





## **SUMMER PROGRAMME 2016**

## Health Week - Week 1 (4th July)

|           | MORNING ACTIVITY                                   | AFTERNOON ACTIVITY                                      |
|-----------|--|---|
| MONDAY    | Heart Beat Test<br>Assault Course                  | Investigating our Organs<br>Discuss and Draw our Bodies |
| TUESDAY   | Making Herb Play dough and body play<br>dough mats | Fruit/Veg Printing<br>Yoga Bugs Session                 |
| WEDNESDAY | Yoga Bugs Session<br>Body Painting                 | Rainbow Ice and Greedy Gorilla Game                     |
| THURSDAY  | Making our Healthy Eating Plates                   | Fruit Kebab Making<br>Sticky Kids                       |
| FRIDAY    | Fitness Dress Up Smoothie Making Fitness Games     | <b>Fitness Dress Up</b><br>Kids Zumba Session           |