

## Blog for Year 6

This week Year 5 have taken part in the 'Healthy, Happy Me' theme topic. Both staff and children have had a fantastic time discussing healthy hearts, healthy minds and healthy bodies, with a range of fun activities.

Throughout the week, the children have taken part in a range of activities all linked to improving their physical and mental health.

On Tuesday, we made healthy snacks and Year 5 took Year 2 children out for a wellbeing walk to the park for games.

On Wednesday, we had a visit from Circus Skills. The children were given the opportunity to watch and learn different circus tricks. Children showed great confidence and resilience in having a go at tightrope walking, juggling and plate spinning.



On Thursday, we enjoyed learning about breathing to control our emotions and a Yoga session, based on the Disney Movie "Inside Out".



We ended the week with a sports day theme, with everyone enjoying a range of sporting activities. We also discussed our role models, and enjoyed painting, discussions and writing about the qualities we admire (and would seek to emulate) in our role models.

