



ACTIVE LUNCH Resource Pack

Fun ideas to get your pupils active
at lunchtime.



A project designed by Chester-le-Street School Sport Partnership



Overall Aim of "Active Lunch" Programme?

- To create a more inclusive playground through increasing the number of structured activities on offer at lunchtime, in order to encourage more pupils to lead a healthier and more active lifestyle both within and outside of the school environment.

Potential Benefits of "Active Lunch" Programme?

- ❖ Keeps pupils fit, stimulated and active during their lunch break.
- ❖ Promotes general behaviour improvement and reduces incidents of poor behaviour, both within and outside of school.
- ❖ Improves attainment levels and pupil attitudes to learning.
- ❖ Provides children with knowledge of how the body works when taking part in physical activity, e.g. changes to pulse rate.
- ❖ Enhances key life skills such as communication, co-operation, leadership and the ability to work as part of a team.
- ❖ Improves specific components of fitness such as speed, strength, endurance and balance which are necessary to lead an active lifestyle both during the present and in the future.
- ❖ Enables pupils to discover and take part in activities that they enjoy.
- ❖ Promotes the benefits of taking part in physical activity on a regular basis.
- ❖ Allows pupils the opportunity to gain respect for both their own ability and the ability of others.
- ❖ Enables pupils (and staff!!!) to have **FUN** !!!!





Get Active this Lunchtime

You can take part in a range of sporty activities in your playground

What Time Is It
Mr. Wolf?



Ball Games

Cat and Mouse



Horses and Jockeys

Skipping Games

Chester-le-Street



All activities will be played at

They will start at

If you want more information
you should ask





WHY SHOULD YOU



Get Active
this



Lunchtime



HAVE FUN

KEEP FIT

MAKE NEW FRIENDS

GET MOVING

STAY HEALTHY

Chester-le-Street



EQUIPMENT LIST

You can use any equipment that you have available. It's also a good idea to use Tesco and Sainsbury vouchers to help improve your store of equipment. Below is a list of equipment that maybe useful when delivering the Active Lunch Programme.

It doesn't matter if you don't have access to some of this equipment. Use what you have as best as you can!

CONES
SPOTS
BIBS
A PARACHUTE
A RANGE OF SOFT SMALL BALLS
A RANGE OF LARGER BALLS
SKIPPING ROPES
HOOPS
BEAN BAGS
QUOITS



ACTIVE LUNCH

ROTA

DAY	ACTIVITY	LEADER
MONDAY	What Time Is It Mr. Wolf?	
TUESDAY	Horses and Jockeys	
WEDNESDAY	Skipping Games	
THURSDAY	Ball Games	
FRIDAY	Rhyming Games	






ACTIVE LUNCH




ROTA

DAY	ACTIVITY	LEADER
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		


Name:
Class:
RULES
Always return the same equipment
Take care of equipment
Play fairly



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