



Fulwood and Cadley Primary School

"Wish it, Dream it, Do it. Be Unique."

60 minutes of daily activity at Fulwood and Cadley

EYFS and KS1 classes start the day with wake up and shake up, dough disco and Danny Go.

EYFS have access to continuous provision outside throughout the day where they can climb, practice balancing and jumping. They also practise their fundamental skills through set activities and using the scooters and balance bikes.

Year groups 1 - 6 have a morning break. There is rota in place for each class to have access to the trim trail, gym equipment and astro turf.

At lunch time, the playground is split into zones. The children choose what zone they would like to be in during the morning register.

Blue: Construction



Purple: Astroturf/ **Dark blue:** Football skills



Red: Self calming area



Orange: Traditional playground games



Yellow: Netball and basketball



No band: Imaginative play



No band: Trim trail



During the afternoon, KS1 have an afternoon break.

Teachers in Key stage 2 are encouraged to use active brain breaks throughout the afternoon.

Throughout the year, children across school take part in Forest School, learning positive behaviours and teamwork in an outdoor, active setting.