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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 frenzyFruit 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 expressionArticle 24- The right to clean water and nutritious food.Article 31- The right to play.  |

