



9th - 13th June
2025

Active Homework!

Fitness Week 2025

Move More, Feel Great!

Try Yoga,
Basketball
HIIT!

Work Out Monday

June 9th

Take part in a lively and fun filled workout with our visiting gym instructor Conor!



Bubbles and chalk in the yard for our Junior Classes ☺



Team Tuesday

June 10th

"Our school community is a team!"

Design a small team player version of yourself for our whole school chain ☺

Whole school "Morning Move-It" Activity!

Wear a team jersey!



Wellness and Walks on Wednesday

June 11th

Get outside and remind yourself how nature can positively impact our wellbeing-
Class walks for everybody!



Colourful Lunchbox Day!

Pack that lunchbox with fruit and veg ☺

Explore the topic of Healthy Eating in class.

Basketball Thursday

June 12th

Show kindness, empathy and compassion for yourself and others.



Enjoy a fast paced basketball session!



Flexible Friday

June 13th



Music and dance in the yard for break times!

Mindfulness exploration- enjoy a Yoga session with our visiting teacher Wendy!



