



Year 4 Health and Wellbeing Festival



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TOGETHER**



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STATION 1



TEAMWORK

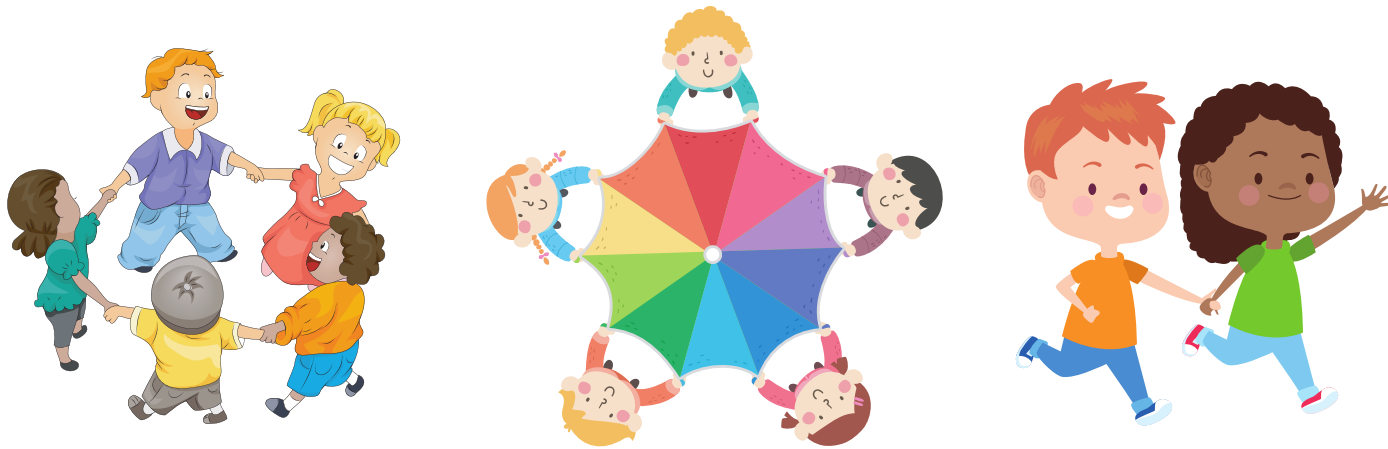


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STATION 2



FOOD PLATE BOWLING



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STATION 3



CATEPILLAR CREATION



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STATION 4



YOGA BINGO



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STATION 5



ARCHERY



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STATION 6



FUN FACTS



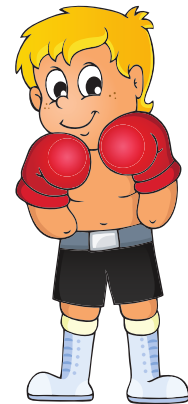
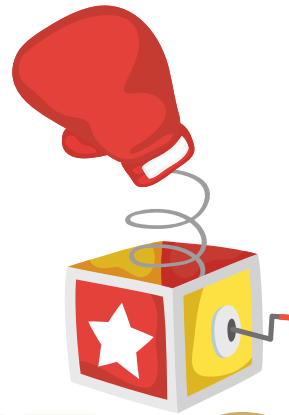
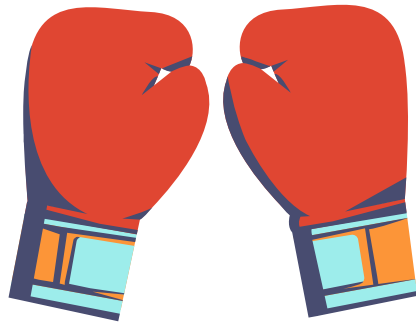
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STATION 7



BOXERCISE



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STATION 8



SMOOTHIE BIKE



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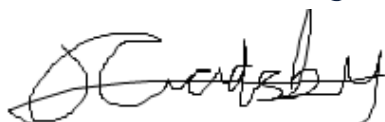
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HEALTH AND WELLBEING FESTIVAL

THIS CERTIFICATE IS PRESENTED TO

For taking part and trying your best



Jen Gadsby & Aaron Halford Health and
Wellbeing Coach





TEAMWORK-STATION CARD

**EQUIPMENT: PASTA, BOWLS, STRING,
TENNIS BALLS, HOOPS, BALLOONS**



TEAM WORK

Pasta relay - Each team has one piece of string, runs to the bowl of pasta, picks one out and attaches it to the string. Keep going for 2 minutes. The winning team is the one with the most pasta on their string

Hold the tennis ball - in their teams, they must carry the ball in pairs one at a time to their hoop. They must trap the ball between the same body parts (e.g. elbows) but cannot use hands

Balloon relay (if time) - in pairs, they must get the balloon from the floor to between their foreheads without using their hands

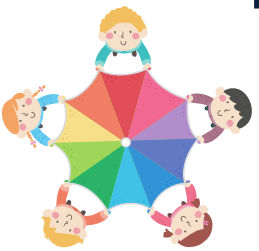


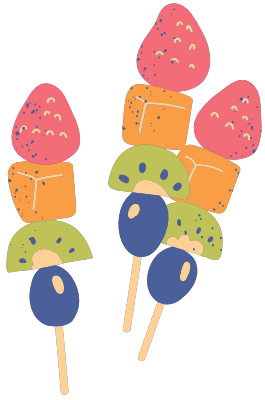
FOOD PLATE BOWLING-STATION CARD

EQUIPMENT: 5 hoops, pictures of food, tennis balls

Challenge 1 – FOOD PLATE BOWLING

The group of children are split up into 3 groups. There are pictures of different foods in hoops 10m in front of the groups. players take it in turns to roll a ball into the hoops. If they get the ball in a hoop, they can pick one picture of food out the hoop and place it on their teams food plate in the right section.





SENSES-STATION CARD



EQUIPMENT: Blindfolds, Fruit

Challenge 1 –caterpillar creation

In 2 groups (1 group per leader) each child is blindfolded and use their senses to guess the different foods used for their caterpillar. Use the change for life worksheet to help work through

Use those ingredients to make a fruit caterpillar - grapes on a wooden skewer, raisins for feet with icing pens to draw eyes



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.



SMOOTHIE BIKE-STATION CARD



EQUIPMENT: SMOOTHIE BIKE, fruit, buddy's, elastic bands, colouring pens



Challenge 1 –SMOOTHIE BIKE

You will bring one child up at a time and they will have a go on the smoothie bike, make sure you have more juice than fruit in the blender to get the right consistency. Once everyone has had a go on the bike, you can pour the drink into shot glasses for them to try.

Challenge 2 - HYDRATION BUDDY

Each child will get a elastic band and a buddy. They colour in the buddies however they like. It must include that they should drink 3-4 bottles a day. They then put the elastic band onto the buddy and attach it to their bottle.



ARCHERY-STATION CARD

EQUIPMENT: ARCHERY

Challenge 1 -Archery

Follow archery challenge cards





FUN FACTS - STATION CARD

EQUIPMENT: HOOPS, FACTS

Challenge 1 – FUN FACTS



Split the group up into two groups. Each group has different facts and they must run and put them in a true or false hoop (1 at a time). After they have finished. Go through all the facts and discuss each one. If they are false. Discuss what the correct answer is



