

The imoves 10 day Active Blast challenge

Improving the **mood, focus and behaviour** of the children in your class is not only **achievable**, but now it's **measurable** too!

You'll get access for **45 days** to our **award winning resources** and an **Active Blast Coach** to support you in your journey.

After 1 week, you'll have a chat with one of the imoves team to let us know about your progress, and then wrap it up with a chat at the end of the second week to let us know your results – **it's as simple as that!**

And best of all – it's **completely free!**

To get started with your 10 day challenge,

email imogen@imoves.com




imoves Active Blast Challenge: Juniors – Week 1

Morning Activities

- Mighty Monday**: Develop a strong mind and a strong body, ready for the week ahead!
- Challenge Tuesday**: Stretch your body and mind with activities that may be new to you!
- Wellness Wednesday**: Develop a growth mindset and make healthy life choices.
- Thinking Thursday**: Super active fun with maths, literacy, science and more.
- Funky Friday**: Get into the groove and celebrate an awesome week!

Afternoon Activities

- Jump**: This fitness challenge to "jump" is lively and fun! What a great way to start the day!
- Eye of the Tiger**: A combat themed fitness challenge to grow their inner warrior.
- Superfoods**: This week's wellness challenge is about why superfoods are a must in our daily routine.
- Right Angles Hoe Down**: Who doesn't like a Hoe Down? So let's learn about right angles as we go... Hoe Hoe!
- Ultimate Body Blast Blitz**: Blast brain fog to oblivion, this activity will really get the motor running, ready to learn!

Mountain Bike Challenge: Chair bikes ready! Explore the virtual outdoors and build up a strong core!

Classic: This dance challenge to "Classic" is a motor skills challenge. So hang on tight and enjoy!

Comfort Zone: In line with our resilience theme, children are reminded that nothing grows in comfort zones!

Muscles Mash Up: A funky way to learn about the muscles of the body, get fitter and get ready for the afternoon.

Celebrate: The "Celebrate" dance fitness challenge boosts mood and energy on a Friday afternoon.

Start each morning and afternoon with a short 5 min Active Blast. Feel energised, happier and ready to learn!

Look in any Active Blasts lesson to find the Thumb-o-meter

Use the **Thumb-o-meter** to monitor energy levels and mood in your class after each activity for the 10 day challenge!

Hands down = I'm OK, a bit tired
Thumb up = I'm feeling great!
Two thumbs up = I'm Supercharged and happy!



imoves 10-Day Active Blast Challenge progress report

Consider the statements below after taking part Fully in the 10-Day Active Blast Challenge with your students. The answers to these statements are designed to deepen our understanding around how short bursts of activity during the school day can positively impact on a child's development relating to mood, focus and behaviour at school.

Category	Statements for Teachers to consider	Fully Agree	Somewhat Agree	Do Not Agree
Focus	Focus on set tasks, after using the videos, improved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	The children's mood improved after using the videos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behaviour	I have seen an improvement in class behaviour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legacy	I now want to use more active learning resources	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Additional teacher comments:

Category	Statements for Children to consider	👍👍	👍	No Change
Focus	After doing an Active Blast I felt more focused on my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood	After doing the Active Blast I feel happier	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behaviour	Being active in class makes learning more enjoyable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legacy	Doing this makes me want to be more active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Additional comments from the children:

