**HEALTH WEEK – YEAR ONE**

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| Monday 16th October | We will use ‘Purple Mash’ on the computers to complete activities linked to Health Week. | 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 |
| Tuesday 17th October | We will complete a P.E. session with a Premier Sport Coach. | We will have a Fun Fitness session with A-Life | We will meet Doctor Evans who will teach us how to keep well. |
| Wednesday 18th October | We will complete a yoga session with Mrs Grimsdell | We will learn about the 3 C’s -  Courage, Curiosity and Creativity with Everyball |  |
| Thursday 19th October | We will have a ‘Passport to Fitness, walk or scoot to School’ Assembly with time for questions. | We will complete a Zumba Workout with Mrs Nelson. |  |
| Friday 20th October | We will make a Fruit Smoothie with Mrs Spencer | We will learn about Dental Health with Mrs Brooman |  |