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| HEALTH WEEK – Together We All Can!  Whole School  5th June – 9th June | | | | |
| Sport  **Dancing**  [Just Danceathon](https://pkc.sharepoint.com/sites/EDMS_RattrayPrimarySchool/Shared%20Documents/School%20Session/Year/2022-23/Theme%20Weeks/Health%20Week%202023/Just%20dance%20Health%20week.docx)  15-minute time slots for each class so we are dancing all day!  Article 13 | Sport  **Rattray’s Got Talent**  Preliminary rounds – select two from your class with a talent.  One pupil vote.  One teacher pick.  Article 13 | Sport  **Potted Sports**  Wednesday potted sports.  [See plan.](https://pkc.sharepoint.com/sites/EDMS_RattrayPrimarySchool/Shared%20Documents/School%20Session/Year/2022-23/Theme%20Weeks/Health%20Week%202023/Potted%20sports/Plan%20for%20potted%20sports.docx)  Article 31 | Sport  **Yoga**  Partner yoga.  Led by Ms Byrne (tbc – on P7 transition days)  Article 31 | **Sport**  **Team Building**  Try some of the below team building activities…  [13 Team Building Games, Activities & Ideas for Kids in 2023](https://teambuilding.com/blog/team-building-for-kids#:~:text=List%20of%20team%20building%20ideas%20for%20kids%201,8%208.%20Floating%20Hula%20Hoop%20...%20More%20items) |
| H + W / Craft  **Design a team player!**  Design a perfect team player. Think of the characteristics that makes a team player, draw a poster to show what we’re looking for.  LINK – [PP for elements of a game.](https://pkc.sharepoint.com/sites/EDMS_RattrayPrimarySchool/Shared%20Documents/School%20Session/Year/2022-23/Theme%20Weeks/Health%20Week%202023/Being%20a%20good%20sport%20pp.pptx) | H + W / Craft  **Design a Playground Game**    Design and write the rules for a playground game and then get your friends to try it out.  LINK – [PP for elements of a game.](https://pkc.sharepoint.com/sites/EDMS_RattrayPrimarySchool/Shared%20Documents/School%20Session/Year/2022-23/Theme%20Weeks/Health%20Week%202023/Create%20your%20very%20own%20sport%20for%20health%20week.pptx) | H + W / Craft  **Child Led Idea**  **`**  Let your class come up with an idea to fill this part of the grid!  What would you like to do? | H + W / Craft  **Mindfulness activities**  Have a go at some mindfulness activities!  Set the tone in class with dimmed lights, relaxing music or even take your class outside.  [Mindfulness Hub - BBC Children in Need](https://www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/) | H + W / Craft  **Healthy eating**  Fruit frenzy  Fruit will be provided, do what you wish with it.  E.g.- kebabs, tasting, smoothies…  Article 24 |
| **Additional activities**  Lawrie’s football taster sessions, daily mile, rounders, songs in the playground, Reading Trail.  Article 13- Freedom of expression  Article 24- The right to clean water and nutritious food.  Article 31- The right to play. | | | | |

