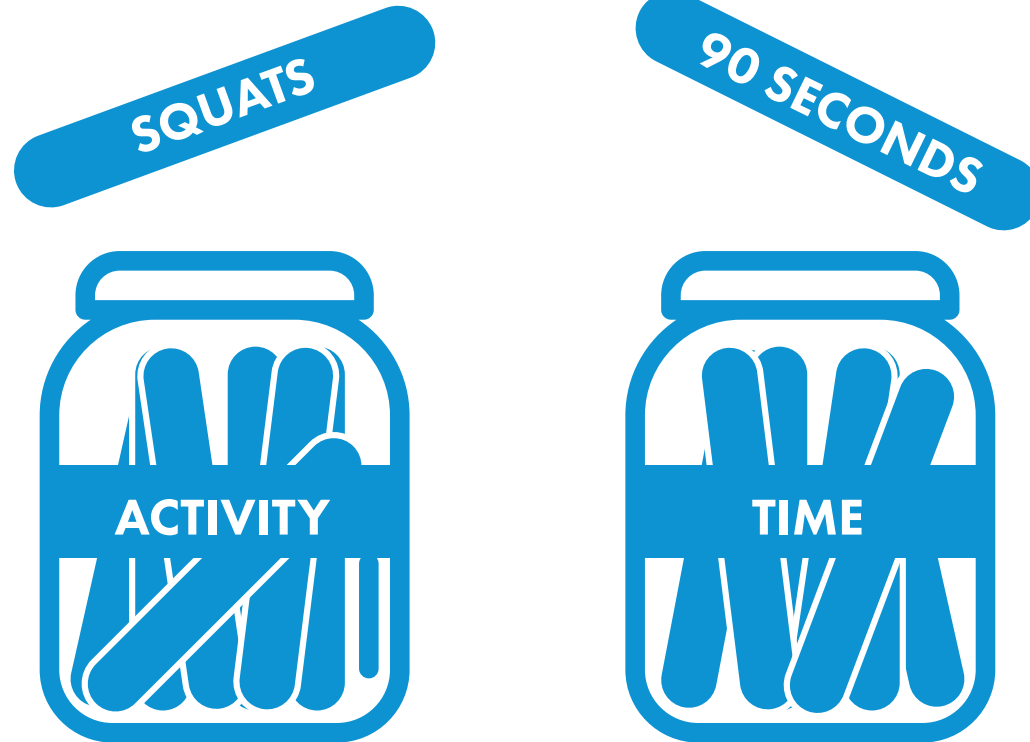


Every time we change subjects we stand up and move



During every subject transition a pupil should be invited to draw a lolly pop stick from each jar.

Activity Jar

Every lolly pop stick in the jar should display a specific activity. *As many different activities as possible should be included in the jar.* Here are some suggestions:

- ▶ **Strength exercises**
eg: squats, lunges, plank
- ▶ **Aerobic exercises**
eg: running on the spot, boxer punches, high knees
- ▶ **Stretches**
eg: legs, arms, back
- ▶ **Active Break**
eg: dance video, playground break, walkway lap
- ▶ **Active Homework**
eg: If a student draws the 'Active Homework' lolly pop stick then active homework replaces written homework that night!
- ▶ *Where possible, pupils should be involved in creating this resource.*

Time Jar

Every lolly pop stick in the jar should display a number to signify the number of seconds that exercise should be performed.

- ▶ An alternative to this is to have two different coloured lolly pop sticks inside the jar. Blue lolly pop sticks display a time in seconds. Red lolly pop sticks display a number which signifies the number of repetitions for the exercise.
- ▶ Including a 'Teacher' stick inside this jar can add an element of fun. If this stick is drawn that means that only the teacher has to perform the exercise!
- ▶ *Where possible, pupils should be involved in creating this resource.*

