



Active SATS



Getting ready for your SATS can be tiring and hard work.

Some special active movements ideas have been prepared especially to help you.

Active Walking

Walking between lessons or at home can refresh you and give you more energy. See the special walk for Year 6s

Active Breakfast

A good diet is good for your energy and digestion. Add a piece of fruit to your first meal of the day. Swap a sugary cereal for porridge or a boiled egg some days

Active Drinking

Plenty of water to drink is good for your body and your brain. Make sure you regularly have some.

Active Sleeping

Go to bed at the same time and not too late. Screens such as TVs and mobiles keep you awake so keep them out of the bedroom. Read a little if you cannot go off to sleep

Active Revising

Standing up can help you remember things. Have a short break after 20 minutes of revising by standing or walking about for a few minutes. Test what you have learned standing up with your mum and dad or a friend