



## DIRECTOR OF PUBLIC HEALTH AWARD

### DAILY PHYSICAL ACTIVITY RESOURCE BOX

#### Contents

1. Active Playtimes
2. Take 10. Fit to Succeed
  - Action Rhymes DVD
  - Skipping DVD
  - Aerobics DVD
  - Action Rhymes Music CD
  - Foundation / KS1 Activities Resource Book
  - Lower KS2 Activities Resource Book
  - Upper KS2 Activities Resource Book
  - Teachers Handbook
3. Take 10 en Francais
4. Active Every Day Upper KS2 10 minute activities for a healthy school day
5. Wake Up & Shake Up 4 Music & DVD Set
6. Wake Up & Shake Up for EYFS Music & DVD Set
7. Tribal Groove African Body Percussion DVD
8. DPA Information Pack