

# STATION 1



# TEAMWORK GAMES



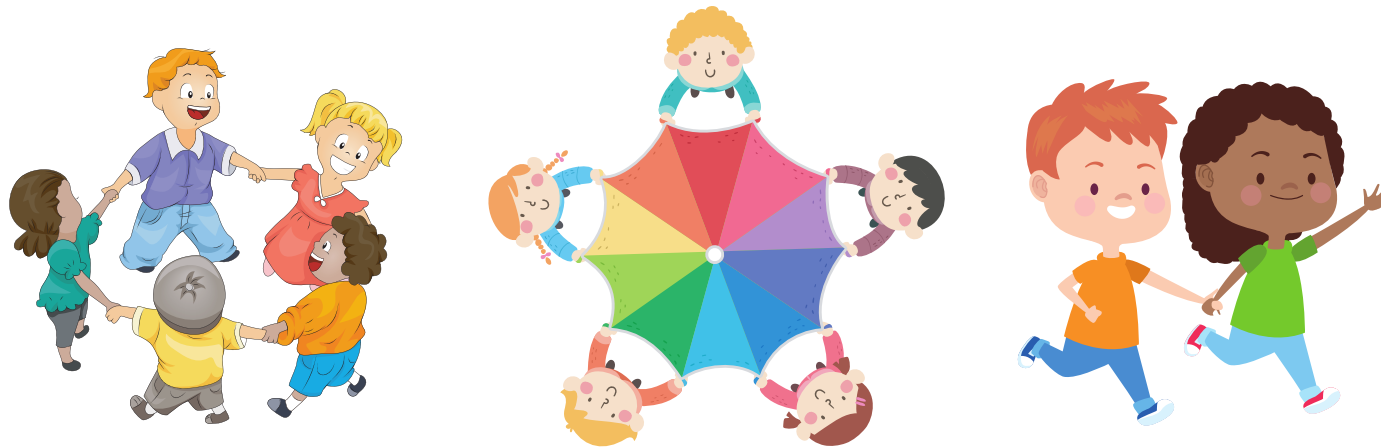
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TOGETHER**



A healthier, happier, future generation



# STATION 2



# PARACHUTE



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TOGETHER**

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# STATION 3



# HEALTHY EATING



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# STATION 4



# YOGA BINGO



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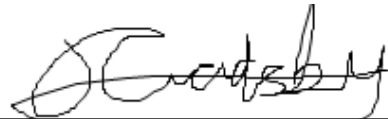


# HEALTH AND WELLBEING FESTIVAL

THIS CERTIFICATE IS PRESENTED TO

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For taking part and trying your best



Jen Gadsby & Aaron Halford Health and  
Wellbeing Coach

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# TEAMWORK-STATION CARD



**EQUIPMENT: Balloons, Balloon covers, Cones**

## Challenge 1 – Shoe Tower

Split the group into 2 teams. Each student will take a shoe off and the team must build a tower using their shoes. All shoes must be in the tower and it must stand without support. If they build the tower quickly include the other shoe.

Teaching points: One on top of the other won't work, how else can they stack them? Talk as a team and find a way.

## Challenge 2 – hula hoop challenge

Children stand in a circle and hold hands. They must stay linking hands and work together to pass the hula around the circle without breaking the link or dropping the hoop. They can use any part of their body to do this. The only rule is, if they break the link they must start for the beginning.

Teaching points: Moving as a team and using communication to help each other .  
10 minutes of each challenge



# PARACHUTE CHALLENGE-STATION CARD

**EQUIPMENT: 2 Parachutes, 1 Big Parachute, Ball Pit Balls**



## Challenge 1 – Popcorn Game

The group is split up into 2 teams. One team is collecting balls and throwing onto the parachute and one team is shaking the parachute and trying to get the balls off the parachute.

## Challenge 2 – Fruit Bowl

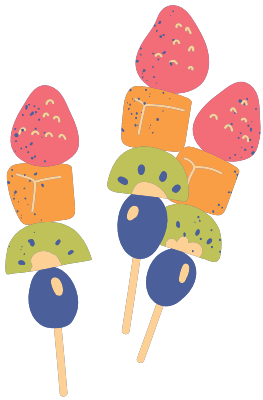
Can be used with 1 big parachute or 2 small parachutes

Give each child a fruit name (3 fruits in total). When a fruit is called out, all the kids with that fruit name swap places underneath the parachute. If fruit bowl is called out all kids swap places. If a big parachute is used, flipped bowl can be called out and the kids have to make a dome with the parachute.

10 minutes on each challenge



# EAT UP! Station card



**EQUIPMENT: Fruit, Carbohydrates, Protein, Dairy  
Pictures of Foods.**



## Challenge 1 -Food Plate Activity

The Group will work together to make the best tasting but healthiest meal they can think of. the group can decide if they would like to make breakfast, lunch or dessert. They will first use a food plate to decide what they would like to make and then work as a team to make there meal.

The group will have a varied but limited food selection only being able to pick 5 food types.



# YOGA BINGO-STATION CARD



**EQUIPMENT: Yoga Cards, Counters**



## Challenge 1 –Yoga Bingo

Each child has a yoga card. Use the yoga pretzel cards as master cards. Children can pick them out. If they have the yoga moves picked out they use a counter to cross them off. All children must perform each move picked out.



# FACT SHEET



**DID  
YOU  
KNOW?**

- You should aim to get 9-11 hours of sleep a day (yoga station)
- Milk is high in calcium and calcium is good for our bones (food plate)
- Oxygen is what all humans and animals' breath in to stay alive.  
(parachute)
- Meat such as fish and chicken are high in protein and its protein that helps your body to repair cells (food plate)
- Did you know that tomatoes are actually a fruit and not a vegetable?  
(food plate)





1. What should you get 9-11 hours of a day

\_\_\_\_\_

2. How many different fruit and vegetables can we name that begin with the letter

\_\_\_\_\_

3. What do we all breath in

\_\_\_\_\_

4. What is a dairy product is high in calcium

\_\_\_\_\_

5. What food group does meat fall under

\_\_\_\_\_





# ANSWERS



·What should you get 9-11 hours of a day = Sleep

·How many different fruit and vegetables can we name that begin with the letter T

·What do we all breath in = Oxygen

·What is a dairy product is high in calcium = Milk

·What food group does meat fall under = Protein

# STOMP

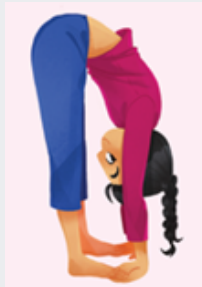




Warrior 1



Rock



Gorilla



Down Dog

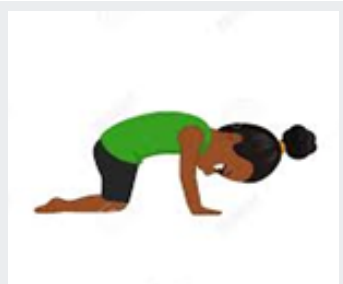
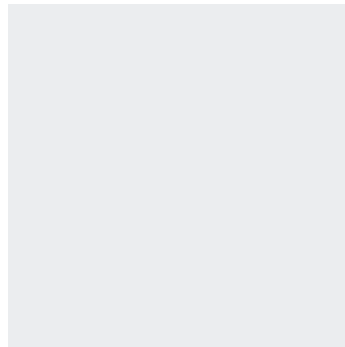
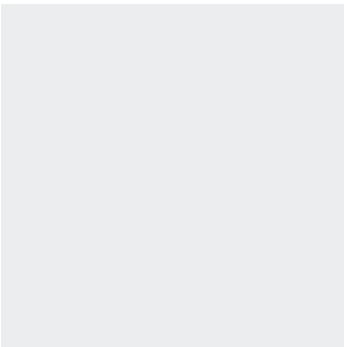
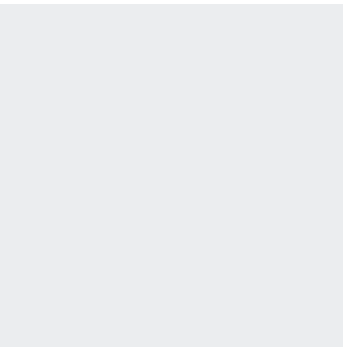
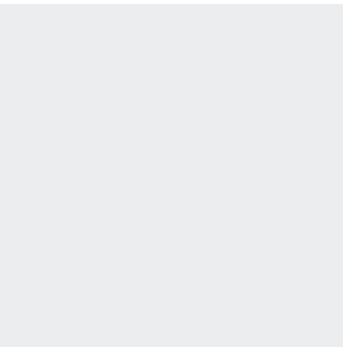
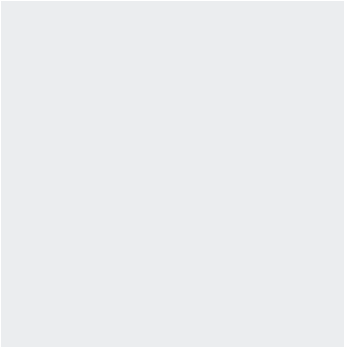
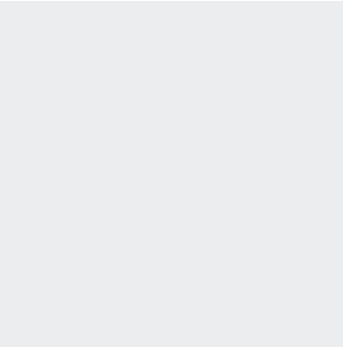
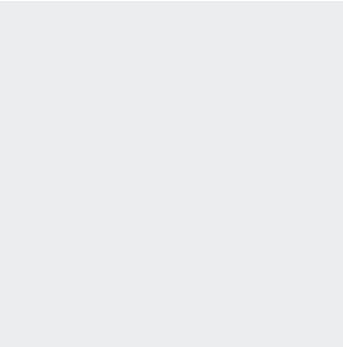


Dancer

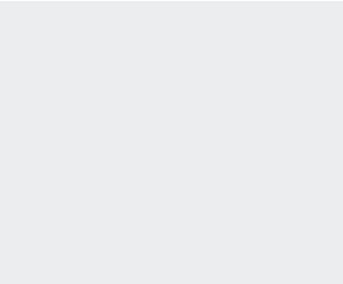




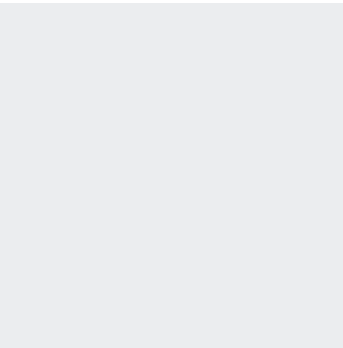
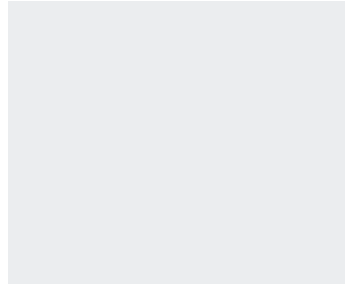
Tree



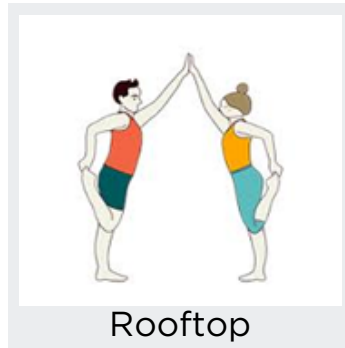
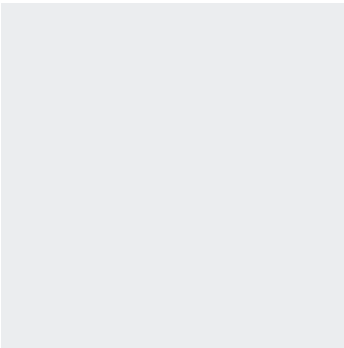
Cat



Boat



Triangle



Rooftop





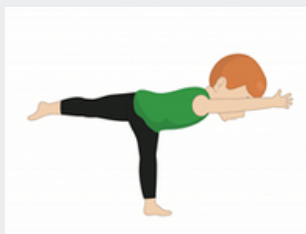
Tree



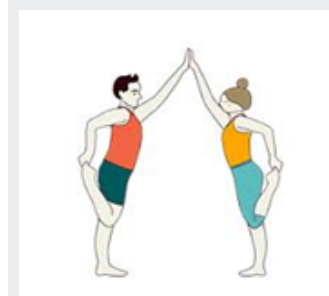
Rock



Mountain



Airplane



Rooftop





Warrior



Airplane



Rock



Mountain

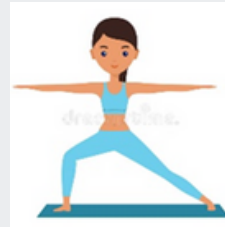


Dancer





Airplane



Warrior 2



Dancer



Moutain



Gorilla

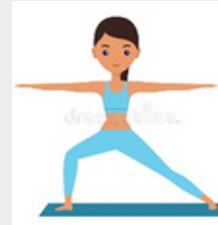




Warrior 1



Downward Dog



Warrior 2



Dancer



Gorilla

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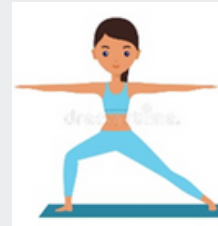




Airplane



Downward Dog



Warrior 2



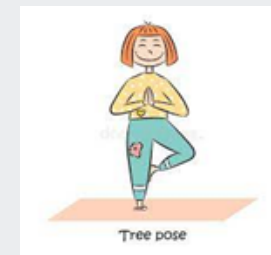
Rock



Gorilla

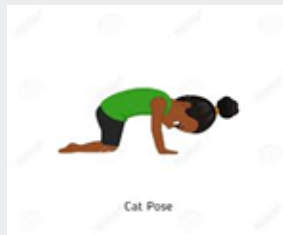
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Tree pose

Tree

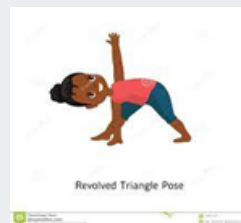


Cat Pose

Cat

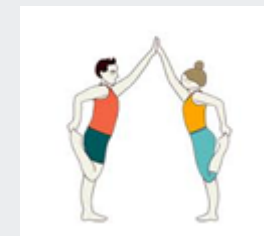


Boat



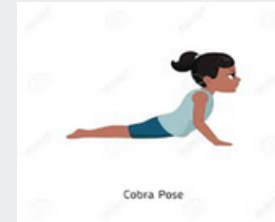
Revolved Triangle Pose

Triangle



Rooftop





Cobra



Boat



Rooftop



Bear Breath



River

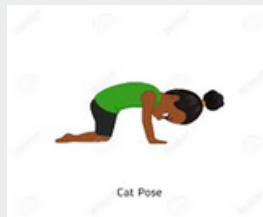




Airplane



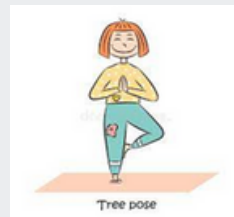
Rooftop



Cat



Boat



Tree





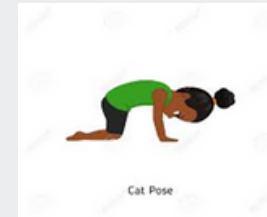
Airplane



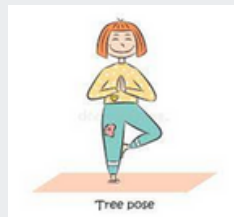
Dancer



Rooftop



Cat

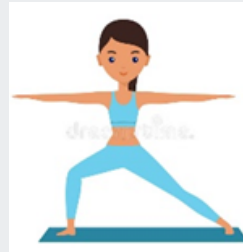


Tree





Warrior 1



Warrior 2



Mountain

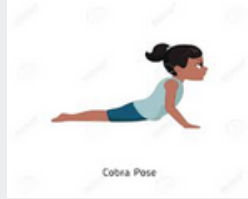


Rooftop



Rock





Cobra



Mountain



Rooftop



Bear Breath



River

