



# Active School Week

## 5<sup>th</sup>-8<sup>th</sup> of June, 2018



| Time                               | Tuesday   | Wednesday   | Thursday  | Friday  |
|------------------------------------|---|---|---|---|
| <b>All Day</b>                     | Active School + Homework (60 minute challenge)<br><br>Wear your tracksuit | Active School + Homework (60 minute challenge)<br><br>Wear your tracksuit | Active School + Homework (60 minute challenge)<br><br>Wear your tracksuit | Active School + Homework (60 minute challenge)<br><br>Wear your tracksuit |
| <b>Morning Assembly</b>            | Wake Up, Shake Up   | Wake Up, Shake Up   | Wake Up, Shake Up   | Wake Up, Shake Up   |
| <b>9:00-10:00<br/>Healthy Mind</b> | #mindmyselfie photo   | Mindful Meditation  | Sports Day and Fun Run  | Funky Feet - Walk in My Shoes<br><br>Gratitude Board - A.S.W.             |
| <b>10:20-10:30</b>                 | Drop Everything and Dance   | Drop Everything and Dance   |   | Drop Everything and Dance   |
| <b>Timetabled Events</b>           | Try It Out Tuesday (new yard activities)                                  | Walk it Wednesday (walk with a buddy to the playground)                   |   | Feel Good Friday (Hulahoopathon and Skipathon)                            |
| <b>12:30-13:00</b>                 |   | Dance-Off (class vs. class)   |   | Feel Good Friday Finals   |

