

Kirklandpark Primary

Health Month 2024



Primary 4-7

Activities

Primary 4-7 Calendar Overview

Monday 29th April	Tuesday 30th April	Wednesday 1st May	Thursday 2nd May	Friday 3rd May
		<u>Theresa Smart</u> Basketball Cosmic Yoga	Inservice	Friday Walk
Monday 6th May	Tuesday 7th May	Wednesday 8th May	Thursday 9th May	Friday 10th May
Holiday	<u>Lorna Lee</u> Parachute Games Compliment Flower		<u>Emma Kelly</u> Orienteering Relay Mindfulness Colouring	Friday Walk
Monday 13th May	Tuesday 14th May	Wednesday 15th May	Thursday 16th May	Friday 17th May
<u>Jacqui Jarvis</u> Frisbee Relay Cloud Gazing	<u>Nicole Tweedlie</u> Skipping Meditation	<u>Lisa Purse</u> Dodgeball Sun Safety	<u>Rachel Thomson</u> Name Workout Affirmation Catcher	Friday Walk
Monday 20th May	Tuesday 21st May	Wednesday 22nd May	Thursday 23rd May	Friday 24th May
Food Technology Week & Walk to School Week				
	<u>Amy Browline</u> Team Building Challenges Healthy Food Quiz	<u>Amanda Gray</u> Health and Wellbeing Heros Activities	Sports Day	Holiday
Monday 27th May	Tuesday 28th May	Wednesday 29th May	Thursday 30th May	Friday 31st May
Holiday	Last Week of Homework P7 Transition Day		<u>Natasha White</u> Hula Hooping Water Safety	Inter House Football and Netball (11am)

Theresa Smart- Wednesday 1st May 2024

Basketball

Equipment:

- Basketballs
- Basketball hoops in MUGA
- Cones

Activity:

- Split the children into 2 teams
- Children dribble the basketball around the cones.
- When the first child reaches the red cone, the next child should begin to dribble, maximising the number of children actively involved.
- Points are obtained by successfully shooting into the net

Cosmic Yoga

Equipment:

- Chromebook/C Touch
- Youtube

Activity:

- Search for Cosmic Kids Yoga on Youtube
- Ask each child to find a space on the carpet, they may wish to remove their shoes.
- Play a selection of videos from Cosmic Yoga Kids to best suit the interests of your class.
- Plenary, to discuss how participating in a yoga session made the children feel. Discuss the mental health benefits associated with yoga.

Lorna Lee- Tuesday 7th May 2024

Parachute Games

Equipment:

- Parachute

Activity:

- Choose a variety of parachute activities to suit the needs of your pupils.
- <https://www.hartsport.com.au/article/1133/6-favourite-parachute-games>
- <https://www.scouts.org.uk/news/2023/november/17-quick-and-easy-parachute-games-to-play/>

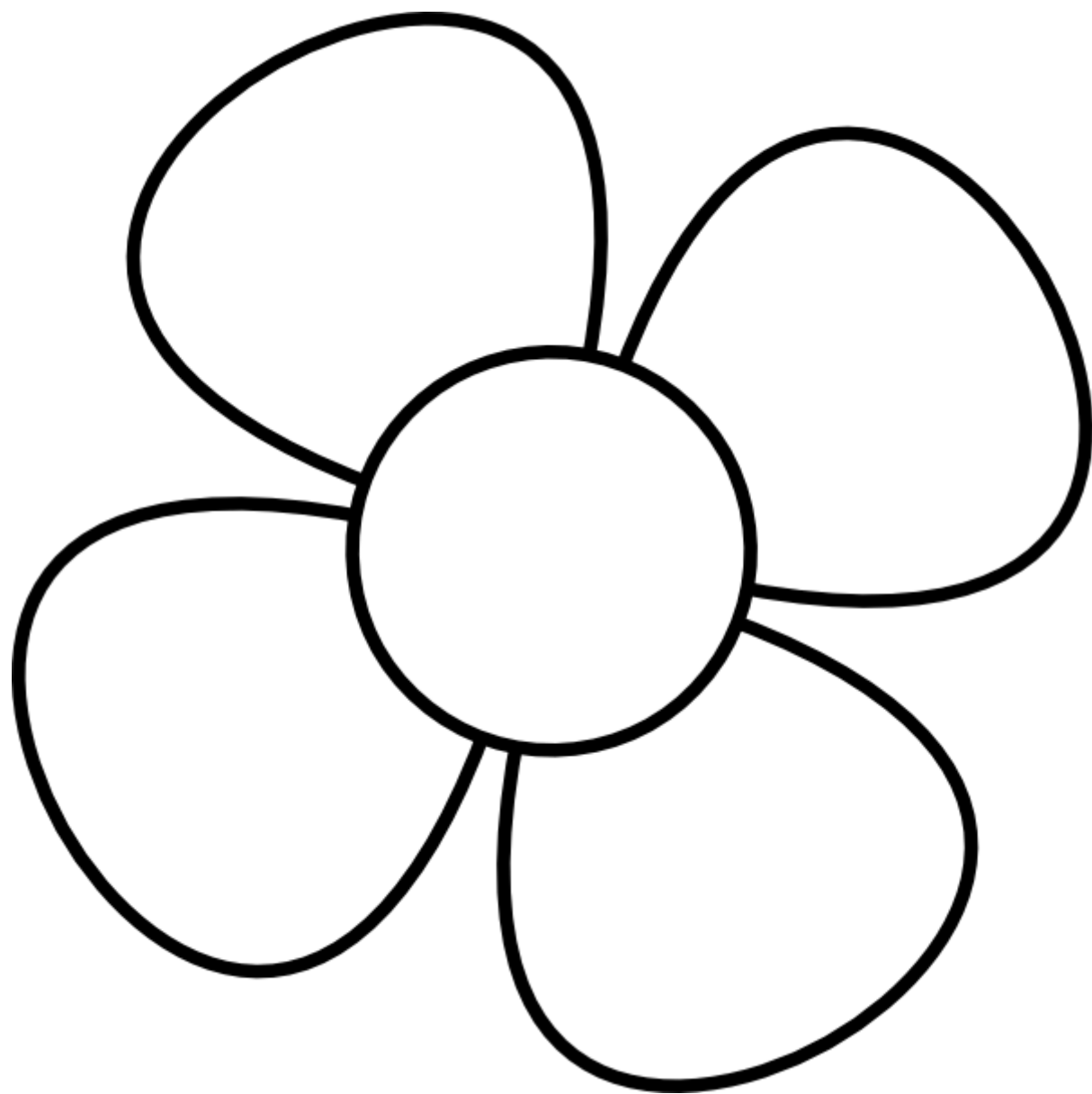
Compliment Flower

Equipment:

- Flower template

Activity:

- Use the attached worksheet or ask the class to draw their own flower with 3 or 4 petals.
- Children write their own name in the centre of the flower.
- The pass the flower to another child in their group and they will write a compliment in a petal.
- Keep passing until all the petals are full.
- Pass back to the child whose name is in the centre for them to read the compliments.



Emma Kelly- Tuesday 7th May 2024

Orienteering Relay

Equipment:

- Hula Hoops
- Bean Bags
- Cones
- Orienteering cards

Activity:

- Your class should be split into 4 equal groups and the aim is for them to complete a relay race to create the images attached using different gym equipment like hula hoops, bean bags etc (there will be a copy of the pictures for you in the box, so the children have a reference picture to recreate).
- All the equipment should be at the top of the muga pitch, children run to the equipment, take 1 thing they need for the picture and bring it back to their group, this should continue until all 12 items they require have been collected.
- The aim is to run and collect all the things they need and recreate the picture by the end of the relay. Winning group are the first group to recreate the picture accurately.

Mindfulness Colouring

Equipment:

- Mindfulness Mats (please see email for more examples)

Activity:

- On the sheet there is the colouring section, a mindful question and a mindful activity they can complete on the sheet or by closing their eyes to think about it. I attached multiple different options to allow you to choose which you feel is best for your class.



1. Funny Faces

Aim

- Use the equipment indicated and map key to create the Funny Face accurately using information on the map.

Organisation

- Set up equipment as shown. Put out extra if available to allow for mistakes.
- Explain to children the concept of the word 'symbol'.
- Arrange children preferably in pairs so they don't have long to wait for a turn.
- First child in each pair is given a Funny Face map, runs to their pile of equipment, selects the right piece for No 1 on their map, then places it in appropriate place in their Funny Face hoop.
- The child then runs back and hands map to other person. Continue till Funny Face is complete (12 items), placing each item in the correct number order as shown on the map.
- If preferred, the pair can work as one unit throughout, in which case place the equipment store hoop on the Start line.
- Pairs can swap over and try another 'Face'.



Funny Faces



Objectives

- To understand the concept of a map or plan.
- To reinforce the concept that a map is like a picture.
- To understand the use of symbols and a key.
- To develop spatial awareness of the relationship of shapes to each other by transferring information on a plan to reality.

Equipment

	Yellow	Green	Red	Blue
Bean Bags	2	2	2	2
Cones	2	2	2	2
Quoits	2	2	2	2

- 3 extra hoops for equipment store
- Funny Face maps – 1 – 6



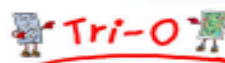
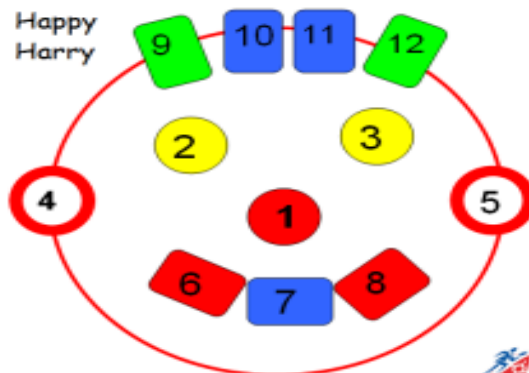
Funny Face 1



Key



Happy Harry



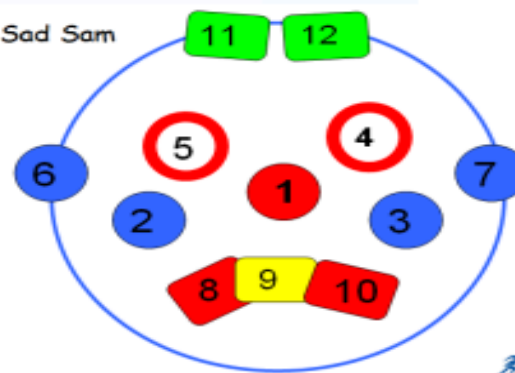
Funny Face 2



Key



Sad Sam



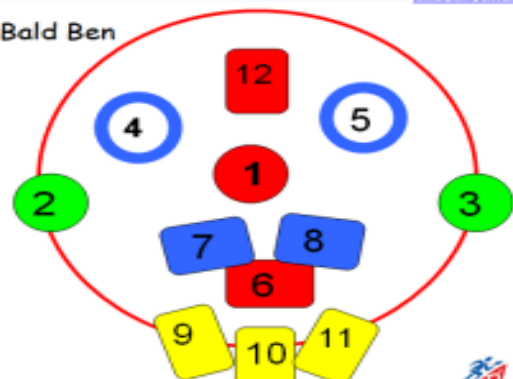
Funny Face 3



Key



Bald Ben



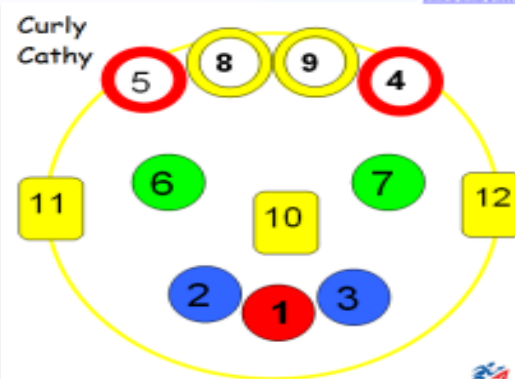
Funny Face 4



Key



Curly Cathy




Teaching **PEACE**
Pages 2, 3 and 4

Think of three things that you love to do.



1. _____
2. _____
3. _____

Draw a picture of a person who is special to you.



Treat everyone you meet as if they were you.
Doug Dillon

How are you feeling today?





Teaching **PEACE**
Pages 2, 3 and 4

Think of some words to describe how you are feeling right now.



1. _____
2. _____
3. _____

Close your eyes and count as you slowly take each breath in and out.



Be mindful. Be grateful. Be positive. Be true. Be kind.
Roy T. Bennett

How are you feeling today?

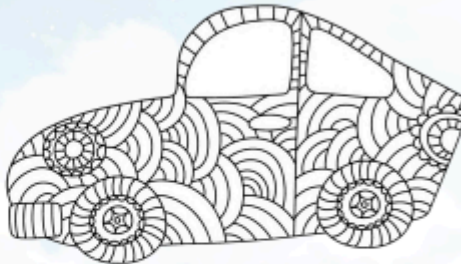



Teaching **PEACE**
Pages 2, 3 and 4

Think of three things that make you laugh.



1. _____
2. _____
3. _____

Draw a picture that shows a time when you felt happy.



Mindfulness means being awake. It means knowing what you are doing.
Jon Kabat-Zinn

How are you feeling today?





Teaching **PEACE**
Pages 2, 3 and 4

Think of three people or things that are special to you.



1. _____
2. _____
3. _____

Sit still (or lie down) and close your eyes. Squeeze every muscle in your body as tight as you can. After a few seconds, release your muscles and relax. How do you feel?



You cannot control the results, only your actions.
Allan Lokas

How are you feeling today?

Jacqui Jarvis- Monday 13th May 2024

Frisbee Relay

Equipment:

- Frisbees

Activity:

- Focusing on hand- eye coordination
- Children work in groups of 4 or 5 (depending on class size). There are 8 frisbees available.
- Using a square/pentagon formation, the children aim to pass the frisbee to their teammates without dropping it to build relay points. 4 successful passes= 4 points.
- Use a backhand throw to pass the frisbee.
- Which team can achieve the most successful passes or personal best per team.
- Can be adapted to passing in a line formation.
- Extra challenge: use a forehand flick to pass.

Cloud Gazing

Equipment:

- Jacket/blanket for the ground.

Activity:

- Children lie down on their jackets to observe the cloud formations.
- Encourage children to lie quietly for a few minutes.
- Prompt children to look for shapes/ patterns or any other objects in the cloud formations.
- Follow up with a sensory poem about their experience or an art activity where they sketch what they observed.

Nicola Tweedlie- Tuesday 14th May 2024

Skipping

Equipment:

- Skipping ropes
- Timers
- Challenge cards
- Cones

Activity:

1. How many skips can you do in 1 minute?
In partners, children time each other and count the number of skips per minute. They can then try to beat their initial score. You can record results for mean, median, mode back in class.
2. Skipping relay- In teams, children race to a cone and back again.
3. Group Game- Helicopter (see card)
4. Free Skipping- backwards, cross over ropes and 2 people jump.

Mindfulness Colouring

Equipment:

- Go Noodle Website
Username: nicolasmith649@btinternet.com
Password: teacher@KP
- Go to favourites (love heart logo) and scroll down to find your video.

Activity:

P4: 'From Mindless to Mindful' or 'Rainbow Breath'

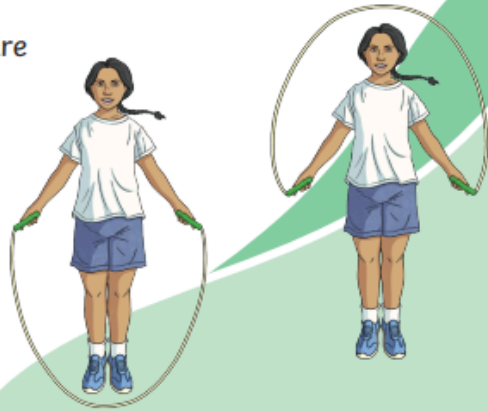
P5: 'Rainbow Breath' or 'Tune into your World'

P6&7: 'Tune into your World' or 'Be Kind to Yourself'

The videos are on average 5 minutes long. You can do both but probably best to space them out during the day.

Two-foot Jump

- Hold the rope at hip height and keep your elbows at waist height.
- Make sure your upper arms are close to your side.
- The movement should come from your wrists and your forearms, not from your shoulders.
- Swing the rope forwards over your head, taking off with two feet and landing with two feet.



Skipping Rope Games and Activities

Skipping On the Move

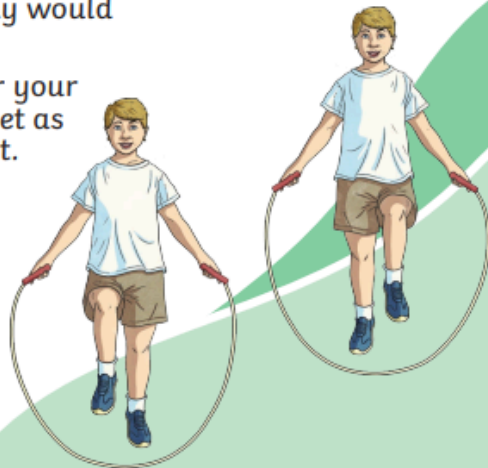
- Hold the rope as you normally would for the basic two-footed skip.
- Swing the rope forwards over your head, travelling forwards at the same time.
- Race against others over a set distance.



Skipping Rope Games and Activities

Alternate Foot Jump

- Hold the rope as you normally would for the basic two-footed skip.
- Swing the rope forwards over your head, landing on alternate feet as if you are running on the spot.

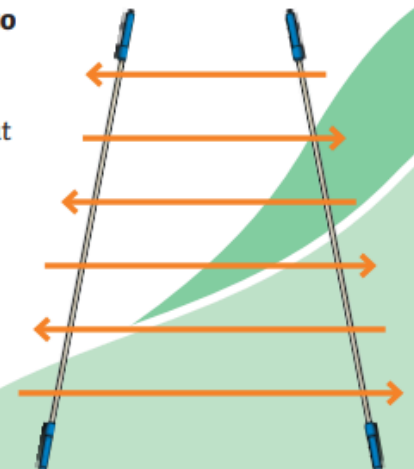


Skipping Rope Games and Activities

Jump the River

You will need two skipping ropes to mark out the banks of the river.

- Lay out the ropes so that they are close together at one end and further apart at the other end.
- Start jumping across the river at the narrow end, progressing towards jumping across the wider end.
- Use a short run up if you need to.
- Can you use a two-foot to two-foot jump?
- Try leaping from one foot to the other across the river.



Skipping Rope Games and Activities

Skipping Rope Limbo

- Two people hold each end of the skipping rope and stretch it out at about shoulder height.
- Others should take it in turns to limbo under the rope, so that no part of their body touches the rope and only their feet should touch the floor.
- Lower the rope a bit at a time once everybody has cleared each height.
- How low can you go?!



Skipping Rope Games and Activities

Backward skip

- Hold the rope as you normally would for the basic two-footed skip.
- Rather than swinging the rope forwards over your head, try swinging it backwards.



Skipping Rope Games and Activities

Skiing

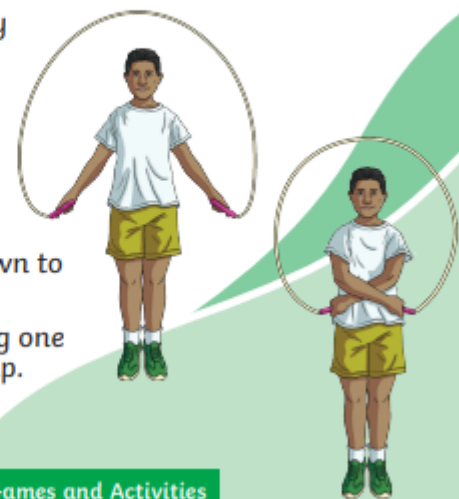
- Hold the rope as you normally would for the basic two-footed skip.
- Mark a line on the ground using chalk or tape or another marker.
- Stand next to the line and jump over the rope landing on the other side of the line.
- Continue jumping side to side over the line as you skip.



Skipping Rope Games and Activities

The Crossover

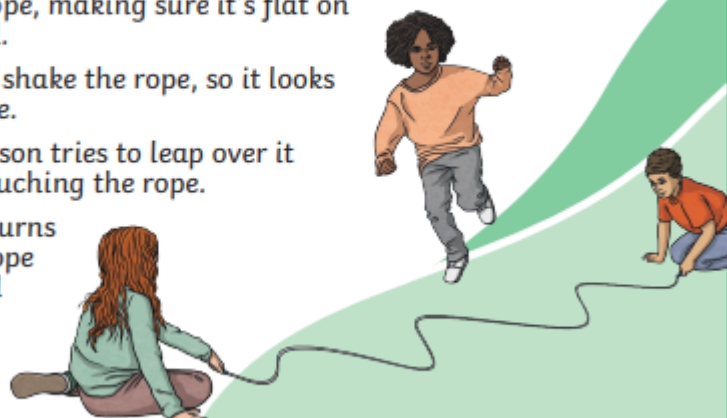
- Hold the rope as you normally would and complete a basic two-footed skip.
- As the rope comes over your head again, cross your hands over so that your hands are by your hips.
- Jump the rope as it comes down to your feet.
- Repeat this pattern of skipping one normal skip, one crossover skip.



Skipping Rope Games and Activities

Snake in the Grass

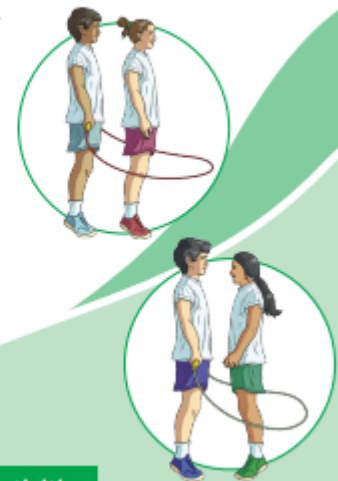
- Two people hold each end of the skipping rope, making sure it's flat on the ground.
- They must shake the rope, so it looks like a snake.
- A third person tries to leap over it without touching the rope.
- Take it in turns to be the rope shaker and the leaper.



Skipping Rope Games and Activities

Face to Face

- You will need to skip with a partner for this activity.
- Stand close together and face to face.
- The taller person should hold the rope.
- Bring the rope over both of your heads.
- Both jump over the rope at the same time.
- Now try back to front, which is more difficult.



Skipping Rope Games and Activities

Helicopter

- The helicopter stands in the middle and takes one end of the skipping rope.
- Everyone else makes a circle around the helicopter.
- The helicopter spins on the spot with the rope low to the ground.
- Players must avoid the rope by jumping over it.

Spinning faster or slower can make the game more challenging. Continuously changing between speeds can really make the game more difficult.



Skipping Rope Games and Activities

Lisa Purse- Wednesday 15th May 2024

Dodgeball

Equipment:

- Cones
- Soft balls

Activity:

- After the success of last year's dodgeball I have decided to go with that again. This could take place in the gym hall or MUGA. I will put the bag of soft ball and dimple cones on the stage for everyone to use. You are welcome to play whichever version of dodgeball you prefer. I know that 'superhero' dodgeball is always popular in my class. I've attached a link to various different dodgeball ideas.
- [My Favorite 18 Dodgeball Variations - Summer Camp Programming](#)

Sun Safety

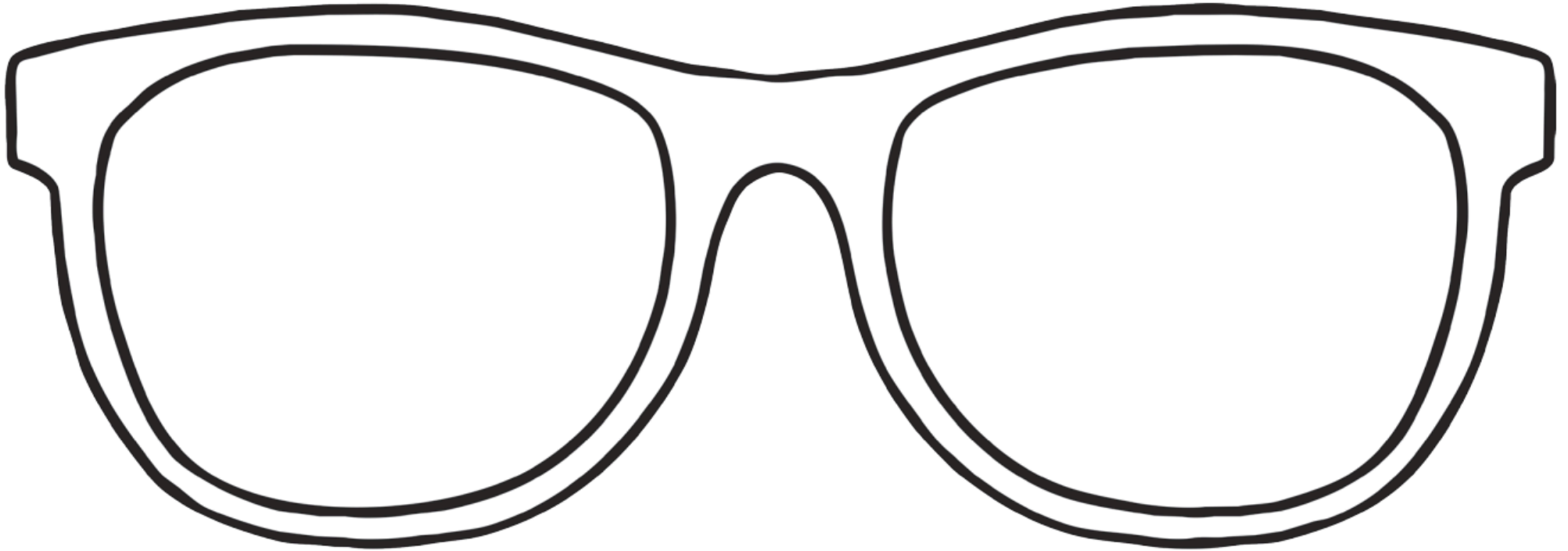
Equipment:

- PowerPoint (please see email)
- Sunglasses Template

Activity:

- The task for in class is going to be on sun safety. This is something I teach in my class every year and feel is very important, even if we do live in Scotland!
- I have attached the link to the Twinkl powerpoint on sun safety.
- Possible follow up tasks could be designing an information poster or leaflet to let other know of the importance of being sun safe.
- I have attached a sunglasses template that could be used, perhaps sun safety tips could be written on the sunglass lenses.

Design Your Own Sunglasses



Rachel Thomson- Thursday 16th May 2024

Name Workout

Equipment:

- Worksheet (emailed to staff)

Activity:

- Children will use the alphabet workout sheet to spell health words written on the sheet.
- Teachers can differentiate words if needed.

Affirmation Catcher

Equipment:

- A4 paper
- Scissors
- Coloured Pens
- Link to tutorial (emailed to staff)

Activity:

- Children create a fortune teller paper craft plus affirmations.
- Once they have completed the craft they can play the game with their peers.

Amy Brownlie- Tuesday 21st May 2024

Team Building Challenges

Equipment:

- Hula Hoops

Activity 1: Floating Hula Hoop Team building activities for the classroom require special planning, as there is not always ample space for games. However, Floating Hula Hoop is perfect for a classroom because it only requires three or four kids along with a hula hoop. During this event, participants must work together using clear communication. To play Floating Hula Hoop, have players stand in a circle. Then, give participants a hula hoop they must hold up between them using only the fingertip of their index fingers. The group must lower the hula hoop from eye level to the ground in unison. If the players do not work together, then the hula hoop may fall. This event builds chemistry as they must read the body language of teammates as well as listen to each other.

Activity 2: Hula Hoop Race Two teams required. Line each team at opposite sides of the hall or MUGA. Give each team a hula hoop. Start the hula hoop at one end of the line, handing it to the player on the end. At “go,” the players must pass the hula hoop all the way down the line of players. The trick is, since they’re holding hands, they’ve got to do it by shimmying and wiggling their bodies through the hula hoop—no grabbing of the hula hoop allowed. Once the hula hoop reaches the end of the line, players must return it, passing it back the other way. The first team to return the hula hoop to the original starting player wins.

Healthy Food Quiz

Equipment:

- Healthy Eating Quiz Questions (Please see email)

Activity:

- Working independently, in pairs or in small groups complete the quiz linked to healthy eating.

Amanda Gray- Wednesday 22nd May 2024

Health and Wellbeing Heros

The Health and Wellbeing Heroes have created the following activities for Health Month.

For P4-7 this will happen on the 22nd of May. The children will come to the classes to lead the activity and it will last for roughly 10 minutes, a timetable will be given out prior to the day.

- R1, 1a, 2 - Positive Affirmation Bowling (Eilidh, Oscar, Jamie)
- R3, 4, 5 - Express Yourself Lego (James, Emily, Owen, Issac)
- R 6, 6a, 7 - Yoga (Mya, Victoria, Lexie)
- R8, 9, 10 - Guided Meditation and Mindfulness (Sam and Emma)

Every Wednesday Lunchtime some members of the Health and Wellbeing Committee will take the responsibility of running some fitness games starting with the P1 Playground. There will also be Health and Wellbeing Heroes available at the picnic bench near the shed for anyone who wishes to share any worries, chat anything through or talk about their celebrations and achievements.

Natasha White- Thursday 30th May 2024

Hula Hooping

Equipment:

- Hula Hoops
- Timers

Activity:

- Every child gets a hula hoop to have a competition to see who can hoop the longest.
- Allow time for a couple of practice tries then begin to use the timers.
- P4 (2mins) , P5 (3mins) and P6/7 (5mins)
- The times can depend on the class or child.

Water Safety

Equipment:

- [RNLI water safety education resource: RNLI Water Safety Passport 2 activity](#)
- Download Zip File on this page for presentation, teacher notes and certificates.

Activity:

- The teacher leads the presentation, discussing the importance of water safety during the summer months.
- Children have a variety of questions in order to gain stamps.
- The discussion will get pupils thinking about many misconceptions around water safety and discuss the possible risks.
- Information about the RNLI is included.