

healthy
kidz



Halloween Activity Pack

supported by





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Helping Kidz Stay Lean This Halloween

10 Miles for P1-4!! 26 Miles for P5-7!!

Sign up
ANYTIME

Ensure you are registered and ready to take part
Sign up at
<https://healthy-kidz.com>

Tick



Prizes on offer for registering and logging into the App

For pupils that enter -

All pupils completing their miles will receive:-

- A certificate of completion
- A special teacher and principal acknowledgement on return to school
- Entry to our **Rewardz Fund** containing loads of wonderful prizes.



Sign up today @ www.healthy-kidz.com and stay fit and well during the break.



Healthy Kidz



@healthy_kidz1



Healthy Kidz



@healthykidz1

* Terms & Conditions available @ www.healthy-kidz.com





Frequently Asked Questions

Do I have to follow the timetable you provided?

- No – we have included a proposed timetable to use as a guide for all the activities you can do throughout the two weeks. You can complete them at your leisure!

How do I download the app?

- The Healthy Kidz App can be downloaded from the Apple App Store or the Google Play Store. We currently don't support the app on Amazon devices.
- Please ensure that your device has been fully updated.

How do I log in?

- Once registered via our website (<https://healthy-kidz.com>), use the username/login and password that was emailed to you to log in to the app.
- If you can't find your email with your details, please check your junk/spam folder as it can sometimes be sent there by mistake.
- Make sure to include the entire username i.e. user98765 and not just the number.
- The password can be typed in whatever format you want; with spaces, without spaces, with caps or without caps.

How do I use the App?

- The app is very simple to use. Firstly, you must physically complete an activity. This could be anything from going for a walk to washing your hands. Once completed, find the activity within the app.
- You'll see a box within that activity where you can add a description of that activity i.e. how long you did the activity for or what distance you completed. You can also leave this area blank!
- For every activity you add to the app, you gain Coins and Points. Coins can be used to purchase new avatars from the shop. You can access the shop by simple clicking on your avatar or by clicking the coins in the top right hand corner.

I have multiple children and only one device; how do I log out?

- To the left of your child's name, you'll see a log out button. Click on this button and you can then log in using your other child's username and password.



Halloween Proposed Timetable For P5-7

Try to complete all the activities before you go back to school!

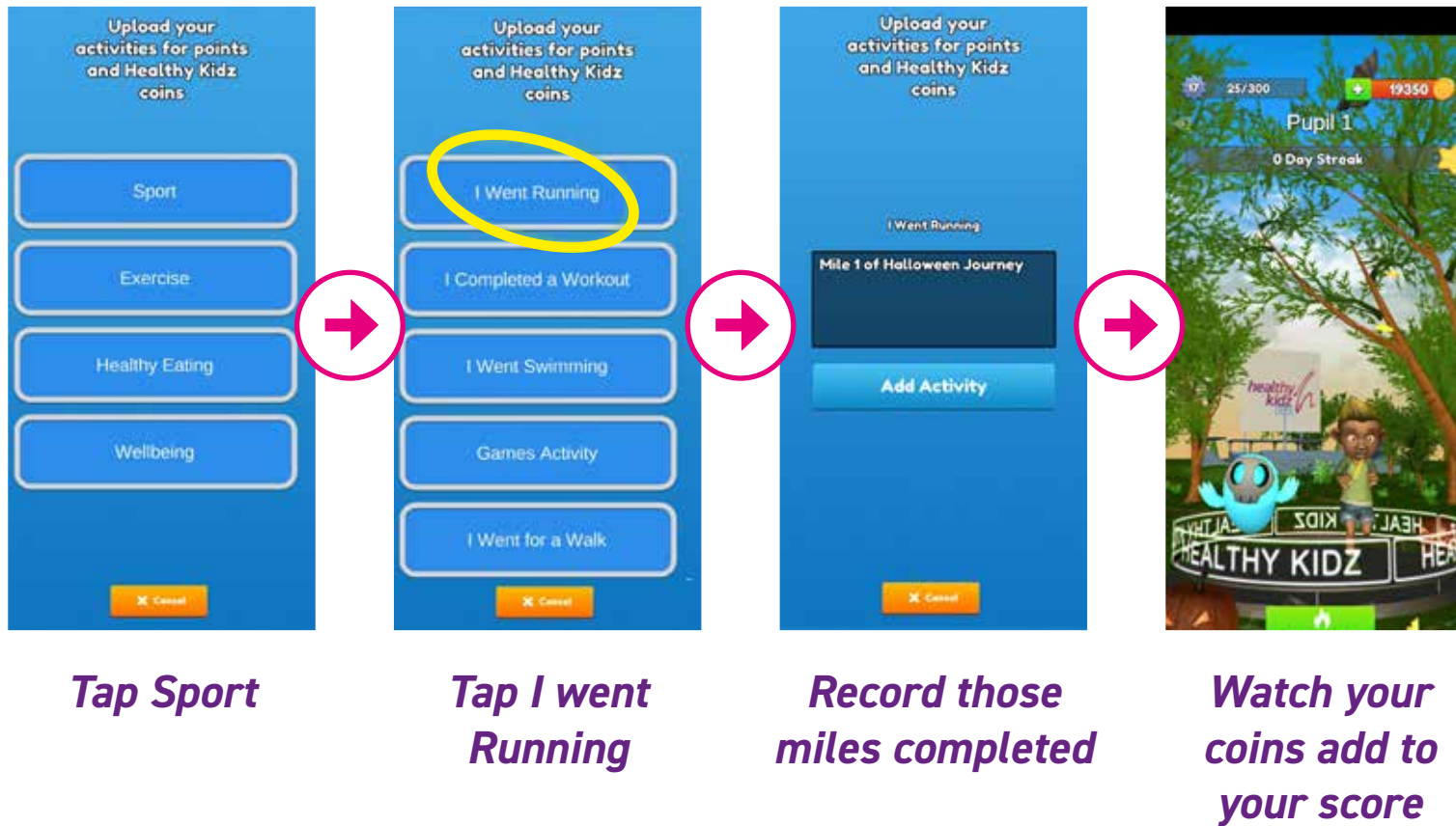
Week 1

Day	Walk/Run/Cycle	Cross-Curricular Activities
Monday	Mile 1+2	Literacy Lesson 1
Tuesday	Mile 3+4+5	Numeracy Lesson 1
Wednesday	Mile 6+7	World Around Us Lesson 1
Thursday	Mile 8+9+10	Art Lesson 1
Friday	Mile 11+12	Mindful Journal

Week 2

Day	Walk/Run/Cycle	Cross-Curricular Activities
Monday	Mile 13+14+15	Literacy Lesson 2
Tuesday	Mile 16+17	Numeracy Lesson 2
Wednesday	Mile 18+19+20	World Around Us Lesson 2
Thursday	Mile 21+22+23	Art Lesson 2
Friday	Mile 24+25+26	Mindful Journal

Don't forget to log your activity





BOSTON Marathon

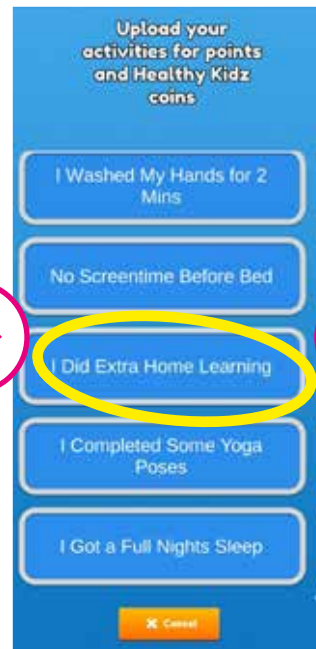




***Remember to record you Healthy Eating
& Home Learning to get those extra coins***



***Tap Healthy
Eating***



***Tap I Did Extra
Home Learning***



Extra Coins

Boston Marathon Literacy

15 minutes lesson

Lesson suggestion:

Diary Entry.

Write a diary entry for the night before the Boston Marathon.

How has your preparation been?

What emotions are you feeling?

What have you been doing to get ready for tomorrow's race?



Boston Marathon

Numeracy

15 minutes lesson

Lesson suggestion:

Subtraction

Finishers:

Research

Who was the fastest male finisher in the 2019 Boston Marathon?

Who was the fastest female finisher in the 2019 Boston Marathon?

Compare these times to the marathon world records, what is the difference in time?

What was the last finishing time in the Boston Marathon 2019?

Compare this time to the first finisher, what was the difference?



Boston Marathon

WAU

15 minutes lesson

Lesson suggestion:

History

Research

Research the Boston Marathon and answer the following:

1. What monuments/landmarks might you see if you visit Boston?
2. How many people participated in the Boston Marathon in 2019?
3. What year did the Boston Marathon begin?



Boston Marathon

ART

15 minutes lesson

Lesson suggestion:

Design an advertisement poster on an A4 page for the 2021 Boston Marathon
Here is an example of a 2020 poster.
Be as creative and imaginative as possible.



Boston Marathon Literacy

15 minutes lesson

Lesson suggestion:

Read the story of the tortoise and the hare. After reading, decide:

- What is the moral of the story?
- How this story might be relevant to a marathon

One day a hare was bragging about how fast he could run. He bragged and bragged and even laughed at the tortoise, who was so slow. The tortoise stretched out his long neck and challenged the hare to a race, which, of course, made the hare laugh.

"My, my, what a joke!" thought the hare.

"A race, indeed, a race. Oh! what fun! My, my! a race, of course, Mr. Tortoise, we shall race!" said the hare.

The forest animals met and mapped out the course. The race begun, and the hare, being such a swift runner, soon left the tortoise far behind.

About halfway through the course, it occurred to the hare that he had plenty of time to beat the slow trodden tortoise.

"Oh, my!" thought the hare, "I have plenty of time to play in the meadow here."

And so he did.

After the hare finished playing, he decided that he had time to take a little nap.

"I have plenty of time to beat that tortoise," he thought. And he cuddled up against a tree and dozed.

The tortoise, in the meantime, continued to plod on, albeit it ever so slowly. He never stopped, but took one good step after another.

The hare finally woke from his nap.

"Time to get going," he thought. And off he went faster than he had ever run before! He dashed as quickly as anyone ever could up to the finish line, where he met the tortoise, who was patiently awaiting his arrival. The tortoise said to the hare, "Slow and steady, wins the race."



Boston Marathon

Numeracy

15 minutes lesson

Lesson suggestion:

Length

Distance

How many miles are in a marathon?

How many metres are in a mile?

How many centimetres are in a metre?

How many metres are in marathon?

Extension

How many kilometres are in a mile?

How many kilometres are in a marathon?



Boston Marathon

WAU

15 minutes lesson

Lesson suggestion:

Geography

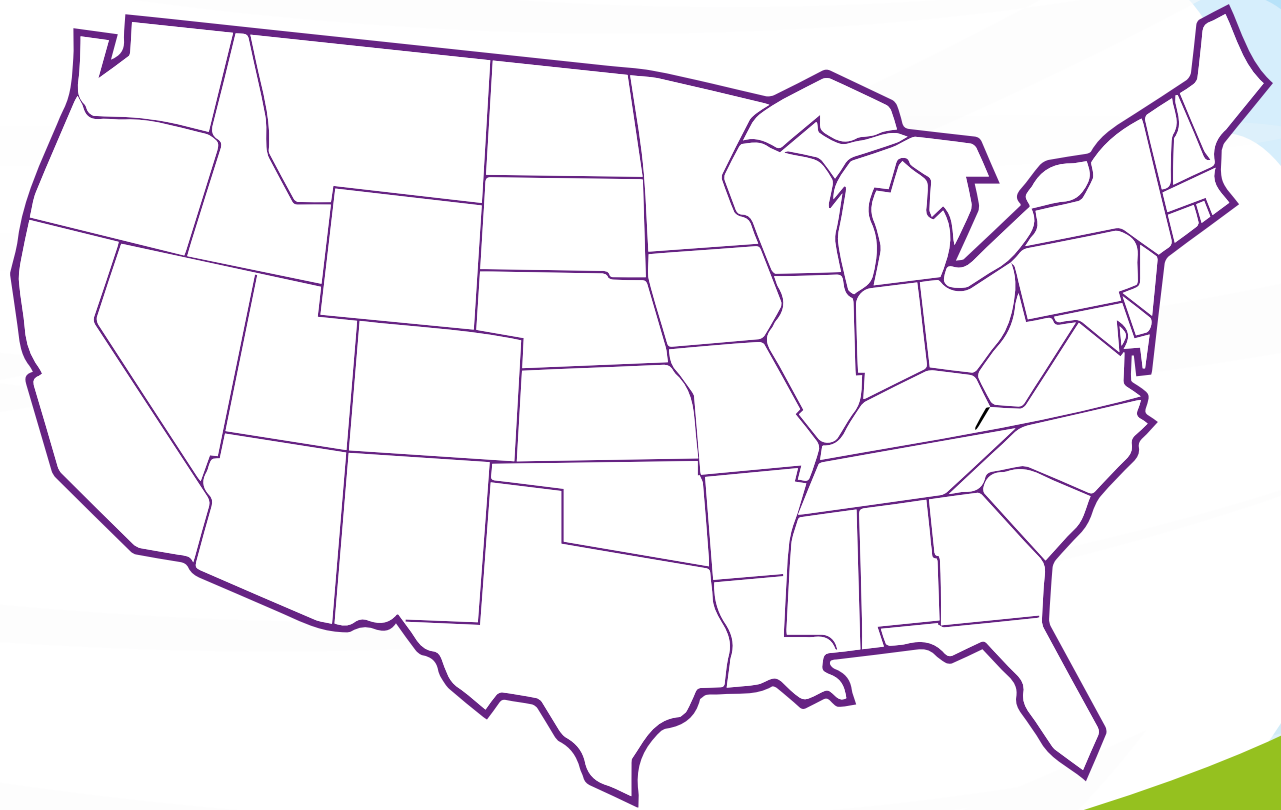
What country is Boston in?

What state is Boston in?

Label this state on the map.



How many people live in Boston?



Boston Marathon

Art

15 minutes lesson



Lesson suggestion:

Draw a picture of you crossing the finish line of the 2021 Boston Marathon.

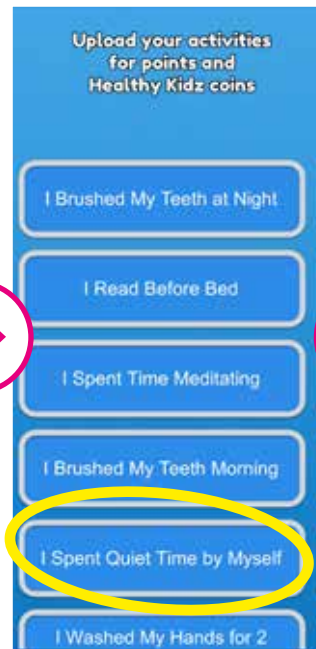




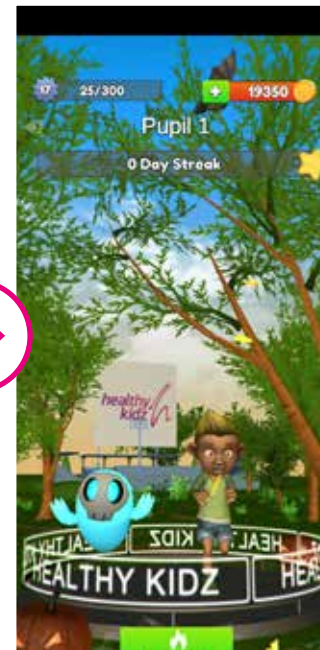
Remember to record your Wellbeing



Tap Wellbeing



*Tap I Spent
Quiet Time by
Myself*



Extra Coins



Today's Date:

My thought of the day:

Today's Targets: 'I will'

1.

2.

3.

Quote of the day:

Mindful image

Daily Reflection:

Today I felt...

Today I learnt...

Today's wins (Things you did well) ...

EUROSPARS

LaganValley Lisburn
Saintfield Road
Botanic
Lurgan
Seagoe Portadown
Ranfurly Dungannon Rd.
Bridge Street Portadown
Moy
Donaghmore
Armagh
Banbridge

Lean Supper Club

Unit 5c
Bluestone Business Park
for full week package deals

CENTRA

Lake Road Craigavon
M1 Dungannon
Culcavy
Aghalee
Costcutter
Waringstown
Lurgan
Donacloney
Silverwood Lurgan
Moygashel
Moutarys Lurgan
Moutarys Dollingstown

SUPERVALU

Moirá
Lurgan

Helping Kidz Stay Lean This Halloween!

