

# Our Healthy Year Calendar

## Key Stage 2

change  
4 life

Try one of these fun activities every week to help your class eat well and move more!  
Then click to reveal fun facts, jokes and challenges.

Weekly challenges to build healthier habits.

week 1 **Our healthy pledge**

Decide as a class on five ways to be healthier this year.

**Which vegetable is always in a hurry?**

The runner bean!

week 2 **Stretch and flex**

Touch your toes and stretch, stand tall and stretch or lean to the side with your arm over your head. Can you think of other stretches?

**Why are gymnasts the most generous sportspeople?**

Because they always bend over backwards for others.

week 3 **Sugar smart**

Can you order these drink items from lowest to highest sugar content?



**Let's find out!**

Water (0 cubes), sugar-free juice drink (0 cubes), sugary cola (9 cubes), chocolate milkshake (10 cubes)

week 4 **Morning movement**


Try making an 'activity zone' to use each morning. Why not do a different activity each day?

**What is harder to catch the faster you run?**

Your breath!

week 5 **Healthy mind**

Plan a timetable for the week that includes eating well, moving more, taking time out and having fun!



**Class challenge!**

Close your eyes and imagine a place where you feel totally calm and happy. What is the place? Who or what is there?

week 6 **Great moves**

Make up a dance. You could base it on a theme such as different types of animal or dances from other countries.

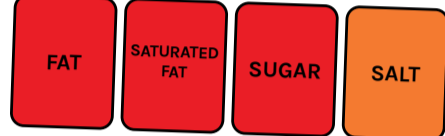
**Why aren't dogs good dancers?**



They have two left feet!

week 7 **Food labels**

Why does some food have traffic light labels? Do you think this label shows a healthier or less healthy choice?



**What do you call a peanut in a spacesuit?**

An astro-nut!

week 8 **Game day**

Invent a new game that involves movement! Then teach others how to play.

**What is the national sport of Japan?**

Sumo wrestling

week 9 **Favourite snacks**

Think about your favourite snacks. Can you choose or eat a different healthier snack for each day of the week?

**Class challenge!**



Quick! Name one food that's sweet, one that's salty, one that's spicy and one that's sour.

week 10 **What's on the menu?**

Think about what you like to eat. Is there anything new you would like to try?

**Which vegetable am I? You can throw away my outside, cook my inside, then eat my outside and throw away my inside?**

Sweetcorn

week 11 **Jump to it**

Jump 10 times in one way, then tag your friend who jumps 10 times in a different way. Keep going until the whole class has finished.

**Unscramble the letters to find a sport that needs good jumping skills.**

l b l b s a t e k a

basketball

week 12 **Rainbow plate**

How many different colours can you see in your lunch? Can you name the different vegetables or fruits on your plate or in your lunchbox?

**What did the leopard say after lunch?**



That hit the spot!

week 13 **Foodie frenzy**

Choose a healthy food. Can you think of a different type of food that starts with the last letter of the previous word? How long can you go for? e.g. apple - egg - grapes etc.

**Which of these are NOT fruits?**

tomatoes avocados  
cherries carrots

carrots

week 14 **Healthy recipes**

Search [Change4Life/recipes](#) and choose a recipe that you would like to eat. Start a class recipe book or vote for a healthy recipe of the week.

**Unscramble the letters to find the name of a fruit.**

t s e r a y b r w

strawberry

week 15 **Get moving**

Build an obstacle course. Time yourself - can you beat your personal best?

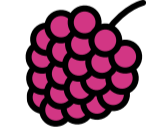
**Marcus is getting active by climbing stairs. He starts on the fourth floor, climbs up five stories, down seven, up six, down three, and up four again. Which floor is he on now?**

The 9<sup>th</sup> floor

week 16 **Snack attack charades**

Pretend to be your favourite healthy snack, fruit or vegetable without talking. Can your friends guess what you are?

**What did one snowman say to the other?**



Do you smell carrots?

week 17 **Drink smarter**

Use the Food Scanner app to scan some popular drinks. Can you count how many sugar cubes are in each one?

**Quick! Name two healthier drink choices.**

Good choices are water and lower-fat milk.

Food Scanner app: [NHS.uk/BFS/app](#)

week 18 **Fantastic fruit bowl**

Your teacher will give you each a name of a fruit and an action to go with it. When your fruit is called, can you race to stand up and do your action?

**Why did the banana go to the doctor?**



Because it wasn't peeling well!

week 19 **Active travel day**

Can you bike, scooter or walk today? Maybe with an adult outside or on your journey to school?

**You are in a race. You overtake the person in second place. What position do you finish?**

Second! If you overtake the second person and you take their place, you came second.

week 20 **Drink more water!**

Measure how much you are drinking by having a water bottle to drink from. Can you reach your daily 1.5 - 2 litres?

**Did you know?**



Over 70% of the world's supply of fresh water is in Antarctica.

week 21 **A balanced diet**

A balanced diet includes fruit and vegetables, carbohydrates, protein and dairy. Can you name two examples from each of these food groups?


**Why should you go to a party with a mushroom?**

Because he's a 'fun-gi'!

week 22 **Sleep well**

Plan a calming bedtime routine that would help you get a good night's sleep.

**Did you know?**



Giraffes sleep for less than 2 hours a day.

week 23 **Energisers**

Each day, one person thinks of an energiser activity or routine. Everyone else must follow for five minutes before settling down to work.


**How do you light up a football stadium?**

With a match

week 24 **High fives**

In pairs, one person does an action like jumping or touching their toes five times. They then 'air high five' their partner who does it five times. Repeat with different actions.

**What can you serve but never eat?**



A tennis ball!

week 25 **Food choices**

Think about broccoli and mushrooms. How are they similar? How are they different? Which would you rather be and why?

**I can be brown or white but I'm not bread. I can be sticky but I'm not a glue stick. I originally came from China but I'm not a panda. What am I?**

Rice

week 26 **Pick a strip**

Write exercises on strips of paper such as 'high knees' or 'star jumps'. Pick a strip and do the activity. How many can you do in 10 minutes?

**What is the only city to have hosted the Olympics three times?**

London

week 27 **Shake and wake**

Before starting the day, choose a theme like sport, dance or animal moves. The teacher can call out a related action and then everyone joins in!

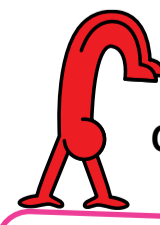
**Why couldn't the bicycle stand up on its own?**

It was 'two tyre-d'.

week 28 **Sugar swap**

Choose a meal: breakfast, lunch, or dinner. Can you suggest two swaps that mean you are eating less sugar?

**Class challenge!**



Quick! Name 3 foods that come from a plant and 3 that come from an animal.

week 29 **Lap it up!**

Do laps of your home or playground before school.

**What is an insect's favourite sport?**



Cricket!

week 30 **Celebrate!**

Put on some music and have a class dance to celebrate reaching the end!

**Two fathers and two sons sat down to eat eggs for breakfast. They ate exactly three eggs: each person had an egg. How is this possible?**

They are a grandfather, a father and a son.



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