

Time	Monday	Tuesday	Wednesday	Thursday
9.00-9.15	Registration and Welcome	Registration and Welcome	Registration and Welcome	Registration and Welcome
9.15-10.30	Sports	Sports	Sports	Sports
10.30-11.15	Gardening activities	Performing Arts	Gardening activities	Performing Arts
11.15-11.30	Break and Healthy Snack	Break and Healthy Snack	Break and Healthy Snack	Break and Healthy Snack
11.30-12.30	Creative Worksop	Cooking Workshop	Creative Worksop	Cooking Workshop
12.30-1.15	Lunchtime and Healthy Food	Lunchtime and Healthy Food	Lunchtime and Healthy Food	Lunchtime and Healthy Food
1.30-2.30	Sports	Sports	Sports	Sports
2.30-3.15	Health and wellbeing	Health and wellbeing	Health and wellbeing	Health and wellbeing
3.15-3.30	Collection and Dismissal	Collection and Dismissal	Collection and Dismissal	Collection and Dismissal

Sports	A wide range of sports, team games and physical activity.
Garden Activities	Learning and implementing gardening skills to look after the school garden.
Cooking	Preparing and cooking recipes in the school kitchen.
Health and Well Being	Learning how to live a healthy active lifestyle, exploring how to 'eat well' 'drink well' 'move well' 'sleep well' and 'think well'.
Performing Arts	Dance and drama workshops.
Creative Workshop	Being creative taking part in drawing, colour, and modelling.