

CPD - A LIST OF '30 ACTIVE MINUTES' IDEAS

***Go –Pro Bob Sleigh**

<https://www.youtube.com/watch?v=3YuQQrsAS4Y>

<https://www.youtube.com/watch?v=bnJArS1QDkk>

***Go –Pro Mountain Bike**

<https://www.youtube.com/watch?v=MWyBgudQqsl>

<https://www.youtube.com/watch?v=dS2HDKhNSdQ>

***Just Dance – be selective**

https://www.youtube.com/channel/UCIijW4BWKLqpojTrS_tx0mg

***Agado Dance**

<https://www.youtube.com/watch?v=POv-3yIPSWc>

***Google - Go Noodle and Go Noodle Kidzbop**

***Google – Cosmic Yoga**

Yoga ideas but aimed at Year 3/4 only

***The Body Coach – Joe Wickes**

<https://www.youtube.com/watch?v=d3LPrh>

***Google - BBC Super Movers Times Tables**

*** Google – Disney 10 minute Shake up**

*** Google – Wake up Shake up**

*** Google – BBC Boogie Beebies**

Dance ideas for Year3/4 only

Working in Pairs

*Knee Touch Tag

Children work in pairs, facing each other. Each tries to touch the other person's knee and thus score a point. Play for a time limit.

*Hand Clapping

Children work in pairs facing each other with feet together. Hopefully the children may be able to offer ideas, if not watch this clip.

<https://www.youtube.com/watch?v=QXJsX7T8fYM>

*Balancing with a partner

Face your partner, holding hands. Both children stand on 1 leg. Each child is trying to make the other lose their balance and thus score a point.

Working in Groups

*Dangerous Beanbag

Make a circle (you may need to half the class, with one circle working with a TA). Look at the person on your right and remember them. Move to a different position in the circle. Start with one beanbag – you pass to the person who was originally on your right, saying their name as you throw. Develop the game by not saying the name of the person you are throwing to and/or by introducing a 2nd or 3rd beanbag.

*Passing the Hoop

In a circle or a line the children join hands. A hoop is passed along the chain from the beginning to the end without the chain breaking. The first team to do so is the winner.

*Passing the Squeeze

Stand in a line and pass a squeeze along the line like a Mexican wave. When the last person gets the squeeze they have to clap.

*Un-knotting the Rope

Each child in the circle holds one end of a rope. The teacher passes the other end of the rope to someone opposite them. All the ropes are passed in this way OVER one another until all the ropes are held. The circle has to un-knot themselves without letting go of the ropes. I think this is right !!!!!!!!!!!!!!!

Working as a whole class

* Simon Says Game

* Head, Shoulders, Knees and Toes

This could be done in French.

* Coloured Corners

This activity was played using 4 cones in a square (red, yellow, green, blue) but you could use the 4 corners of the hall instead. Ask the children to jog, march, skip etc to each colour.

* Circle Games (ideas from active maths/English)

Relative clauses/word class/ spell a word