

## South Petherwin Primary School Weekly Active Timetable

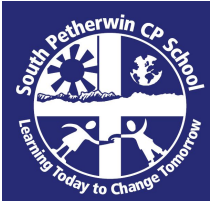
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:50 - 9:05 (15 mins)</b>	<u>Wake and Shake</u>				
<b>9:05 - 10:30 (85 mins)</b>	<u>Guided reading / RWI (45 mins) and English (40 mins)</u>				
<b>10:30 - 10:45 (15 mins)</b>	<u>Assembly</u>				
<b>10:45 - 11:00 (15 mins)</b>	<u>Break</u>				
<b>11:00 - 12:00 (60 mins)</b>	<u>Maths</u>				
<b>12:00 - 12:15 (15 mins)</b>	<u>Mile a day</u> C1 & C3 <u>Imoves</u> C2 & C4	<u>Mile a day</u> C2 & C4 <u>Imoves</u> C1 & C3	<u>Class based</u> <u>active maths</u>	<u>Mile a day</u> C1 & 3 <u>Imoves</u> C2 & 4	<u>Mile a day</u> C2 & C4 <u>Imoves</u> C1 & C3
<b>KS1 12:15 - 13:10 (55 mins)</b> <b>KS2 12:15 - 13:15 (60 mins)</b>	<u>Lunch</u>				

**30 minutes** = Total amount of daily physical activity for every child in school in addition to their daily **70 minutes break and lunch** time.

**Classes 1 and 2** also to ensure they have an active session in the afternoon (10 mins)

**Classes 3 and 4** so use imoves active blasts during afternoon when needed

You will need to do 21 laps of the playground to run 1 mile. Class teacher to keep a class list and record when children have ran 1 mile, we will award certificates in celebration assembly for every mile completed.



## South Petherwin School Mile A Day



- All children and staff to participate and have fun
- You can run or walk
- Appropriate footwear must be worn if you are running
- Ensure you stay a safe distance from others
- Walk/ run around the outside of the white lines on the playground
- Keep a mental count of your laps to write down on your record sheet
- Encourage and support each other
- If the weather is appropriate we will complete the session on the field
- Once the lunch time bell rings you must all stop
- Ensure there is no pushing others
- Remember it is not a race, we are working together
- Walk onto the playground from classrooms
- As soon as you enter the playground you can begin running
- If you over take anyone you must go around them not undertake