

CREATING ROUTINES & GOOD HABITS



01

**Morning Wake
Up Dance**



Daily Activities

02



03

Yoga



Daily Flow



04

05

**5 Minute Classroom
Workout**



Mo's Mission

We're supporting Four-time Olympic Champion Sir Mo Farah CBE with 'Mo's Mission'. The National School Sport Champion for the Youth Sport Trust charity has launched Mo's Mission to empower more children in the UK to be physically active. He wants all children and young people to get 60 minutes a day of PE, sport and play. For more information please visit <https://www.youthsporttrust.org/mos-mission>

DAILY ACTIVITIES



During the month of February can you build some healthy habits in to your daily routine?

Do you have activity as part of your routine? Could this be something you can add into your mornings?

Could you do 1 activity for each day of the week?

Could you have a theme for breaktimes and lunchtimes or introduce activities for every day of the week to encourage play and exercise at lunchtimes. You can provide equipment and game cards to help the children find activities to do.

Do you have leaders who can help to enforce this?

For example;

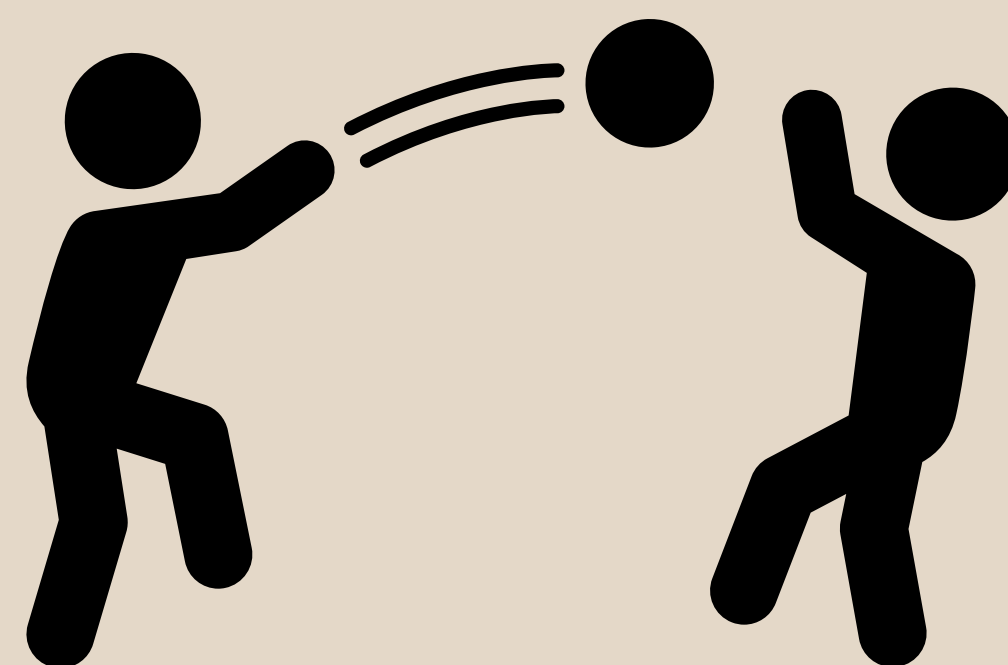
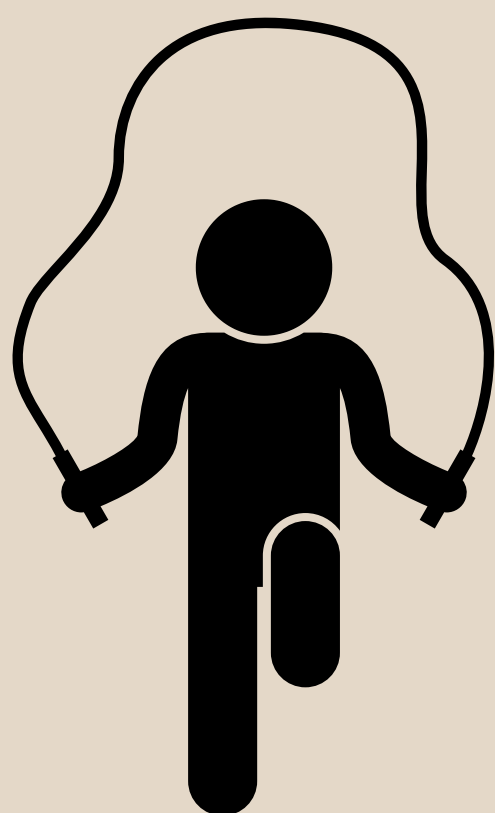
Monday - Skipping

Tuesday - Teamwork

Wednesday - Ball Games

Thursday - Invasion Games

Friday - Tag Games



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MORNING WAKE UP



Why don't you try this morning wake up dance?

Click on the picture below to follow the link to the video



Wake Up! School Assembly Song and Dance from Songs For EVERY Assembly by Out of the Ark Music



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YOGA



Why don't you follow these yoga techniques?

Click on the pictures below to follow the links to the videos



Silly to Calm: Quick kids yoga movement break complete with dancing and breathing.



Seated Yoga for Kids and Teens | Movement Break | Brain Break



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DAILY FLOW



Why don't you follow this yoga flow video?

Click on the picture below to follow the link to the video



5 Min - Morning Yoga FLOW (DAY 16)



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CLASSROOM WORKOUT

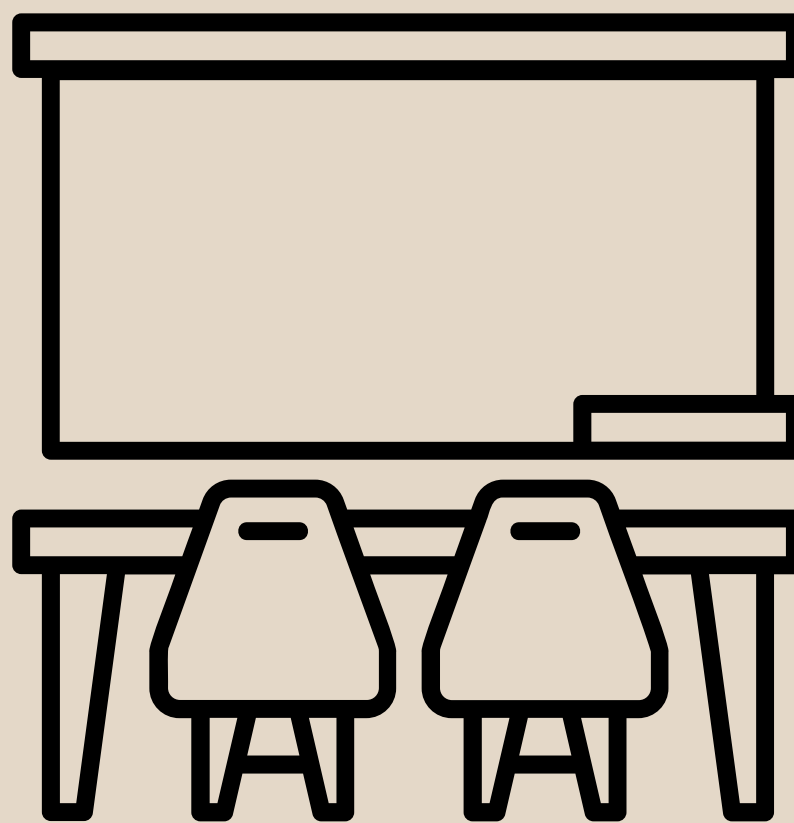


Why don't you follow this classroom workout video?

Click on the picture below to follow the link to the video



5 Minute Move | Kids Workout 1 | The Body Coach TV



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