

Medicine heroes

- NHS workers, i.e. nurses/ doctors/ paramedics/ health care assistants/
 - Check the pulse. Can you check your pulse before and after exercise? Make sure that you write down your readings and then you will see the difference. Look at the diagram to see where you can check your pulse: include visual diagram here. Include activities such as Home Challenges, Joe Wicks video, Yoga.
 - Role play with different medicine heroes, i.e. paramedics and doctor. Look at PDF for activities.
 - Doctor Simon says. With your partner, take turns in who is Doctor Simon. The person playing Doctor Simon must tell his patient (the other partner) what to do. Doctor Simon must name different parts of the body then a movement. For example, the person playing Doctor Simon, must say “Doctor Simon says wiggle your arm”, the other person must copy. If the person doesn’t say “Doctor Simon” but then the other partner still copies then it’s a point to the person playing Doctor Simon. Parents are to encourage the children to listen carefully to the instructions when playing Doctor Simon.
 - Joe Wicks video- include
 - Include yoga video (same as previous week)
 - Bandage game. In turns, each partner must wrap their other partner up in toilet paper. The person with the quickest time WINS! Parents are to encourage children to be independent.
 - Charades. With your partner, take turns in who is the patient. The person playing the patient must act out an injury and the other person playing ‘Doctor/ Nurse’ must guess what part of the body is injured. Parts of the body you could include, fingers, toes, hands, arms, neck, front of the head, back of the head, eyes, stomach, chest, and back.