

Sophie's Day



- Sophie is 8 years' old. She enjoys going to school. She describes herself as “not very sporty”. It is Wednesday and she **doesn't** have PE today.
- Sophie gets up for school. She has breakfast, packs her bag and watches a bit of television as her mum makes her packed lunch. Sophie jumps in the car and her dad drops off at the school gates on the way to work.
- Sophie has an assembly first thing and then spends the morning working hard on her numeracy & literacy. She enjoys her work but finds the morning quite long.
- At lunchtime, Sophie eats her sandwiches and sits with her friends chatting. They try to avoid being hit by the football that the boys are playing with across the whole playground.
- Afternoon lessons are fun but Sophie always begins to feel a little jaded towards the end of the day.
- Sophie's mum picks her up in the car outside the school gates & they pop to the shops to get something for tea.
- When Sophie arrives home she watches her favourite programmes on CBBC before tea. Before getting ready for bed Sophie does some reading & homework with her dad.

Sophie's Day Again

- Sophie is 8 years' old. She enjoys going to school. She describes herself as “not very sporty”. It is Wednesday and she **doesn't** have PE today.
- Sophie gets up for school. She has breakfast, packs her bag as her mum makes the packed lunch. Sophie's school has been promoting “Park & stride” so her dad drives her half way, parks, then walks **10 minutes** into school. Sophie's dad says it wakes him up too!
- Sophie's class teacher always does a **5 minute** “Wake & Shake” before formal lessons begin. Sophie & her friends enjoy learning the different routines. She then spends the morning working hard on her numeracy & literacy. During the morning session, the teacher takes **10 minutes** to do something active with the whole class. The class have lot's of different resources and if the weather is ok they go outside.
- At lunchtime, Sophie eats her sandwiches and sits with her friends chatting. She then gets involved in a **15 minute** game of “Stuck in the mud” organised by the Year 6 play leaders. Sophie looks forward to Thursday as her year group uses the equipment in the “change for life” zone!
- Afternoon lessons are fun and Sophie always feels full of energy & able to concentrate.
- Sophie and her mum walk **10 minutes** back to the car & they pop to the shops to get something for tea.
- When Sophie arrives home she spends **10 minutes** practicing the dance she is learning in her after school club. Before getting ready for bed Sophie does some reading & homework with her dad and watches some television to wind down from a busy day.

= **60 MINUTES**