Our Healthy Year Calendar

Reception/KS1

change 4 life

Try one of these fun activities every week to help your class eat well and move more!

Then click to reveal fun facts, jokes and challenges.

Weekly challenges to build healthier habits.

week 1 — How many steps?

Count how many steps you need to take to walk around your home or playground. Try with big and small steps.

Class challenge!

Click to reveal

week 2 — Action rhymes

Create your own healthy rhyme or song with actions. Share it with the class!

Class challenge!

Click to reveal

week 3 — Number jumps

Do activities like jumping, hopping and touching your toes in sets of two, five and ten.

Can a kangaroo jump higher than the Eiffel Tower?

Click to reveal

week 4 — What does your nose know?

Can you use your nose to guess what different foods are without looking? You could try this at lunchtime.

Class challenge!

Click to reveal

week 5 — Time for teddy

Choose a teddy or toy from home and draw a picture of them eating something healthy or doing a healthy activity.

This is a fruit that you might eat at lunch. It's small and it's round and it comes in a bunch.

Click to reveal

week 6 — What's the difference?

Think of an apple and an orange (or your teacher might show you pictures). What is the same about these foods? What is different?

What is the strongest vegetable?

Click to reveal

week 7 — Rainbow plate

How many different colours can you see in your lunch? Can you name the different fruit and veg on your plate?

What did the leopard say after lunch?

Click to reveal

week 8 — Motion maths

Dance on the spot to music. When the music stops, balance on one leg or crouch down on one leg. How long can you hold your balance?

Class challenge!

Click to reveal

week 9 — Fruit and veg

We should try to eat at least five different fruit and veg every day. Can you and a partner name five different fruits and vegetables?

Class challenge!

Click to reveal

week 10 — What's on the menu?

Think about what you like to eat. Is there anything new you would like to try?

Class challenge!

Click to reveal

week 11 — Energisers

Each day, one person in the class thinks of an energiser activity or routine. Everyone else must follow for five minutes before settling down to work.

How do you light up a football stadium?

Click to reveal

week 12 — Food labels

What do you think the red, orange and green could mean on this food label?

Why don't eggs tell jokes?

Click to reveal

week 13 — How much fruit and veg?

Riyma has eaten one apple and a portion of spinach. How many pieces of fruit and veg has she eaten altogether? How many more does she need to eat today?

Class challenge!

Click to reveal

week 14 — We love fruit and veg!

Find out which fruit and veg are being served every day at lunchtime, and keep a whole-class fruit and veg diary.

Why did the banana go to the doctor?

Click to reveal

week 15 — High fives

In pairs, one person does an exercise five times. They then 'air high five' their partner who does it five times. Repeat with different actions.

What can you serve but never eat?

Click to reveal

week 16 — Playing shops

Set up a healthy food 'shop' and use scales and bags of vegetables to practise weighing and measuring.

Class challenge!

Click to reveal

week 17 — Drink smarter

Use the Food Scanner app to scan some popular drinks (provided by your teacher). Can you count how many sugar cubes are in each one?

Unscramble the letters to find the name of a healthy drink choice

k m i l

Click to reveal

Food Scanner app: **NHS.uk/BFS/app**

week 18 — Favourite snacks

Think about your favourite snacks. Can you choose or eat a different healthier snack for each day of the week?

Class challenge!

Click to reveal

week 19 — Stretch and bend

Touch your toes and stretch, stand tall and stretch or lean to the side with your arm over your head. Can you think of other stretches?

Why are gymnasts the most generous sportspeople?

Click to reveal

week 20 — Tea party time!

Plan a healthy tea party. Make invitations for guests and tell them what the healthy menu will be. You could even bring a favourite toy to the party!

I am orange and long, and I come in a bunch. I can be in a cake, or eaten at lunch. What am I?

Click to reveal

week 21 — Active travel day

Can you bike, scoot or walk today? Maybe with an adult outside or on your journey to school?

Class challenge!

Click to reveal

week 22 — Hold a stretch

Can you hold different stretches for 5, 10 or 15 seconds? Use counting to help you measure the time.

What is harder to catch the faster you run?

Click to reveal

week 23 — Active phonics

Your adult will place phonics sounds around the room or playground. When they shout out a sound, walk, run, hop, skip or jump to that sound.

What subjects do runners like best?

Click to reveal

week 24 — Action sports

With a partner or in a team, can you act out different sports so another team can guess what they are?

Class challenge!

Click to reveal

week 25 — What's in your food?

Use the Food Scanner app to find out how much sugar is in some breakfast foods (provided by your teacher). Can you suggest healthier choices for foods that have lots of sugar?

Did you know?

Click to reveal

Food Scanner app: **NHS.uk/BFS/app**

week 26 — Breathe

Breathe in through your nose and out through your mouth. Try to focus on your breath for a few minutes and let go of any other thoughts.

Class challenge!

Click to reveal

week 27 — Shake and wake

To start your day, choose a theme like sport, dance or animal moves. The teacher can call out a related action and then everyone joins in!

Why couldn't the bicycle stand up on its own?

Click to reveal

week 28 — Where does our food come from?

Look at the labels on the packaging of several food types. Whereabouts in the world are they from? You can make a display using pins, labels or drawings on a world map.

Class challenge!

Click to reveal

week 29 — What's on your shopping list?

Draw a shopping list of healthy foods you would like to buy.

What did the berry say when he had a problem?

Click to reveal

week 30 — Eating out

What are your favourite healthy foods? Write or draw your own menu for a healthy cafe' that serves your favourites.

Which vegetable is always in a hurry?

Click to reveal

Click 'Sign up' at **Change4Life/schools** to be the first to hear about new resources!