



SMILE Day Activities

A guide for primary schools and MATs

Super Smile Day Activities

SUPER Smiles



COLOUR RUN

An afternoon of guaranteed fun, colour and smiles for all! Children and staff (optional but highly encouraged!) take turns to run, walk, jog, skip or pirouette around a marked route and are covered in colour at the powder paint stations around the track. A great, positive, shared experience of movement for all!



GLADIATORS

Do your pupils feel the power of the Gladiator? Do they have the will and the skill? Do they have the speed, the strength, the heart to be a winner? Find out with our new Gladiators experience inspired by the new Gladiators series! 2 x upper key stage 2 classes will be immersed in a Gladiators experience for the day. They will take on some Gladiator challenges and explore their Gladiator strengths!

TIER 1 - Smile Day Activities



BLAZE PODS DAY

How good is your reaction time? Experience a number of challenges which test and develop your memory, reaction time and strategy. Our coaches will deliver a range of exciting activities and games using the lights to test your speed.



EXPLORE DAY

The day is designed to deliver high quality taster sessions introducing the children to the innovative EXPLORE programme. Classes will take part in QR code trails that are spread across your available outside area. Trails can be selected and differentiated per age group so all children have a great experience. The sessions will take place outdoors and will use either the schools electronic devices and wifi or Go Well can provide devices and mobile wifi. A great way to introduce your school to Explore!



SILENT DISCO DAY

Our coaches will bring the headphones, the music and the games! Listen carefully to the words of the songs in order to know what to do next. A series of games and physical activities to engage children, develop their listening skills whilst having a lot of fun along the way.

TIER 2 - Smile Day Activities



PICKLEBALL DAY

Our coaches will deliver a series of sessions, introducing children to a new and exciting activity. Pickleball is a fun, social and friendly activity! The rules are simple and the game is easy for beginners to learn; it mixes tennis, badminton, and table tennis on a smaller court with a net, paddles, and a plastic ball.



QUIDDITCH DAY

Turn your school into Hogwarts for the day! Children will be sorted (by the sorting hat of course!) into teams and take part in a range of Quidditch activities and games. Who will catch the golden snitch?



READY, SET, GLOW DAY!

These days bring a new and fun experience to taking part in physical activity. Darken your hall and we will light up equipment, areas and targets with our UV lights!

TIER 3 - Smile Day Activities



MOVE WITH MAX DAY

Move with Max is an exciting SMILE Day, targeted at EYFS, that will take you on a journey through either the enchanting depths of the ocean with our 'Under the Sea' theme, or on an adventure with 'Jack and the Incredibly Meanstalk'. Immerse your children in these captivating tales as they engage in a variety of Fundamental Movement Skills (FMS) based activities. This SMILE day promises to blend storytelling and physical development in a fun and challenging way. Get ready for a day filled with laughter, movement, and imaginative play!



DISABILITY SPORTS DAY

Schools can choose from Boccia, New Age Kurling, Goal ball or Sitting Volleyball. Go well staff member can either deliver taster sessions in one or in a mix of these activity areas, upskilling staff throughout the day. The day allows children to experience a different sport and develop an understanding of inclusion in sport and how games can be adapted for all.



DRAGONBALL DAY

This is a day based on children using their imagination in order to create their own dragon ball style game. Dragonball is an invasion game which has very few rules; working together children design their own! Based on a story where a little boy is bullied and his only happiness is dragon ball, children will get to create their own rules and develop various skills in order to score points. It is a game requiring co-operation and teamwork.

TIER 3 - Smile Day Activities



FIT FOR LIFE DAY

A day of Fit for Life delivery which can be structured to fit the needs of the school, for example taster workouts (for a school who has never done FFL, or a school very new to it), a launch day for the programme (for schools buying a FFL licence for the first time), an intra school competition or a number of technique master classes (for schools familiar with FFL and who use it regularly).



FRISBEE DAY

A day exploring frisbee skills. Children will be put their throwing skills to the test in a number of different challenges. Aiming for targets, knocking down equipment and scoring points is all part of the fun. Time permitting, the session ends with an exciting game of ultimate frisbee. If the session is an hour long, it is possible to split the class in half and have a skills session and an ultimate frisbee game rotation allowing children to experience both. This is ideally an outdoors day, in a large area.



HOOPSTARZ DAY

Delivered by our partner Kidzfit, this is a full day of taster sessions using weighted hula hoops. Tracey will teach your children the basics of hula hooping and introduce them to some tricks and challenges to provide a fun and varied experience. Staff are upskilled throughout the day to ensure sustainability. They will gain lots of ideas including how to embed hula hooping as a regular playground activity.

TIER 3 - Smile Day Activities



INTRA SCHOOL COMPETITION DAY

Go Well staff member will, in collaboration with school, design and run an intra school competition day, engaging the whole school in competition. This will be delivered alongside class teachers allowing them to be able to replicate the structure of this in years to come. All the plans and resources will be left with staff. Children will participate in several invasion games or athletic activities to gain points for their team or house if school has a house points system.



OAA DAY

Take your children on an adventure, where they have to work as a team to build a hospital, rescue casualties using stretchers, capture diamond smugglers by using camouflage and breaking cover and if that wasn't enough, light fires and cook for the rescued people. Chris overlays life skills, fitness and geography into an action packed day.



PE ESCAPE ROOM DAY

Test your skills at cracking the code through completion of a number of movement challenges and cryptic clues to escape! Staff will require access to space for set up and time inbetween Key Stage 1 and Key Stage 2 sessions to rearrange equipment.

TIER 3 - Smile Day Activities



SKIPPING DAY

Delivered by our partner Skipping Schools, this is a full day of taster sessions, introducing children to basic skipping skills and tricks. They will experience a number of challenges both individually and in pairs or groups. This has always been a popular day and is an easy way of encouraging skipping as a regular active break activity.

We want to ensure a SMILE for every child who takes part in our SMILE days. We have considered the best age groups and formats for each activity to ensure a quality experience for the children taking part. Please use the guide on the following page to help you to select SMILE days for your school. If you would like your whole school to experience a SMILE, you may need to pick multiple days so that each pupil has an experience that is suitable for them.

SHORT SESSION FORMAT:

Full Day

Max 8 sessions 30-45 mins KS1 and 45-60mins for KS2

Half Day

Max 4 sessions 30-45 mins KS1 and 45-60mins for KS2

LONG SESSION FORMAT:

Full Day

Max 6 sessions 45 mins KS1 and 60 mins per session for KS2

Half Day

Max 4 sessions 45 mins KS1 and 60 mins per session for KS2

Double Up

Select fewer classes to experience a skills based session and a competitive games based session throughout the day. Each class chosen has two activity slots in the timetable.

Different Format

COLOUR RUN

Go Well staff will arrive on site during the course of the morning to set up the course. Classes to participate in short intervals across the afternoon.

GLADIATORS

2 x UKS2 classes take part in a full day of physical activity and classroom based activities. Each class will take part in 3 gladiator inspired physical challenges.



SMILE Day Options

		EYFS	KS1	KS2	Short	Long	1/2 day (AM only) (KS1 or KS2)	Full Day (KS1 only or KS2 only, or a mix but KS sessions are blocked together)	Double Up (two sessions per class)	Different Format
TIER 1	SMILE Day - • 6 Credits full day • 3.5 Credits half day	Blaze Pods Day	-	✓	✓	✓	-	✓	-	-
		Explore Day	-	✓	✓	✓	-	✓	-	-
		Silent Disco Day	✓	✓	✓	✓	-	✓	-	-
TIER 2	SMILE Day - • 5 Credits full day • 3 Credits half day	Pickle Ball Day	-	-	✓	-	✓	✓	✓	-
		Quidditch Day	-	-	✓	-	✓	✓	✓	-
		Ready, Set, Glow Day!	✓	✓	✓	✓	-	✓	-	-
TIER 3	SMILE Day - • 4 Credits full day • 2.5 Credits half day	Move with Max	✓	✓	-	-	✓	-	-	-
		Disability Sports Day	-	✓	✓	✓	-	✓	✓	-
		Dragonball Day	-	✓	✓	✓	✓	-	✓	-
		Fit for Life Day	-	✓	✓	✓	-	✓	-	-
		Frisbee Day	-	✓	✓	✓	-	✓	-	-
		Hoopstarz Day	-	✓	✓	✓	-	✓	-	-
		Intra School Competition Day	-	✓	✓	✓	-	✓	-	-
		OAA Day	-	✓	✓	✓	-	-	✓	-
		PE Escape Room Day	-	✓	✓	-	✓	✓	-	-
		Skipping Day	-	✓	✓	✓	-	✓	-	-
SUPER SMILE Day (11 credits)	Gladiators	-	-	✓	-	✓	-	-	✓	
	Colour Run	✓	✓	✓	✓	-	-	-	✓	



Get in touch

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