

	Session 1	Session 2	Lunch	Session 3	Session 4		
Monday	9:15-10:15 Skip2bfit Class 4	10:30-11:30 Skip2bfit Class 3		1:15-2:00 Skip2bfit Class 2	2:00-2:45 Skip2bfit Class 1	2:45-3:00 Skip2bfit Whole School	3:15-3:45 Skip2bfit Parents
Tuesday	9:15-10:15 Creation Station: Mindfulness Class 4	10:30-11:30 Creation Station: Mindfulness Class 3		1:15-2:00 Creation Station: Emotions Class 1	2:15-3:00 Creation Station: Emotions Class 4		
Wednesday	Swinton Chef 9:30-10:00 Class 1&2	Swinton Chef 10:00-10:45 Class 3 10:45-11:30 Class 4					
Thursday	Yoga 9:30-10:00 Class 1	Yoga 10:30-11:30 Class 2		Yoga 1:15-2:15 Class 3	Yoga 2:15-3:15 Class 4		
Friday	Willow Weaving 9:30-10:30 Class 3	Willow Weaving 10:45-11:45 Class 4		Willow Weaving Small groups from Class 3/4	Willow Weaving Small groups from Class 3/4	3:15-3:30 Presentation to parents	

- Each day we will complete the 'Daily Mile'.
- We will make use of sites like: Cosmic Kids and Go Noodle.
- Mr Woolston will follow the Wake up Shake up programme this week.
- We will complete a baseline survey with the children which we can then repeat at the end of the week to assess impact.
- We will keep a log of comments/reflections from the children about the activities.