

Our Healthy Year

Reception teacher toolkit



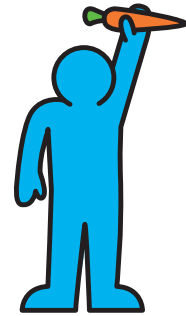
Building healthy habits in Reception pupils during the first school year in which they are weighed and measured

Benefits for schools

- ✓ Simple ideas for building healthy activity into everyday class routines.
- ✓ Flexible ideas linked to the Early Years Foundation Stage curriculum and Early Learning Goals.
- ✓ Ideas and activities can be adapted for a range of abilities and settings.
- ✓ Helps schools meet statutory duties to promote children's health and well-being, and help them understand how to keep themselves healthy (Ofsted School inspection handbook, personal development, behaviour and welfare).



Our Healthy Year



Introduction

These days modern life can mean that we are a lot less active.

It is therefore vital that children learn from an early age about the importance of healthy eating and active lifestyles so that they can carry this knowledge with them throughout their lives.

Most Reception children are weighed and measured through the National Child Measurement Programme (NCMP). Our Healthy Year will help you to make the NCMP part of a whole year of fun, healthy curriculum-linked activity and, in doing so, support parents who are looking for ideas to help live healthier lives.

Childhood obesity

- Over one fifth of Reception and one third of Year 6 children are overweight or obese.
- Overweight or obese children are more likely to become overweight adults and are more at risk of health issues such as type 2 diabetes, some cancers and heart disease.
- Being overweight or obese can also affect a child's attendance at school.

The Reception year provides an excellent opportunity to establish healthy habits because:

- children are settling into primary school and getting used to new routines
- parents are more likely to be engaged and involved in school life
- parents receive feedback about their child's weight through the NCMP and may be looking for support.

We hope you and your class enjoy using these resources.

Find out how to get started and plan your healthy year on page 4.



To find out more search NCMP on www.gov.uk

Getting started

Plan your healthy year

The list below provides an overview of this toolkit so you can see at a glance the range of ideas for embedding Our Healthy Year.

You can run Our Healthy Year activity over a whole year, or over a shorter period – a term, a month or even a week. However, the longer you can keep it going the better because embedding ideas over time will be the key to changing behaviours.

- Decide how to **introduce Our Healthy Year to pupils** (page 6).
- **Choose your curriculum-linked activities** (page 8–17). You may wish to choose a different topic each month, or pick and mix activities and use them in any order (page 7).
- **Find out when your class will be measured.** Your school nurse will advise on timescales and the process in your area. They may also provide resources to explain the NCMP to children and parents before the measurement takes place, or offer follow-up advice and support (face to face or via a feedback letter to parents).
- Decide how to **get parents involved** – they are integral to making Our Healthy Year a success (page 18).
- Think about how to **celebrate your healthy year** (back cover).





Additional online resources

This toolkit includes a range of activity ideas (pages 8–17). Some of the activities require supporting **printed and online resources** which are **referenced in the activities in red**. To download online resources and order stickers search [Change4Life/schools](https://www.change4life.co.uk/schools).

Here is a full list of the online Our Healthy Year resources for Reception teachers:

Classroom activity sheets:

- Café menu template
- Shopping list template
- Phonics activity cards
- Fruit and veg bingo cards
- Blank Eatwell Guide

Presentations:

- Our Healthy Year presentation
- Our Healthy Day story presentation

Ideas for teachers:

- Inspiration for the whole school
- Healthy stories

Take-home resources:

- Introduction to Our Healthy Year for parents template letter
- Take-home teddy's diary
- Take-home worksheets
- Our Healthy Year challenges:
 - Challenge sheets
 - Passport

Celebration certificate

Our classroom charter poster

Year 6 resources

Our Healthy Year resources are also available for Year 6 pupils, who will be preparing for the transition to secondary school and will also be measured as part of the NCMP.

Introduce Our Healthy Year to pupils



We have set out some ideas for how to introduce Our Healthy Year to your pupils, and make sure that they have a good understanding of what a healthy lifestyle means. This will provide a solid foundation for all the other activities in this toolkit.

Introductory presentation

- Use the editable 'Our Healthy Year presentation' (download [Presentations](#)) and also a favourite soft toy to:
 - introduce healthy lifestyles to your pupils
 - tell them about Our Healthy Year.
- Follow up by asking pupils to draw a picture showing what it means to them to be healthy.

Action story

- Build on learning from the introductory presentation with the 'Our Healthy Day story presentation' (download [Presentations](#)):
 - Ask the children to put their thumbs up every time they hear a healthy behaviour mentioned and thumbs down every time they hear about an unhealthy behaviour.
 - Alternatively, you could even build in some healthy activity by asking them to stand and jump up to touch the air, or jump down to touch the floor instead of putting thumbs up or down.

Classroom charter

Use the [Our classroom charter poster](#) to record five ways that the class is going to try to be healthier this year. For example: replacing sugary items with fruit at least five times a week, or walking to school three times a week. You could display the poster in the classroom and check in regularly to see how pupils are doing.

Take-home teddy

- Choose a teddy or other soft toy to be the class teddy (perhaps the one used when you delivered the introductory presentation). Use an exercise book to be the teddy's diary:
 - Each child takes it in turns to take the teddy home for a week, with a 'Take-home teddy's diary' activity sheet (download [Take-home resources](#)).
 - The child draws a picture on their sheet of the teddy eating, cooking something healthy or doing a healthy activity and the parent or child writes a caption.
 - You could also encourage parents to send a photo of the teddy doing a healthy activity.
 - Stick all the completed worksheets into the teddy's diary or create a class display of 'teddy's healthy adventure'.

Plan your classroom activity



Spreading Our Healthy Year activities throughout the year and the curriculum will really help your pupils to establish healthy habits.

Choose from the following activities to build your own healthy year's worth of activity:

- Choose from the [curriculum-linked activities](#) (pages 8–17).
- Take a look at the 'Inspiration for the whole school' leaflet (download [Ideas for teachers](#)) and think about using some of the whole-school activities suggested on the final page.

Structuring your activity

One way to structure your healthy activity is to choose a topic for each month from the list below. Look out for the symbol next to the activities listed on pages 8–17 to see which topics they fit. These topics also form the basis of challenges that the children can do at home (page 19).



Fantastic fruit



Daily dance



Healthy minds



Get sporty



Mad about veg



Playground games



Sugar swap



Healthy heart



Wicked walkers



Healthy week

Search [Change4Life/schools](#) to find the Our Healthy Year supporting resources referred to in this toolkit.

Communication and Language/Literacy

Curriculum-linked activity ideas

The activities are organised within the areas of the Early Years Foundation Stage curriculum and referenced to the Early Learning Goals (ELGs).

Storybooks          

Use one of the 'Healthy stories' (download [Ideas for teachers](#)) as a starting point to explore healthy eating and moving more themes. The list includes some ideas for themes and activities that can be developed, and discussion ideas. You could invite parents to come in for a reading session. ELGs 01, 02, 03, 05, 06, 09, 10, 11, 12, 13, 14, 17

Eating out  

Discuss the children's favourite healthy foods. Download the [Classroom activity sheets](#) and then use the 'Café menu template' to write or draw your own menu for a healthy café. You could use computers or tablets to look at some real menus online. Extend by setting up a café role-play area. As a follow-on homework activity, download the [Take-home worksheets](#) and then use the 'Funny face healthy pizza recipe' sheet to get children cooking at home. ELGs 01, 03, 09, 10, 16, 17

Shopping lists  

Look at photos of shops to inspire discussion about healthy everyday foodstuffs. Extend by downloading the [Classroom activity sheets](#) and then use the 'Shopping list template' to write or draw individual shopping lists. This can also be a computer activity. ELGs 03, 05, 09, 10, 13, 15, 17



Tea party

Plan a healthy tea party or set up a role-play area. Write tea party invitations for guests. Children could bring a favourite toy to the party. Search the [Change4Life](#) website for recipe ideas. ELGs 01, 03, 05, 08, 09, 10

Alphabet and phonics

Download the **Classroom activity sheets** and then use the 'Phonics activity cards' which contains names and pictures of healthy foodstuffs to support your phonics activities. Use different types of fruit to introduce initial sounds, letters and blends. Extend to a fruit and vegetable initial sound bingo game (see 'All the fruit and veg in the world', below). Use or make a class fruit and vegetable alphabet.

ELGs 01, 03, 09, 10

All the fruit and veg in the world

Download the **Classroom activity sheets** and then play fruit and vegetable bingo using the 'Fruit and veg bingo cards'. Divide pupils into six groups of about five. Give each group a bingo card with a different arrangement of fruit and veg. Pupils cross them off as the teacher holds up the fruit or vegetable flash card. The first group to get all the fruits and vegetables wins. ELGs 01, 09, 10

Food themed class word bank

These can be individual words or words which accompany a picture or photograph. The resource can be used by the whole class as a writing resource. Involve parents to support their child to do some words at home. Extend into a tabletop classroom display with actual foodstuffs donated by parents or use in cooking or at a picnic. As a follow-on homework activity, download the **Take-home worksheets** and then use the 'All about healthy me' sheet to get children thinking about words that best describe their favourite things. Also try the 5 A DAY hunt cards in Food Detectives: Search [Change4Life/schools/healthyeating](#). ELGs 02, 03, 09, 10, 13, 16

We love fruit and veg!

Keep a whole-class fruit and vegetable diary. Find out which fruits and vegetables are being served every day at lunchtime, and tell the children to look out for them. Expand to inform the children how good the particular fruit and veg is for them (opportunity to look at vitamins). Follow up after lunch. As children begin to widen their choices, tell parents so that they can introduce the fruit or veg at home. ELGs 01, 03, 05

Active alphabet

Print out different phonics sounds and put them up around the playground. Tell children that you are going to shout out different sounds and they need to walk, run, hop, skip or jump to the relevant sound. Ask them to say the sound when they get there.

ELGs 03, 04, 09

Search [Change4Life/schools](#) to find the Our Healthy Year supporting resources referred to in this toolkit.



Animal dance

Read *Giraffes Can't Dance* to the children. Why couldn't Gerald dance? What did he need to be able to dance? What type of music do you like to dance to? Can you dance like Gerald and the other animals in the book (warthogs, rhinos, lions, chimps and baboons)? ELGs 01, 02, 05, 09

Favourite sports

Keep a whole-class activity diary and create a word bank of all the different ways children are keeping active on a daily basis. Pupils can start collecting images or photographs of the activities they are doing. This can be used as a writing resource or stimulus. Extend this to see if children are keeping active for 60 minutes a day. As a follow-on homework activity, download the **Take-home worksheets** and then use the 'Keeping fit and having fun' sheet to get children thinking about different activities they can try. ELGs 05, 09

Punctuation poses

Play a song to the class to encourage children to dance or move, and stop the song at different intervals. At the interval shout out either 'full stop', 'question mark', 'comma' or 'exclamation mark'. Full stop means they must freeze and perform a balance. Question mark means they can make up their own pose. Comma means they must crouch down into a ball and an exclamation mark means they must jump and stand tall with their hands in the air. Keep playing until you reach the end of the track. ELGs 05, 10

Inclusive resource

Use the Makaton signs for food, eating and drinking during daily activities and when labelling. www.makaton.org

Mathematics

Curriculum-linked activity ideas

Become Sugar Smart

Use the Sugar Smart app: Search [Change4Life/sugarsmart](#) to see how much total sugar there is in a selection of breakfast items that the children eat. Use the information to make a tally or bar chart, and a wall display to depict the differences in products. Use as the basis of a discussion for healthy eating. Share your results in a whole-school assembly. Search [Change4Life/schools/healthyeating](#) for more Sugar Smart resources. ELGs 03, 05, 11

Playing shops

Weigh and measure using scales and bags of vegetables. Play shopping games using a board game or set up a healthy food shop for role play. ELGs 03, 08, 11, 12

Bar charts and pie charts

Create a healthy eating bar chart based on how many children had vegetables and fruit at lunch time. Create a chart of the most popular type of physical activity following a vote. Create a bar chart/pie chart of healthy food the children like. ELGs 03, 05, 11

Patterns and prints

Create repeating patterns using vegetables to print or labels to stick. ELGs 05, 12

Chop chop

Look at halves and wholes by cutting an apple into two. Peel an orange and count the segments. Ask the children to share fruit out (division). ELGs 05, 11

Search [Change4Life/schools](#) to find the Our Healthy Year supporting resources referred to in this toolkit.



Making smoothies

Make fruit smoothies and measure capacity using standard or non-standard measures. Have a tasting session using lollipop sticks and let children vote for their favourites; find a way of representing your results, e.g. with a bar or a pie chart. ELGs 05, 10, 12, 16

Peas in a pod

Play estimation games using beans, seeds, pulses. How many peas are there in a pod? Look at comparisons and estimates. ELGs 11, 12

Ourselves

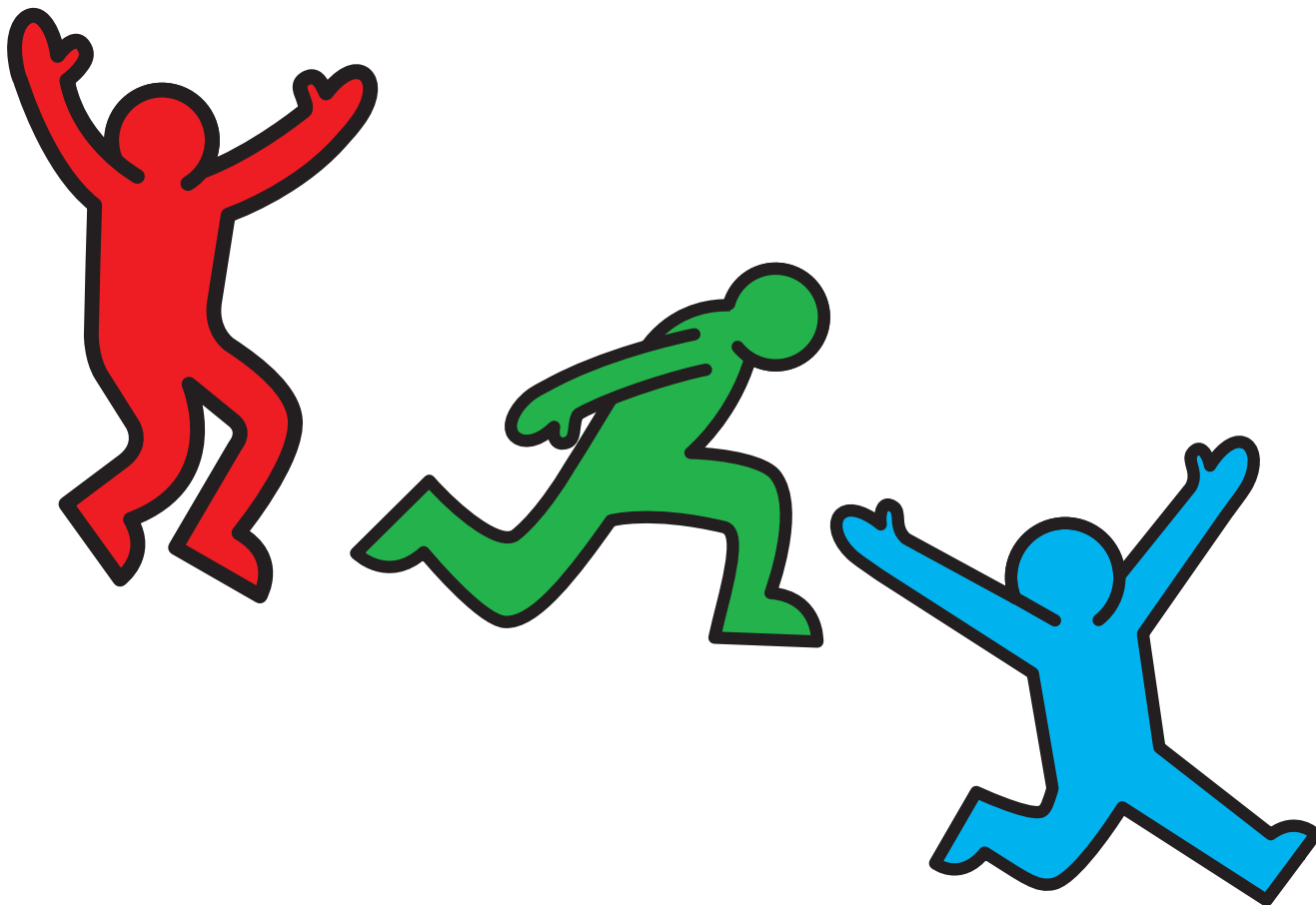
Get children to draw around each other, numbering fingers, toes, arms and legs. Use non-standard and standard measures for height and include shoe size etc. Make a height mountain by charting the height of all of the children in the class on a wall outside, then join up the marks on a height line. Extend this activity by including a reach line. ELGs 11, 12

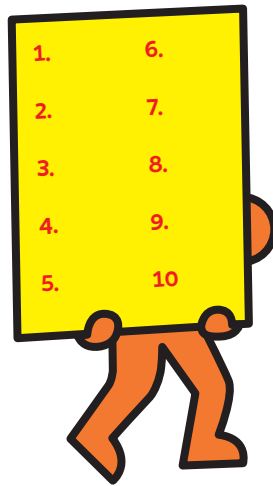
Number jumps

Ask children to do different activities in sets of two, five and 10. Activities could be jumping, star jumps, hopping and touching toes. You could also print out different numbers, hold them up and ask children to jump (hop, skip etc.) that number of times. ELGs 04, 11

How many steps?

Get children to count how many steps they need to take to walk around the playground, around the classroom, around the hall etc. Get children to think about big and small steps and how that affects the number of steps it takes to get somewhere. ELGs 04, 11





Motion Maths

Get children to dance on the spot to a fun upbeat piece of music. When the music stops children must perform a balance either on one leg, or crouched down on one leg, or on one hand and one leg etc. Get children to start counting from one, and see how many seconds they can hold their balance for. Start the music over again and repeat the game.

ELGs 04, 11

Make 10

Write the numbers 1–10 on the board. Pick five different fitness exercises and write them on the board too: e.g. star-jumps, hopping, running on the spot, commando roll (drop to the floor and roll over), push ups against a wall or on the floor etc. Working in pairs, and on the teacher's command, the first person in the pair must pick a number less than 10 and perform a chosen exercise that number of times. Their partner must then perform the exercise for the appropriate number of times to make up 10. Extension activity: increase the number to 20.

ELGs 04, 08, 11

Treasure hunter

Using the hall or playground, place different coloured bean bags anywhere in the area. Give each bean bag colour a different value, e.g. red = four, blue = three, green = two and yellow = one. In small groups or pairs (carrying pen and paper) children must walk to a chosen bean bag and add this to their bean bag score. They must tally their scores to see how many points they can gain in two, three or four minutes of walking! ELGs 04, 08, 11

Action sports

Working in groups of four, one pair must act out a sport by performing different actions. The other pair must guess the sport they are acting out. If they guess it correctly the first time they get three points, if it is the second guess they get two points and third guesses get one point. Pairs can move around the room and play other pairs of children in a given time limit, e.g. five minutes. They must tally or remember their scores as they go along. ELGs 04, 08, 11

Inclusive opportunity

Use real objects when working with children with SEN and keep the activities practical and hands on.

Search [Change4Life/schools](https://www.change4life.org.uk/schools) to find the Our Healthy Year supporting resources referred to in this toolkit.

Physical Development



Curriculum-linked activity ideas

Eat well   

The right diet helps children to develop strong bones and stay active:

- Using the Eatwell Guide at [Change4Life/schools/healthy-eating](https://www.change4life.co.uk/schools/healthy-eating), make your own class poster using foods that the children eat at home and are familiar with.
- Download the **Classroom activity sheets** and then use the 'Blank Eatwell Guide' to fill in the sorts of healthy food they like to eat. This exercise will highlight to both children and their parents the variety of foods that they need to be healthy.
- Extend this activity by focusing on a healthy picnic or lunchbox. For related resources, see More Information on the back page of this toolkit.

As a follow-on homework activity, download the **Take-home worksheets** and then use the 'Growing and eating – Me size meals' sheet to get children thinking about quantities they should be eating. ELGs 01, 02, 03, 05, 10

Healthy heart for a good start 

Make a healthy heart display to explain the connection between exercise and being healthy to the children. Use the materials available on the British Heart Foundation website for activities and tips to share with children and their parents: www.bhf.org.uk (go to the Healthcare professionals section). ELGs 02, 05

People who help us be healthy     

Arrange visits from your school nurse or other healthcare professional. Be specific about what you would like them to talk about, e.g. healthy eating or staying active. It is also worth checking their credentials and ensuring that they have a professional qualification. Prior to the NCMP measurement day ask the school nurse to come in to demonstrate what the weighing and measuring will be like. Set up a play area where the children can weigh and measure their teddies and dolls. ELGs 01, 03, 05, 06, 08, 12

Beyond PE          

Your children will be participating in their regular PE lessons but within a Reception class there may be other opportunities to build stamina and increase body awareness – see the whole-school activities on the 'Inspiration for the whole school' leaflet (download **Ideas for teachers**). ELGs 04, 05

Builders' trays

Use builders' trays on the floor both indoors and outdoors for some activities instead of tables and chairs. This will help develop bilateral co-ordination, develop trunk stability and balance as well as shoulder stability and hand strength. Some suitable activities will include, sand, play dough and cornflour. Extend by using tongs, chopsticks and spoons and sieves. ELGs 04, 16

Obstacle course

Encourage children to design and build their own obstacle course both indoors and outdoors. Encourage them to make it as challenging as possible. Include blankets and tunnels with the usual mix of blocks and planks. Get them to also try it on their knees or while crawling. The course could also be used at a sports day – perhaps parents could try it! As a follow-on homework activity, download the **Take-home worksheets** and then use the 'Keeping fit and having fun' sheet to get children thinking about different activities they can try. ELGs 04, 05, 08, 17

Walk to School Week

As part of Walk to School Week (May), take the class on a local walk and count your steps. Visit www.livingstreets.org.uk for walking tips. ELG 05

Wall painting

Outdoors or indoors, place a roll of wallpaper along a wall. Ask the children to cover every bit of it with numbers, drawings or writing. This will encourage stretching and bending as they try to cover all of the paper. ELGs 04, 08, 10, 11, 16

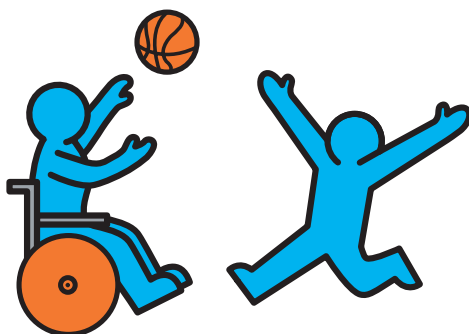
Vertical threading

Hang string from washing lines indoors or outdoors, put tape on the ends, then encourage the children to make a hole in coloured paper, newspaper cut outs, leaves or any other materials and push them up the string from a standing position. They will need to stretch and use both hands. Extend the activity by making a number line of materials or repeat patterns. ELGs 04, 08, 11, 12

Inclusive resource

If a child has physical difficulties or differences consult with any specialist involved, e.g. occupational therapist, about how you can adapt some of the activities outlined above.

Search Change4Life/schools to find the Our Healthy Year supporting resources referred to in this toolkit.



Personal, social and emotional development

Curriculum-linked activity ideas

The things I like

Use the themes of healthy eating and exercise to create an opportunity for children to demonstrate their favourite things. You can do this by asking them to bring in photos of themselves with their families eating, playing in the park, at the swimming pool, or on holiday. Encourage them to share their experiences with their peers. This could be a theme for a display that also demonstrates how the school works in partnership with parents to link home life and school life. As a follow-on homework activity, download the **Take-home worksheets** and then use the 'All about healthy me' sheet to get children thinking about words that best describe their favourite things. ELGs 01, 03, 06, 08, 13

Growing up

Discuss and devise activities around the theme of the human lifespan. Look at different ages and stages from baby to child to teenager to adult. Discuss growing up and what we need to be healthy. This activity provides plenty of opportunities to talk about families, relationships, and people and communities. Collect baby pictures of children in the class and play 'guess who' games (include a photo of you). ELGs 03, 06, 07, 08 13, 14

Understanding the world

Curriculum-linked activity ideas

Senses

Smell: find different spices, herbs and healthy foods to smell, play 'guess what it is' by putting things in pots covered in foil with holes (e.g. strawberry, mint, nutmeg, lemon).

Taste: carry out blind tastings (this activity provides an opportunity for descriptive language, labels and charts when comparing likes and dislikes). ELGs 03, 05, 06, 08, 10, 11, 13

Growing and eating

Explore the growing cycle of beans, fruit and vegetables. Grow cress eggheads, carrot tops in the dark and nasturtiums (you can eat the flowers).

Make a herb pot, grow vegetables and tomatoes in yoghurt pots, in a window box, or in your school garden.

Use writing frames or a storyboard to illustrate and accompany the growing cycle. As a follow-on homework activity, download the **Take-home worksheets** and then use the 'Eating colours' sheet to get children thinking about the variety of fruit and vegetables that can be grown. ELGs 02, 04, 10, 14

Where in the world activities

Use maps to locate where our food comes from. Start by looking at labels on foodstuffs. You can then create a display using pins, labels or drawings on a world map. ELGs 13, 14, 16

Expressive art and design

Curriculum-linked activity ideas

Bones and skeletons

Discuss diet and healthy bones (that's why we need calcium and vitamin D). Get children to complete skeleton worksheets and name body parts, or make a large drawing of a skeleton and label it. Make pin figures that have moving joints. ELGs 02, 04, 05, 09, 10, 16

Cutting and blending

Make delicious dips and dippers, fabulous fruit salads, and super smoothies. Note: Children should only have a maximum of 150ml of smoothie or juice per day, which counts as only one portion of your 5 A DAY. For recipe ideas: Search [Change4Life/schools](https://www.change4life/schools). ELGs 02, 05, 16, 17

Outdoor fun and activities

Curriculum-linked activity ideas

Forest Schools

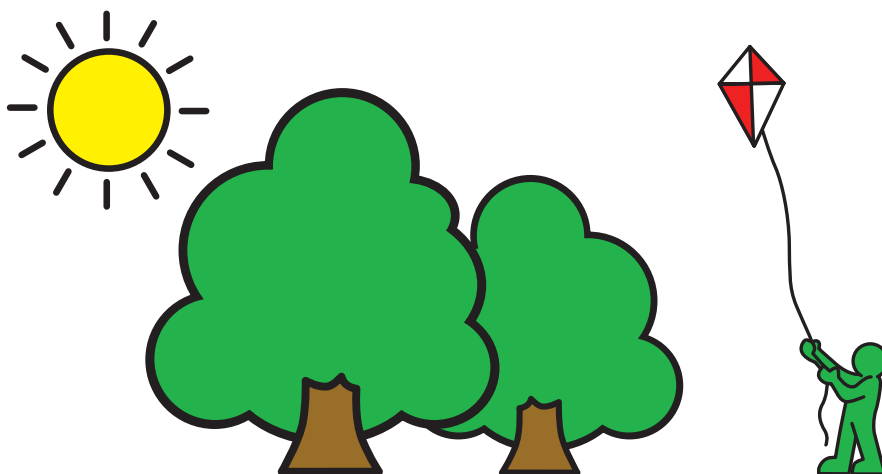
Use some Forest Schools activities in any outdoor space including the woods, the park, playground or school garden. These can include physical activities and outdoor cooking. To find out more, visit www.forestry.gov.uk

Teddy bears' picnic

Prepare and plan your picnic by making suitable foodstuffs to eat and drink, and writing invitations to teddies (and other favourite stuffed toys). Plan a timetable for the event, read Teddy books and learn the 'If you go down to the woods today' song.

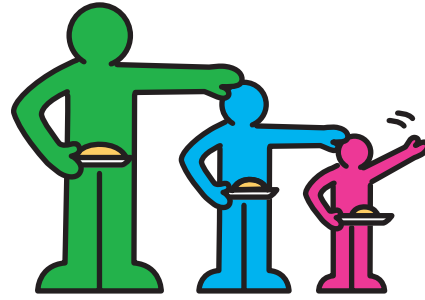
This activity can be the culmination of your whole year's efforts where you can celebrate your achievements. If you have used the 'Take-home teddy' activity (page 6), make sure you take your class teddy to the picnic so that you can share his or her healthy activities with children and parents.

ELGs 01, 04, 05, 06, 08, 10, 13



Search [Change4Life/schools](https://www.change4life/schools) to find the Our Healthy Year supporting resources referred to in this toolkit.

Engaging parents



The importance of delivering the healthy eating and activity message goes beyond the classroom, so it's vital to get parents involved as they are the ones who make most of the food and activity choices for children at this age.

Introducing parents to Our Healthy Year

If you can, let parents know that pupils will be taking part in a year (or other period) of healthy activity. Use the 'Introduction to Our Healthy Year for parents template letter' (download [Take-home resources](#)) to tell them about what you'll be doing in class and how they can get involved. This might be through taking part in 'Take-home teddy's diary' (page 6) or 'Our Healthy Year challenges' (page 19).

You can adapt and use the 'introduction to Our Healthy Year for parents template letter' in several ways:

- at the start of the year at your welcome meeting for new parents
- by putting a letter in book bags
- through ParentMail or through the school newsletter or website.

- Search [Change4Life/schools](#) to find the Our Healthy Year [Take-home resources](#), including parent communication templates and 'Our Healthy Year challenges'.
- If you have a welcome meeting, the Change4Life short films are a great tool to use to introduce key topics. Search [Change4Life/schools](#).

Other ways to engage parents

Eating well

Ask parents to search [Change4Life/recipes](#) and choose their favourite healthy recipe. You could start a class recipe book or put them on the school website, and choose a healthy recipe of the week. You could arrange for parents to visit your classroom as cooking lesson helpers or leaders.

Moving more

Invite parents to come along to a PE class to learn some new games and activities for the weekends or holidays.



Our Healthy Year challenges

Challenge your pupils to put their learning into practice at home with the 10 flexible challenges.



There is one challenge for each of the classroom topics (page 7).

1. Choose which challenges to set

Ideally, choose a challenge for each month, spreading them out over the whole year. This will help healthy eating and moving more to become really embedded in children's lives.

Alternatively, choose a challenge for each week spread over a shorter period, e.g. a term. The challenges can be completed in any order.

2. Send the challenges home

Print the 'Our Healthy Year challenges' from the **Take-home resources** and put them into book bags.

Alternatively you could email the challenges to parents, or include them in an existing school or class newsletter.

3. Parents record their activity

Print the 'Passport' from the **Take-home resources** and ask parents to help their children record which challenge activities they have completed and the date.

Passports could be kept or stuck in Reading Record books, or into a special exercise book, where the children can draw pictures to keep a visual diary of their healthy activity.

4. Celebrate!

Celebrate pupils' achievements when all the challenges are complete with a **Celebration certificate** or parents' assembly (page 20).

Search [Change4Life/Schools](#) to find the 10 'Our Healthy Year challenges' (download **Take-home resources**).

Celebration time



At the end of your healthy year, term, month or week, you could:

- download and give children a **Celebration certificate** to recognise their learning and achievement
- hold a special parents' assembly where children showcase what they've learned about eating well and moving more, and certificates are presented – the assembly could finish with a parent and child activity, e.g. a mass 10 Minute Shake Up in the playground, a lap of the playground or a fun circuits activity
- help your pupils to design a presentation to give to other classes in the school, detailing what they have done
- send out a special newsletter, celebrating the children's achievements
- have a Healthy Class Cup presented to the class with the most completed passports, or an award for the individual with the best passport
- hold an exhibition showing the highlights of Take-home teddy's healthy adventures
- create a healthy pledge wall for pupils and parents to pledge what they will do to continue being healthy the next year
- search [Change4Life](#) for holiday ideas.

More information

Useful [Change4Life school links](#)

- You'll find more teaching resources on healthy eating and physical activity on the Change4Life School Zone. Search [Change4Life/schools](#)
- We would love to hear from you. Please send your comments and photos to partnerships@phe.gov.uk

Other useful resources

- Find out more about the National Child Measurement Programme by searching NCMP at www.gov.uk
- The British Nutrition Foundation has more information on the importance of healthy eating at www.foodafactoflife.org.uk
- The Children's Food Trust helps children eat better and do better, by working with schools, local authorities and other partners. Visit www.childrensfoodtrust.org.uk
- Explore how a whole-school approach leads to great school food with the School Food Plan at whatworkswell.schoolfoodplan.com
- Learn more about promoting school meals with National School Meals Week at www.nsmw.org.uk
- The Youth Sport Trust is passionate about changing young people's lives through PE and sport. Visit www.youthsporttrust.org
- The British Heart Foundation has a range of school resources covering everything, from learning to read to PE, science and PSHE. Find out more here www.bhf.org.uk
- Interested in encouraging your pupils to walk to school? Living Streets has lots of hints, tips and suggestions at www.livingstreets.org.uk
- Get your pupils ready to cycle safely with Bikeability at www.bikeability.org.uk
- The Modeshift STARS accreditation scheme recognises schools that encourage children to walk and cycle to school. Register your school at www.modeshiftstars.org
- The School Games is a great opportunity to motivate young people to enjoy the benefits of playing competitive sport. Visit www.yourschoolgames.com
- The Forestry Commission England provides a range of cross-curricular activities including physical activities and outdoor cooking at www.forestry.gov.uk

