If you eat some fruits or vegetables, or if you do some exercise, colour in a star:

	1	2	3	4	5
Monday	☆	☆	☆	☆	☆
Tuesday	☆	☆	☆	☆	☆
Wednesday	☆	☆	☆	☆	☆
Thursday	☆	☆	☆	☆	☆
Friday	☆	☆	☆	☆	☆
Saturday	☆	☆	☆	☆	☆
Sunday	☆	☆	☆	☆	☆

Colour in the tooth when you brush your teeth:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Evening							

FOUNDATION:

- Find Joe Wickes and Hey Dugee on YouTube and copy the exercises that they do for a fun way to keep active!
- Can you use your new Skipping rope/football every day?
- Try a new fruit or vegetable
- Use the teeth chart below to track how well you brush your teeth

YEAR 1 / 2:

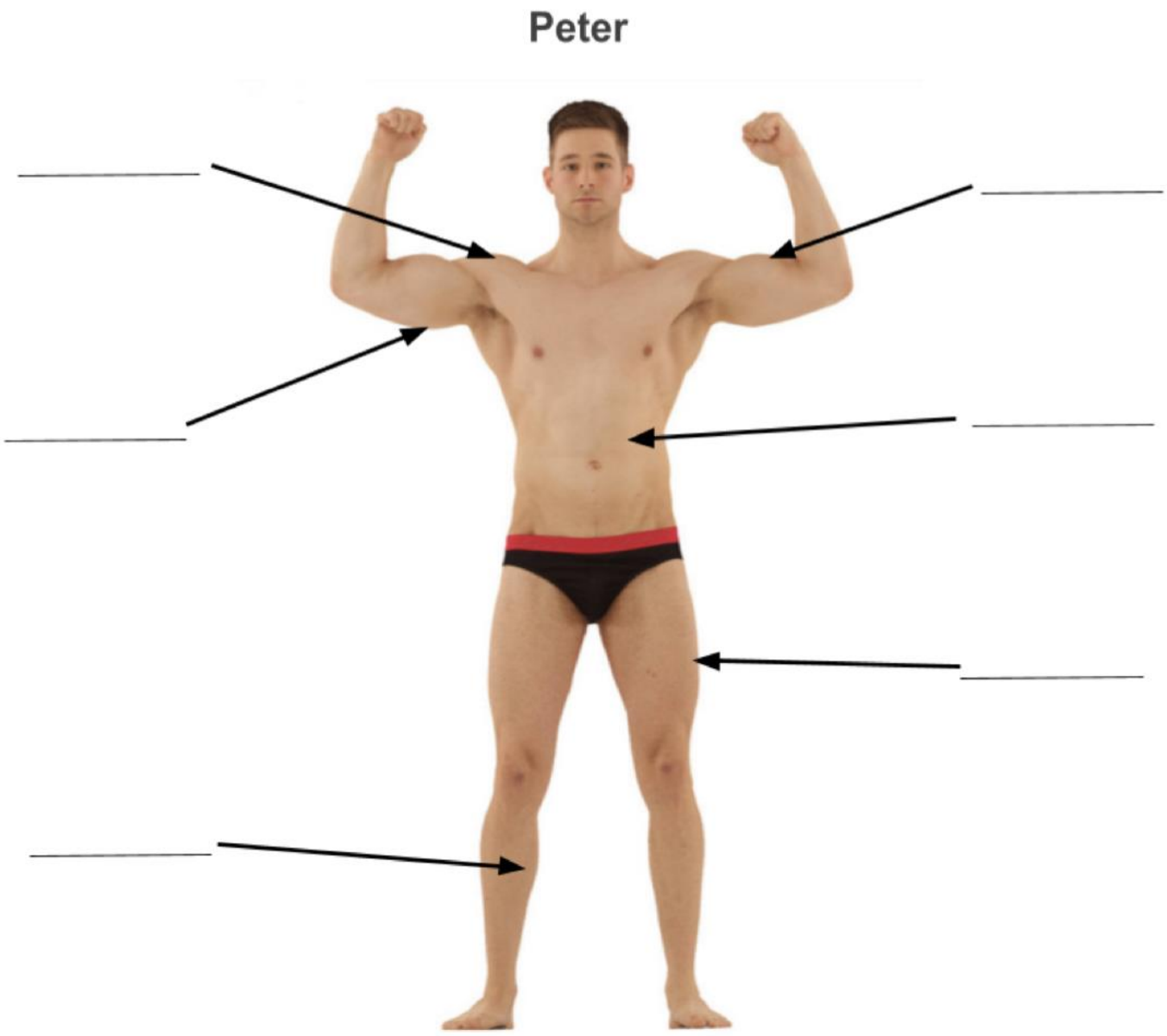
- Colour in the different parts of the human body on the picture bellow
- Find PE with Joe Wickes on YouTube for a fun way to stay active
- Can you practice counting up in 2s/ 3s/ 5s by skipping the numbers or kicking your football
- Can you keep track of how many times you eat some fruit/ vegetables or are active during the holidays using the star chart?

Name:

Muscle groups of the body

Listen to the muscle group song = https://www.youtube.com/watch?v=xrmOUHQSOck

See if you can fill in the labels for the different muscle groups for Peter!



YEAR 3 / 4:

- Colour in the human body and its organs on the picture bellow.
- BONUS: can you have a go at labelling some of the parts?

- Find PE with Joe Wickes on YouTube and have a go. Can you feel your breathing rate before and after you do the exercise. How does it change?

- Can you keep track of how many times you eat some fruit/ vegetables or are active during the holidays using the star chart?

YEAR 5 / 6:

- Find PE with Joe Wickes on YouTube and have a go. Can you feel your breathing rate before and after you do the exercise. How does it change? Can you plot in on the graph below?

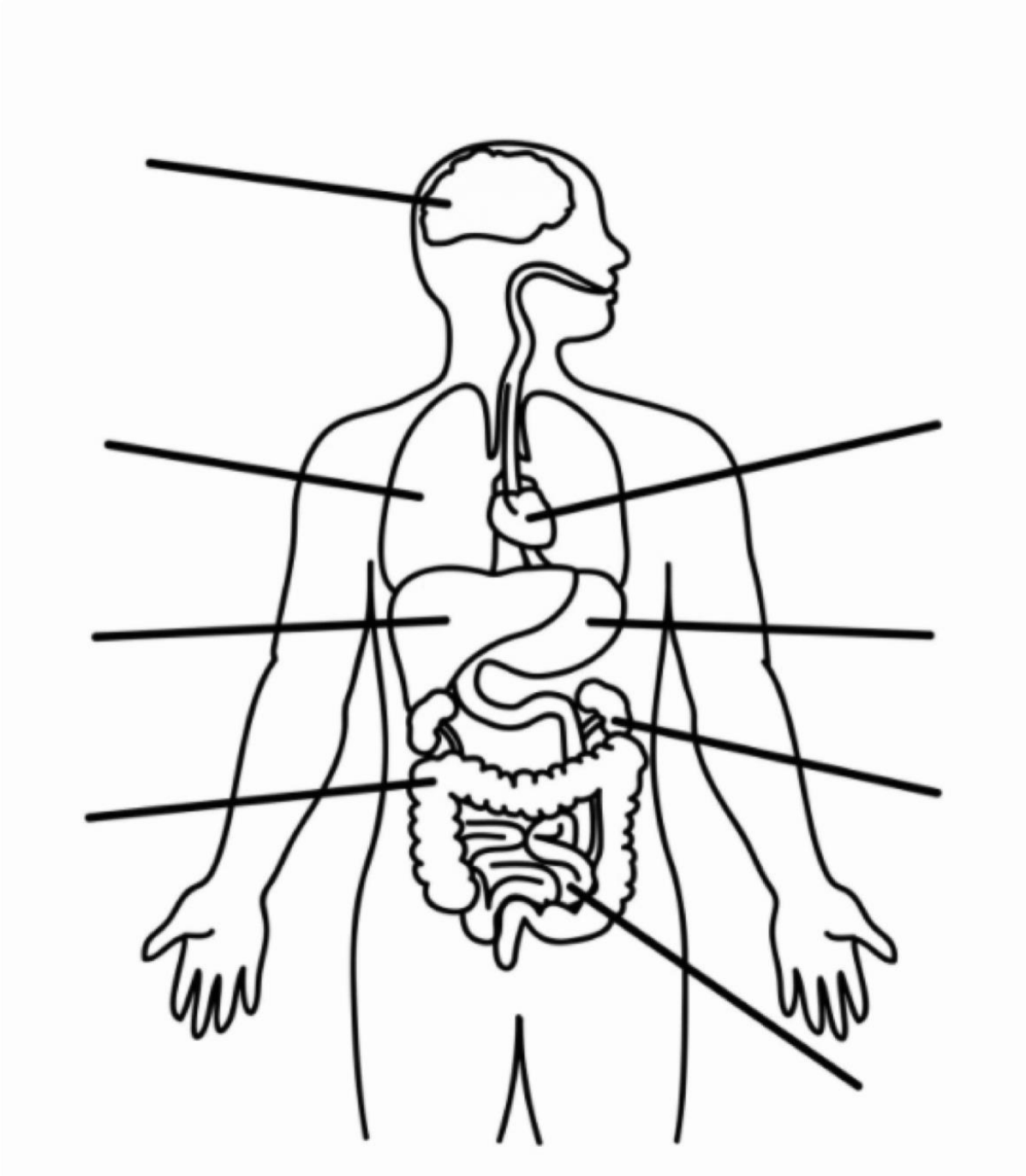
- Make a poster to advertise healthy eating and why it is good for you. It can include, what a healthy diet is, why its important and what foods are not as healthy.

- Colour in the human body diagram below. Can you label all of the organs inside?

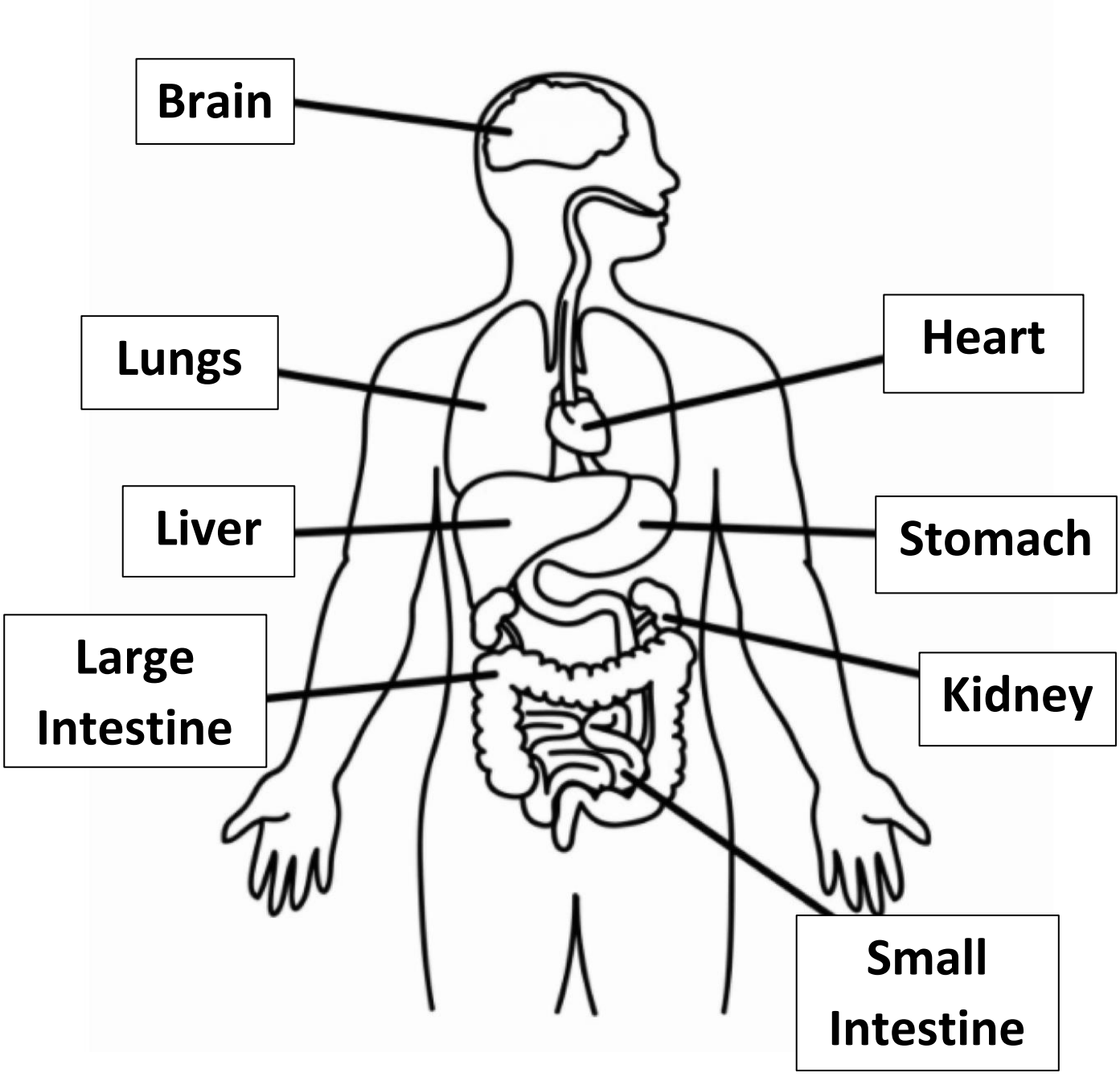
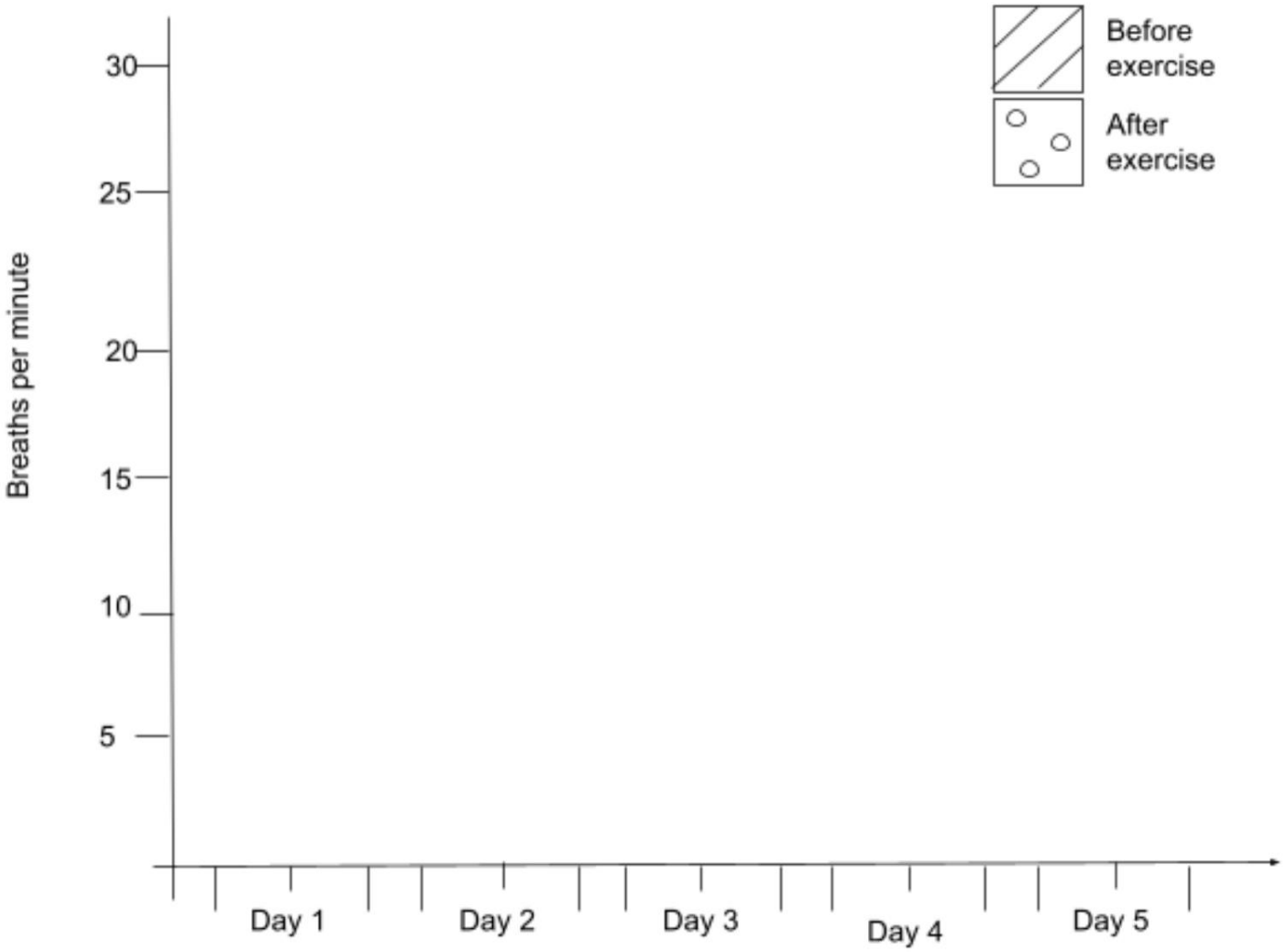
- Can you keep track of how many times you eat some fruit/ vegetables or are active during the holidays using the star chart?

- Listen to the muscle group song and then see if you can label the different muscle groups of the body.

Can you colour the different organs of the body and then label them?



Can you colour in the different organs of the body?



Count how many breaths you take in 1 minute before doing exercise, and then count how many breaths you take for 1 minute after you exercise. Plot your results on the bar graph below: