**HEALTH WEEK – YEAR TWO**

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| Monday 16th October | We may use ‘Purple Mash’ on the computers to complete activities linked to Health Week. | We will complete a P.E. session with a Premier Sport Coach. | We will work with A-Life to complete some Healthy Eating activities | At other times during the week, also linked to Health Week, we will complete:* Relaxation techniques
* Circle Times
* P4C sessions
* Target setting
* Mindfulness activities
* Healthy Eating activities
* Problem solving activities
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| Tuesday 17th October | We will meet Doctor Evans who will teach us how to keep well. | We will have a Fun Fitness session with A-Life | We may use ‘Purple Mash’ on the computers to complete activities linked to Health Week. |
| Wednesday 18th October | We will learn about the 3 C’s -Courage, Curiosity and Creativity with Everyball  | We will complete a yoga session with Mrs Grimsdell |  |
| Thursday 19th October | We might join in with a Bike It Breakfast if we cycle to school. | We will complete a Zumba Workout with Mrs Nelson. | We will make a Fruity Pick & Mix with Mrs Spencer | We will have a ‘Passport to Fitness, walk or scoot to School’ Assembly with time for questions. |
| Friday 20th October | We will learn about Dental Health with Ms Ives |  |  |  |