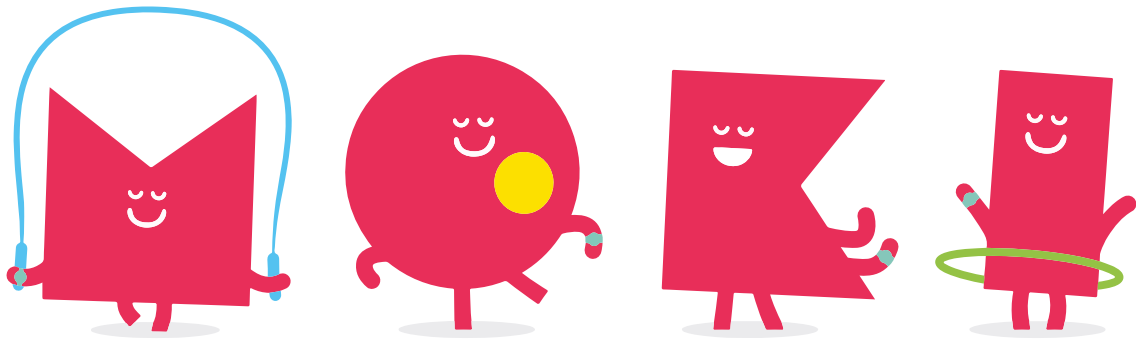


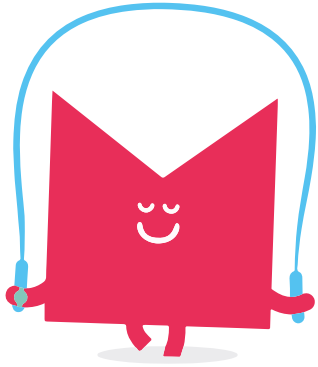
MOKI



Move it like Moki Teacher's Pack

Five fun and inclusive activities to promote daily physical activity in primary school children.

www.moki.health



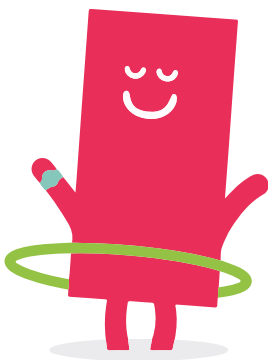
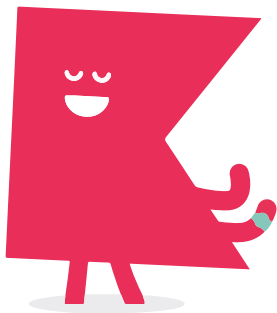
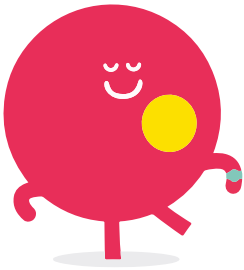
Welcome to your Move it like Moki Teacher's Pack!

We've pulled together some really simple but super fun activities to help you slot in more physical activity into your day, without impacting on workload or your other curriculum requirements.

In a classroom environment where every hour of the school day is squeezed to try and cover a broad curriculum, it can be tricky to find ways of building physical activity. But every minute of any movement counts, which is why this pack contains short activity ideas that require no preparation or special kit.

We hope you enjoy the ideas!

We'd love for you to share photos of your pupils taking part in any kind of physical activity on the approved social media channels your school already uses. If you do - be sure to tag us @mokihealth

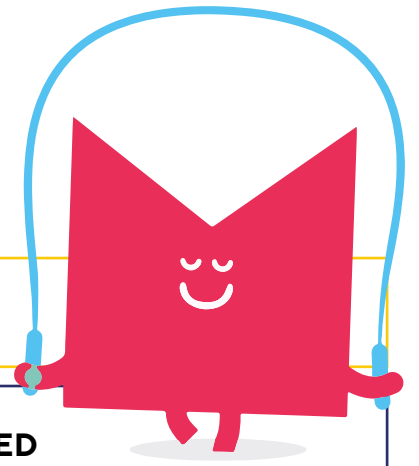


Already got Moki in your school?

If you already have Moki in your school, why not ask children to guess how many steps or Moki points they will earn in the different activities in this pack? Share the data with them afterwards to see if they were right!

1. Heartbeat Statues

movement for mindfulness



AGE RANGE KS1 and KS2

ACTIVITY AIMS

Movement for mindfulness cultivates all the benefits of physical activity while helping children to root themselves in the present moment.

It's a great way to demonstrate to children how our physical and mental health are intricately linked.

YOU WILL NEED

- Any type of space (this activity also works brilliantly with limited space)
- Two different types of age-appropriate fun music and a way of switching between the two very easily (e.g. using two different devices).

WHAT TO DO

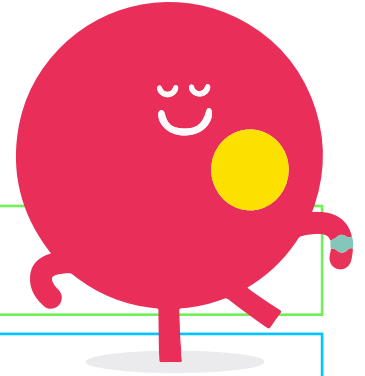
1. Without any prior explanation play a quick game of 'Heartbeat Statues', this is very much like the all-time classic 'Musical Statues' but with a mindfulness twist.
2. Start by playing one of the pieces of music and encourage the children to move in whatever way they want using as much of their body as possible. Older pupils might like to try 'TikTok-style' routines. At any given time, stop the music and tell the children to freeze on the spot.
3. Next, ask the children to feel their heartbeats by putting their hands on their chests. Ask them what it feels like? Can they hear their heartbeat? What other sounds can they hear right now?
4. Next, play the second piece of music and encourage the children to move about again but in a new way. When the music stops, children 'freeze' and repeat the above instructions to feel and listen to their heartbeat and other sounds. Keep switching between the different music.
5. After the game finishes, talk to the children about different ways we can make our hearts 'happy'. Regular physical activity keeps our heart muscles healthy and happy. Using our senses to practise mindfulness is also another awesome way to feel happy and less anxious about things.

ACTIVITY TAKEOUTS

- Being physically active is important for our bodies, as well as our mental wellbeing.
- Physical activity doesn't mean playing sport - it just means moving our bodies as often as we can to help our bones, muscles, joints and organs to stay super healthy and happy.
- Physical activity doesn't require any special equipment or spaces so almost anyone can do it, any time, any where!

2. Animal Movement Mania

a work recovery wake up



AGE RANGE KS1 and KS2

ACTIVITY AIMS

This activity involves mimicking movements performed by animals (the ultimate masters of movement!) and can be a great way of improving functional strength and mobility, which are important to support everyday physical activity. The activity is also ideal as a quick mental break between periods of learning, which can help support memory, attention levels and behaviour management. None of the exercises require much space so can be done standing beside desks if the playground or hall aren't options.

YOU WILL NEED

- 'Animal Movement Mania' worksheet
- Stopwatch or timer
- Any type of space

WHAT TO DO

1. Using the 'Animal Mania' worksheet as a guide, give the children a quick demonstration of each of the 5 animal moves. They can easily be done by the sides of their desks though they need to be mindful of others around them.
2. Explain that when you call out the name of one of the animals, the children should perform that exercise as hard and fast as they can for 20 seconds.
3. Use a stopwatch or timer and start the first round. After 20 seconds is up, tell the children to stop and give them a 10 second rest. Then call out the next animal move and repeat.
4. Work your way through all 5 animal exercises - performing each animal move for 20 seconds with a 10-second rest period until all animals are done.
5. If you're tight on time, reduce the number of animals in the activity e.g. stick to just 3. To extend the activity, once all 5 animal exercises have been completed, repeat the entire round, or invite the children to come up with fun new animal exercises to add on (hint: search 'animal-inspired exercises' on the internet for some extra ideas).

ACTIVITY TAKEOUTS

- Staying physically active reduces our risk of injuring ourselves while doing everyday tasks such as walking, climbing stairs, lifting and carrying.
- Incorporating regular short, sharp bursts of physical activity helps to build healthy daily habits.
- Staying physically active should be fun!

Animal Movement Mania Worksheet

The exercises below can be performed next to desks or in larger spaces. Where full range of movement is not possible due to physical limitations, encourage children to create their own adaptations

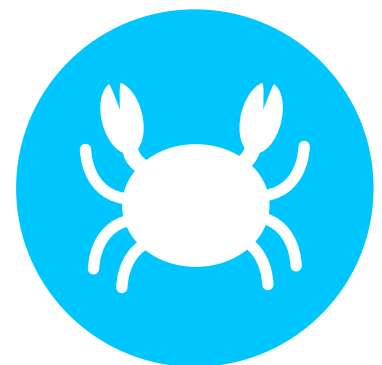


Star Fish

Like a 'Jumping Jack' - children jump their legs in and out while also reaching up and down with their arms.

Crab Scuttle

In a low bent-knee squat position, children take 1-3 sideways steps (depending on space available).



Kangaroo Hops

Small lateral jumps (side-to-side) with feet together

Tiger Run

A fast, high knee run on the spot with alternate hands moving in front in a claw position.

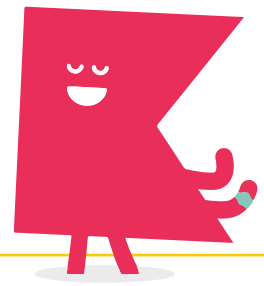


Froggy Leaps

From a crouched down position (feet together, knees wide) children explode up in a big jump.

3. Superhero Warm Up

preparing for movement



ACTIVITY AIMS

This 'warm-up' activity is a fun option at the start of a PE lesson or any other time children might be required to be physically active. This activity helps prepare the body's joints and muscles for physical activity, promotes purposeful movement and also celebrates all that our bodies can achieve irrespective of any limitations.

AGE RANGE KS1 & KS2

YOU WILL NEED

- Large space such as the school hall or playground.

WHAT TO DO

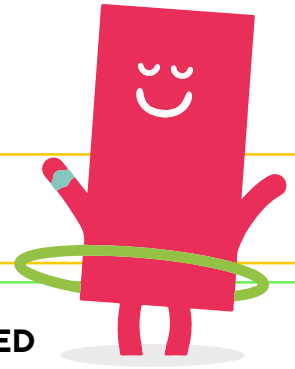
1. Explain to the children that they are going to become their own superhero. Encourage them to think of what physical characteristics makes them unique (turning perceived negatives into positives where possible - these also then become superpowers). The point is to demonstrate that we're all capable of greatness and that there's a 'superhero' in all of us.
2. In this session, you'll use storytelling to prompt the children to perform certain movements. Begin by pretending to hear a call for help! Tell your class it's time they spring into action.
3. Invite the children to move slowly at first, in character of their superhero persona, using as much of their body as possible (space permitting). Tell the children it's like when special effects are used in movies that appear to slow down the action. Movement is purposeful, slow, exaggerated and controlled. Give them a couple of minutes to explore this kind of movement.
4. Next, tell the children that the floor has suddenly become hot lava so they need to try to move more quickly now. Tell the children they need to run fast but with tiny steps on their toes to avoid burning their feet!
5. Next up, there's a raging river to cross that requires strong arms to swim across. Imitating swimming actions (any stroke) with their arms is a sure way of reaching safety.
6. With the two challenges complete, it's time to fly off into the sunset (like all good superheroes!). Ask the children to practice holding flight-like poses while stretching out arms and legs - either standing or laying down on the floor.

ACTIVITY TAKEOUTS

- Warming up our bodies before exercise can help us to perform exercises more safely.
- Physical activity is not about being the fastest or the strongest. It's about moving with purpose.
- Everybody is unique - there's a superhero in all of us.

4. Spelling HIIT All Stars

fitness for cognitive function



AGE RANGE KS1 and KS2

ACTIVITY AIMS

Combining physical activity into other areas of the curriculum can help children's brains make new learning connections and improve memory retention. Similar to using music, visual cues or kinesthetic teaching aids - it's also an engaging way of approaching repetitive learning tasks such as spellings. This activity takes inspiration from popular sports that may or may not be familiar to the children but are super fun to pretend to do!

YOU WILL NEED

- The 'Spelling HIIT Worksheet' which you can copy out on a board or print off, photocopy and hand out to pupils. If copies are given to pupils, encourage them to take them home to not only practise their spellings in a fun way but also boost their physical activity in the home. This activity works in both large and small spaces - indoors or outdoors.

WHAT TO DO

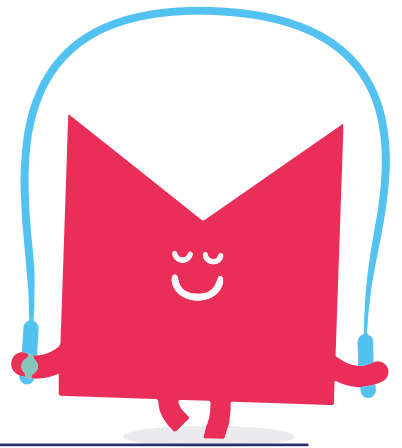
1. Introduce or remind the children of the list of spellings you'd like them to learn/practice this week. Write them on the board in pairs or groups of words rather than one big list (e.g. 5 rows of 2 words only).
2. The 'Spelling HIIT worksheet template' for this activity uses 10 words in total but if you need to add more movement ideas because you have more spellings in your list, you can easily reuse any from the 'Animal Movement Mania Worksheet' in this pack.
3. Start with one word from each group and ask the children to repeat the exercise assigned to that word depending on the number of letters in the word. So if the word is 'busy' and there's a 'Basketball Throw' movement assigned to that word, the children need to repeat the 'Basketball Throw' move 4 times as they sound at the 'b-u-s-y' letters. If the words are short, you can repeat this a few times to really help cement things into memory.
4. Once you've covered 1 word from each of the word groups/rows, move onto the second word in the word groups/row so that the children end up performing each movement twice.

ACTIVITY TAKEOUTS

- Finding ways to include physical activity with other learning objectives can sometimes help us to remember things more easily.
- We should look for ways of staying physically active both at school and at home.
- Whether you ski or surf for real or pretend - there's no such thing as being bad at physical activity - we can all achieve!

Spelling HIIT Worksheet

Use the template below and write in your spellings into the blank word boxes. As each word is spelled out letter-by-letter, perform the movement with that amount of repetitions.



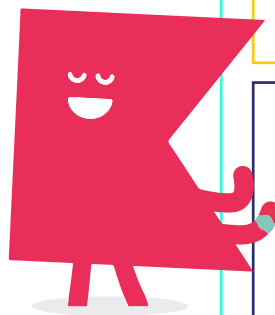
Movement	Word	Word
Basketballs Throws Jump then raise arms as if shooting a basketball through a hoop		
Skis Slow jumps side to side keeping legs together while moving arms out in front as if using ski poles		
Boxing Jabs Small bounces side to side while punching the air in front		
Football Run Run on the spot turning the knees out as they come up so that you can touch the inside of your ankle		
Surfer Squats Face each side with feet wide, squat down, then jump 180 degrees		

5. Dance Like No One's Watching

quick & easy endorphin boost

ACTIVITY AIMS

Children (and grown-ups!) can often worry too much about how they will look or compare to others during physical activity. This activity aims to build children's confidence and self-esteem while getting their bodies moving.



AGE RANGE KS1 & KS2

YOU WILL NEED

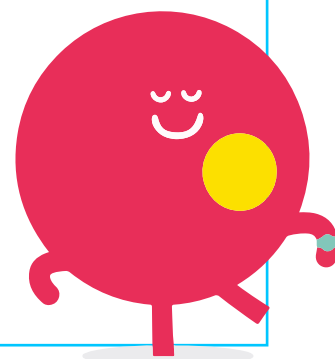
- Age-appropriate upbeat music; any type of space

WHAT TO DO

1. Invite the class to all stand up and close their eyes tightly. Explain that once the music starts, they can start dancing in whatever way makes them feel good. Here's the best bit: No one else will see! They can throw their shapes disco-style, jump up and down like they're in a mosh pit or bhangra like a boss - there are no rules (other than safety) so anything goes!
2. As they are all dancing, lower the volume slightly to speak and tell them to think of one thing about themselves that they really like - then turn the volume back up and encourage them to keep moving.
3. Repeat step 2 but this time ask the children to think of one good thing that's happened to them on that day. Then keep busting those moves!
4. Repeat the above step for the last time but ask the children to think of one way they can help someone else today. Throw some shapes - one last time!
5. Stop the music, ask the children to open their eyes and conclude the activity by reminding them that focussing on something positive about ourselves, on something good that's happened today and helping others are great tips for promoting positive mental health. And they definitely got a feel-good workout in with a little dancing!

ACTIVITY TAKEOUTS

- Try to practise non-judgment when it comes to physical activity - don't judge others and definitely don't judge yourself. It's not about what you look like - it's about what your amazing body can do.
- Moving our bodies and increasing our heart rates helps to release endorphins or 'feel-good' chemicals in our bodies which can increase feelings of overall wellbeing.
- There are so many different styles of dancing - it's a brilliant way of expressing yourself and anyone can do it!





About Moki

Moki was founded by a bunch of dads who all wondered if there was an easier way to try to increase physical activity levels in schools, but crucially also measure any impact.

They all saw the amazing work some teachers were already doing to improve children's physical health but there was often little way of capturing any data to inform decision-making.

So the Moki team put their tech heads and creative juices together and created

something pretty incredible - activity trackers and supporting software designed exclusively for schools. This is a first for the education sector and in collaboration with Active Partnerships, Moki is already transforming school communities and getting the nation moving.

"Moki is the best investment of PE Sport Premium we've ever made. For years, I've been looking at ways of using the Sports Premium to raise the profile of our PE department and get kids excited in active learning, but I never found anything that's come close to Moki. Whether it's class challenges, competitions or special events like Sports Aid, Moki can bring the whole school together and get them engaged in physical activity and a healthy lifestyle."

Stacey Cannon, PE Lead, Selby Abbey Primary School

For more information about how Moki helps schools

Visit: moki.health

Email: support@moki.health

