

60 Active Minutes at Helmshore



Continuous Provision

Children in EYFS have access to outdoor continuous provision which provides them with opportunities to be active throughout the day.



Brain Breaks

Go Noodle and Super movers is used in classes to allow children to have an active break.



Active Assemblies

Assemblies are also used as an opportunity for children to enjoy and appreciate music and sing songs with actions and movement



Active Learning

Teachers provide children with opportunities to participate in active lessons and outdoor learning wherever possible.



Active Playtimes

Active playtimes are valuable across all year groups at Helmshore. Children in Year 4 have set up their own fitness club to encourage children to be active at playtimes. We also have different stations around the playground where children can take part in different activities.

