

## Big idea 5

### Games and lunchtime activities

It can be hard to fit extra activities into timetabled instruction, so why not hold lunchtime activities for students and staff during Health and PE week!

#### Games

- Students devise a range of new games and add to schools bank of games.
- Hold an indoor games day or afternoon and play carpet bowls, quoits, bocce or duster hockey.
- Conduct obstacle races.
- Play games with limited or restricted equipment.
- Write up favourite games and display them around the school.
- Adapt the rules of well known games to make them harder or easier.
- Play games while students consider the effect of the games on the body. They could study heart rate, respiration, social and emotional health benefits.

#### Lunchtime activities

- Hold lunchtime competitions between classes, home rooms, staff and students. Activities could be arranged by staff or senior students.
- Providing facilities such as classroom or school hall for dance/jump rope at lunchtime
- Add a 'wake up and shake up' routine for primary students first thing in the morning