’ story * Running Races | **All groups** - Ziggy Road Safety Books | * Ring games * ‘Pantosaurus’ story * ‘Dinosaurs love underpants’ story * Running Races | * Ring games * ‘Pantosaurus’ story * ‘Dinosaurs love underpants’ story * Running Races | **All groups –** Yoga, relaxation, meditation |

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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ZONE B** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | |
| **Walk to School Week focus** | Wear a hat or sunglasses | Happy Shoesday | Wear bright clothes or accessories | Wear odd socks | | Crazy hair day! |
| **Snack** | Make own smoothies | Veggie sticks and dips | Yoghurt and fruit | Fruit Kebabs | | Ice lolly at races |
| **Sport of the day** | **Obstacle Course** | **Football** | **Dance** **with Miss Ainsley!** | **Cycling** | **Running Races** | |
| **Group Time Focus** | * ‘Pantosaurus’ story * ‘Dinosaurs love underpants’ * Ring Games * Running Races | * ‘Pantosaurus’ story * ‘Dinosaurs love underpants’ * Ring Games | * ‘Pantosaurus’ story * ‘Dinosaurs love underpants’ * Ring Games * Running Races | Ziggy story books with a Road Safety Focus | Yoga, relaxation and meditation | |