

All sitting Pillows in a pile in the corner

Reece Hello everyone – we are the Healthybods!

Brad We will be spending time with you today thinking about how we keep our minds and bodies healthy

Paddy First of all we need to prepare by warming up as this will make us feel focussed

Reece Come on Healthybods

Kacey Warming up means it is safe to move around without causing injury

WARM UP DANCE after warm up dance healthy bods gravitate to pile of pillows (rdb)

Brad Children lets all warm up together, come on everyone.

Charlotte Our bodies and minds are focussed now so we are ready to get started

THROW AND PICK ANOTHER ONE UP (FROM THE CORNER)

Reece Today we are going to be thinking about choices we make each day

THROW AND PICK ANOTHER ONE UP

Sean And the consequences

THROW AND PICK ANOTHER ONE UP

Paddy Consequences??

THROW AND PICK ANOTHER ONE UP

Lynsey Yes – a consequence is the thing that might happen as a result of making that choice

THROW AND PICK ANOTHER ONE UP

Brad Ah – so do you mean if I choose to eat loads of ice cream crisps and chocolate, I will have a poorly tummy

THROW AND PICK ANOTHER ONE UP

Lynsey and Reece Exactly

Daniel - in our performance, We will be looking at a whole day – including the night before and thinking about whether the healthybods had a good night sleep

Sean - so let's rewind and see what happened - ready for bed again everyone

TRANSITION INTO SLEEP POSITIONS

Jack Most of the healthybods had a great night sleep

Natasha Sleep is important as it allows the body and mind to rest
Chloe s and be prepared for the next day
Artie Lets have a look at that

SLEEP MOVEMENT

Brad Oh dear – some people did not have good night sleep; did anybody notice what was wrong
Natasha They were playing games under the covers and went to sleep really late
James What will the consequence be?
Chloe S They will be tired, and they won't have good focus
Paddy (brings Arthur James & Charlotte in) tonight we should put our iPad's away
Arthur and read in bed instead
Natasha come on let's get ready for the day

TRANSITION INTO POSITIONS FOR BREAKFAST POEM

Sean Breakfast is an important meal as it sets you up for the day.
Reece I usually skip breakfast as I am in a hurry
Paige But breakfast is the fuel to get you ready for the day
Lauren Like putting petrol in a car?
Kacey Exactly
Jack Lets think about healthy breakfast choices

Reece First we wash our hands **Lauren** before touching any food
Artie Make sure the table is clean
Brad Find a clean plate bowl knife and spoon and fork
Kacey Now we've set the breakfast scene

Paddy Fibre is a good choice **Chloe s** it makes you feel full
Reece It's usually in cereal and bread
Charlotte Milk is good for healthy bones **Paige** and teeth
Sean Its hidden in low fat spread

Natasha Sugar is in lots of things **Lauren** you might not even know
Kacey But too much sugars bad for health
Lynsey Your energy increases **Holly** but you soon feel very tired
Charlotte So try to choose some fruit or something else

Paddy Protein equals vitamins **Jack** which keep your body strong
Reece You find them hidden in your food
Sean They turn into your much needed energy
Brad And generally make you feel good

Performers put t shirt on – clean uniform

Arthur The healthybods are full of energy now
Kacey So the consequence of having a good breakfast is having energy and feeling prepared

Daniel Yes – ready for the day ahead. Let's see what we all had for breakfast. Put your hands up if you had toast, cereal, fruit, porridge, what about anything else?

TRANSITION INTO CLASSROOM

Daniel They are back! The healthybods are ready in their clean uniforms, come on in everyone

Holly In the classroom everyone looks ready to work

Brad Hang on a minute, I can see that people are doing the same job – but they are all acting different

Lynsey Let's see how people are feeling – why – and what we might do about that

Jack First of all let's think about different types of feelings

Reece Children can you join in and copy our moves about the different feelings we might have?

Emotions - basic movements

Emotions Dance

Lauren I don't understand the question

All confused

Sean Put your hand up and ask for help

Arthur I am good at doing this

All Happy

Charlotte You can help your friends to complete the task

Chloe S He has got the pencils I like to use

All Angry

Reece Don't worry – we can share

Lynsey My tummy feels funny because my parents have been arguing

All Worried

Paige Talk to the teacher at playtime

Paddy I can't concentrate

All Tired

Jack Tonight read a book instead of looking at a screen

Brad I have scabby toenails

All Embarrassed

Chloe S Tell your dad and he can make you a doctor's appointment

Natasha My friend didn't play with me at playtime

All Sad

Kacey I didn't realise you were alone – next time lets all play together

Paige Its my grans birthday party later

All Excited

Paddy I bet you will have a great time with your family

FREEZE

Chloe S We have learned that in the same classroom everyone feels different

Reece Sometimes it's hard to describe a feeling

Natasha But it is good to try because sharing a feeling can make you feel better

Paige You can talk to a friend

James or an adult like a family member or teacher

Sean You can share good feeling too because it can make someone else share the feeling

Daniel Can you show us what emotion you are feeling right now, ready after 3. 1, 2, 3!

TRANSITION IN TO BENCH AT THE BACK

James The healthybods have a PE lesson now

Paddy first they are choosing teams

Kacey you you you and you can be on my team, I am the leader and I will make all of the rules just copy me and you'd better be good at it

COMPLEX COPYING ROUTINE

Holly gosh She is a bit bossy,
Natasha the game did not look fun and no one looked like they were having a good time

Charlotte Teams work better when everyone is allowed to put their ideas in

Reece In my game I only want people who are good at balancing

BALANCING ROUTINE

Brad That was unfriendly as not everyone is good at balancing, but I bet they would've liked to try and practice

Lynsey Anyone can join in my game – lets decide on the rules together

ROUTINE SHOWING TEAMWORK AND CARE

Jack That was the best teamwork – everyone looked happy and included

Paddy We have learned that being kind and considerate will mean you have good relationships

TRANSITION INTO LUNCH – GRAB PROPS

Charlotte It is lunchtime now
Paige Wow look at all the different things to eat

Reece and Kacey talk through the items

LUNCH DANCE

Lauren We have learned that some foods are better for us than others
James so we should think about making good choices

TRANSITION PUTTING PROPS AWAY AND INTO PLACES FOR FAMILY DANCE

Chloe s It's the afternoon now and the healthybods are thinking about families and relationships
Charlotte We will see that families are all different

Brad and Holly lead - Interaction with the children – eg put your hand up if 5 people live in your house / put your hand up if you have a sister etc

FAMILY DANCE

Kacey Today has been an example of a busy day
Sean Its home time now let's finish with a games of sunshine's on!
Brad I love this game – we will learn about similarities and differences – children - and teachers you can join in

Brad and Lynsey lead on this

*Everyone who has wiggly fingers
Everyone who likes doing sums
Everyone who likes drawing pictures
Everyone who doesn't like sprouts
Everyone who doesn't like chocolate
Everyone who likes football
Everyone who likes watching TV
Everyone who enjoys playing outside
Everyone who likes playing on an ipad
Everyone who is a healthybod!*

Daniel Today we have learned so much about having healthy bodies and minds
Paige Enjoy the rest of your day everyone