

Primary Healthy Heroes

Physical Activity



Resource Contents:

5 Cards and ideas for lessons with cross curricular links:

Get active with their families
Dancing games
I spy walk game
Skipping games
Circuit game

1 Worksheet:
Activity totaliser

Healthy Heroes Teacher Guide
List of Useful Website Links
Plus a Class Set of 30 Hero Cards and Stickers

Resources available to purchase from £35

Buy all four topics together and receive additional resources:
A3 display poster template, certificate of achievement and pledge certificate for the family,
Healthy Hero eye mask, face masks and logo to use for a Healthy
Hero celebration event, evaluation sheets for healthy eating and physical activity topics.

Visit our website for further information on Healthy Heroes
or to order resources www.lhsp.org.uk/healthyheroes