



Welcome to 5-a-day Fitness, the amazing cross-curricular PE / MFL resource for primary schools.

Your subscription provides every classroom in your school with online access to fully demonstrated five-minute exercise routines specifically designed for projection onto classroom whiteboards. There is no teacher preparation required; with just the touch of a button you and your class can have fun, get fit and learn a language!

You will need the link below to access the website. Please remember that this link is for usage by ****pupils and parents attending Burwell Village College Primary School only****.

<http://watch.5-a-day.tv/login/student/6623/v2t2wi>

Getting Started

In your welcome email you will have received your whole school username and a password. (Please contact info@5-a-dayfitness.com should you wish to generate an easier password for your school.)

Once you have logged in at <http://5-a-day.tv> using these details, you will see the main 5-a-day TV screen with your school name across the top. The 5-a-day TV screen contains six channels:

- Fitness, Language, Time-2-Chill, Leadership, and School;
- Games and Shopping;
- Clicking on a channel will give you access to the routines and resources within that section;
- 5-a-day Fitness Channel; and
- Five-minute fun-packed themed exercise routines, each fully demonstrated on screen with accompanying vocal instructions.

Each routine has a star rating, one star being the easiest and five stars being the most challenging. The routines in the Fitness Channel can be used as awake and shake style activity during registration, energy breaks in lessons, rewards for good behaviour, a warm up in PE or dance, or wet break activities.

5-a-day Language Channel

Our fun fitness videos with Modern Foreign Language voiceovers and on-screen translations in French, Spanish, and Welsh. Each MFL video has three levels. Level 1 offers on-screen keywords in English and the chosen foreign language. Level 2 has foreign language keywords only, and Level 3 is without keywords. These routines are great for active starters in MFL lessons.

5-a-day Time-2-Chill Channel

Two-minute routines focusing on relaxation, imagination, balance and coordination.

Choose from a selection of routines that will soothe and calm your class. These routines are ideal for use after break or lunch, at the end of the day, or as a cool down in PE.

5-a-day Leadership Channel

Routines and resources for encouraging creativity and developing leadership skills.