

Daily 15 Minute Pulse Raiser - Weekly Activities

The Pulse Raiser replaces the current Daily Mile. Please carry out for 15 minutes each afternoon (it can be a warm-up for PE if you already have PE). Teachers are to go out with their class and run/organize the activity provision to ensure all children are taking part and raising their pulse. This can be at a time convenient for the class teacher. Children should wear appropriate footwear.

Each week we will celebrate the achievements in the Celebration Assembly and watch a short video made by HPS to explain the following week's activity and show some adaptations and extensions. Please follow the attached plan and use the score sheet to record your class scores but please feel free to adapt the difficulty of the task to suit your class whilst maintaining the pulse raiser.

Week 1 - Daily Mile - Follow the route and count your laps each day. Record your class total and try to improve each day. Biggest total and biggest improvement wins.

Week 2 - Skipping - Pair up and count your partner's skips. Change over when you get tired. Record your class total. Biggest total and biggest improvement wins.

Week 3 - Bean Bag Throw - Throw your bean bags into the hoop. If you miss, throw again. Once all bean bags are in the hoop, retrieve and start again. Record the total number of Bean Bags. Most Bean Bags wins and biggest improvement wins.

Week 4 - Shuttle Run - Run between the 2 cones and count your laps. Record your class score. Most laps wins and biggest improvement wins.

Week 5 - Scorpion Football - Split your class into 4 teams playing 2 games. Change teams every 3 mins for 3 games in total. Count the goals scored overall and record your class total. Most goals scored wins and biggest improvement wins.

Week 6 - Cat and Mouse - Split the children into 3 or 4 groups depending on numbers. 1 cat tries to catch 1 mouse while the other children protect the mouse. Count how many mice are caught. Record the class total. Most mice caught wins and biggest improvement wins.

Week 7 - Capture the treasure. Split the class into 2 teams - Captains and Pirates. The Pirates race to steal the Captains' treasure. 1 piece at a time. If a pirate is tagged whilst holding treasure they must release it and start again. Count the total amount of treasure stolen. Record your scores. Biggest score wins and biggest improvement wins.

Scores and winners will be announced in Thursday's Celebration assembly

Score sheet/ Rules / HPS video ready for that Thursday to share in assembly

Other ideas for subsequent terms: Dodgeball/Stuck in the Mud/Bulldog type games plus more