



Active Week

Mindfulness Monday

Breathing activities 5 mins
Mindfulness colouring 5 mins
3 yoga poses 5 mins

Tracking Tuesday

Active girls in each class wear a tracker of some sort and track how many steps as a class they can get throughout the day. Most steps walked in one class wins a prize

Workout Wednesday

Joe Wicks workout on YouTube
Go noodle workout
Workout in the yard with some simple exercises on the red banners on the ASTRO

Throw some shapes Thursday

Guided dances supplied
Go noodle

Freak out Friday!

Twice throughout the day when they hear a song over the intercom: the girls do a little 1 minute free style dance in the classroom