Vamos Brain Breaks

100 active breaks for every classroom. No equipment. No preparation.

6,500	1 in 4	100
boxes sold	Danish schools	activities

WHAT IT IS

A box of 100 short activities in four types (Motor skills, Strength, Pulse and Wake up) that any teacher can use to get pupils moving in a few minutes. Developed by Danish sports scientists and used in around one in four Danish schools.

HOW IT SUPPORTS YOUR FINAL PE AND SPORT PREMIUM

2026/27 is the last year of the Premium, and funds must be spent by 31 July 2027. The Premium should make “additional and sustainable improvements”. Vamos helps with three of the outcomes schools report on, and keeps working after the funding ends:

Your goal	How Vamos helps
More pupils active every day	Movement breaks fit into any lesson, so activity happens in the classroom as well as in PE
More confident staff	Every activity is ready to read out, so non-specialist teachers can lead it from day one
A lasting improvement	A one-off purchase that stays in the classroom and is used every year after the Premium ends, with no subscription

WHY TEACHERS LIKE IT

- Ready in seconds: pick an activity and go
- Works in a normal classroom, indoors or outdoors
- Helps pupils settle and refocus when energy dips
- Inclusive and playful: movement, play and language combined

> “The Vamosbox is easy to use. You just pick a card and there’s no preparation. Also the brain breaks help increase the class community.”
>
> **Mette Sevel Johnsen, Frydenhøjskolen, Denmark**

Single box **£39** Class pack of 10 **£349** ex. VAT

Whole school or trust: ask us · Invoice and purchase orders welcome

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