

Download the new Our Healthy Year Calendar

change 4 life



Hello,

The new Our Healthy Year Calendars, **for Reception and KS1** and **KS2**, can support young people to build healthier habits this year.

The flexible, downloadable calendars can be used in the classroom or via remote learning to inspire pupils to eat well, move more, and be mindful of their wellbeing - wherever they are.

Our calendars are interactive and link to the PSHE, PE and Relationships and Health Education curricula. They include fun facts, jokes and challenges such as making up a dance or seeing how many different colours of the rainbow your pupils can eat for lunch!

Sign up to the School Zone and download our new **interactive calendars** along with the supporting **curriculum-linked activity sheets**, and encourage healthy activity in 2021.

Sign up

Start the year with a Shake Up!



Download our interactive Disney themed **Active Assembly** presentation to get young people moving!

Introduce pupils to each of the Disney characters and their moves, and then spin the wheel to find out which moves they remember. This assembly can also be sent home to pupils who are learning remotely so they can get active during the day.

Download now

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