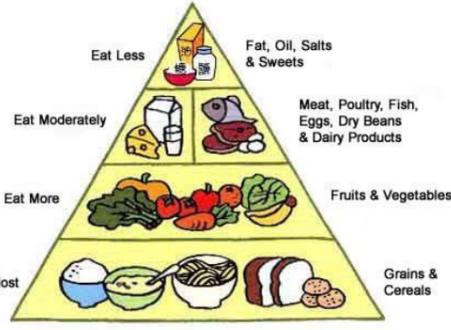


Healthy Living

This week our home learning suggestions are all based around the theme "Healthy Living" We hope this give you the chance to work together as a family, for siblings to support each other and to cover different subjects in a fun, interesting way.

Reading	Writing	Maths		
<p>1. Reading a variety of texts at home. This can include reading books, magazines, instruction manuals or recipes.</p> <p>2. Find a recipe that sounds really yummy. Follow the steps to make the dish. Discuss why the different parts of the recipe are helpful.</p> <p>3. Can you find a book that shows a character changing their lives and becoming healthier in some way? Tell me about this book and how it made you feel.</p> <p>GetEpic and OxfordOwls provide great reading content online.</p>	<p>1) Write a recipe for a healthy meal. Try to include as many fruits or vegetables as possible. Make sure each step is clear and in the correct order.</p> <p>2) Make a poster showing how people can keep their bodies and minds healthy. Suggest different exercises and foods they should eat.</p> <p>3) Write a letter and send it to a friend (or send it to your teacher so they can pass it on.) Receiving letters make people happy and communicating with different people is good for your mental health!</p> <p><i>Examples and scaffolds will be provided to support these activities. Please check the daily emails for these resources.</i></p> <p style="text-align: center;">Spelling Shed Phonics Play Practise Common Exception Word spelling</p>	<p>1. Use a set of scales to measure and weigh all the fruit you eat today. You may also want to weigh all of the sweets, treats and chocolates. Which one do you eat more of?</p> <p>2. Predict how many star jumps you can do in 1 minute. Get somebody to time you and see if your prediction was correct.</p> <p>3. Use a stopwatch to record your pulse when you are sitting, running on the spot, doing star jumps and when you are walking on the spot. Which exercise gives you the highest pulse rate? Make a bar graph of the different pulse rates.</p> <p style="text-align: center;">Matheltics TTRockstars</p>		
Science	Art/DT/Music	History	Geography	Discussion
<p>Create a healthy meal plan for your whole day. Try to make sure that each meal contains food from each food group. Use the food pyramid to help you make your choices.</p> 	<p>Use any spare potatoes, carrots or vegetables to create works of art. Ask an adult to cut them into different shapes and use them as stampers.</p> <p>Use your favourite song to create a dance work out. Pick 5 dance moves and repeat them for the whole song. This will make your body healthier and your brain happier.</p>	<p>Sadly this years Olympics have been cancelled. Can you find out when the first Olympics was held and where it took place. What sports did they compete in?</p> <p>How have the Olympics changed? What sports are now played and how many countries compete?</p> <p>These sports can help to keep you healthy!</p>	<p>Look at the labels on your food. Where is each piece of your food from? Mark these off on a map. Can you find a piece of food from each continent?</p> <p>Research where in the world is the healthiest country. What do they do to ensure they have a healthy population?</p>	<p>Does being happy make you healthy? Discuss with your family how making sure our brain is happy can impact our bodies health. What can you do to make yourself happier as well as healthier?</p> <p>Each day take 2 minutes to focus on your mental health and wellbeing. Allow yourself to notice your body and all of the things around you.</p>

Just for fun

Design a super hero to help remind people to be healthy.

Think about what their costume should look like, what powers they should have and how they help people.

Draw them and write an explanation to explain why you made these choices!

Make a fruit salad for your family.

Keep a food diary so you can see what healthy foods you are eating each day.

Healthy Meal plate Template to help you plan your meal (Science).

MY HEALTHY, BALANCED MEAL!

CHEF: _____

