




HEALTH WEEK - P3 – P4 Grid- 15th to 19th June

<p>Join Joe Wicks for PE lessons.</p> 	<p>Move a mile- try to walk, run or cycle a mile every day. Take photos of things you see you on your route.</p> 	<p>Spell Your Name Workout! Try using the A-Z of exercises in the files section to spell your name.</p> <p>A-Z</p> <p>Once you have finished why not create your own workout.</p>	<p>Try one of the Cosmic Kids Yoga activities.</p> <p>Once you have completed this have a look at the yoga poses cards and try some moves of your own.</p>	<p>Simon Says- along with members of your family why not play a game of Simon Says using exercises?</p> <p>E.g. Simon says ... do ten star jumps.</p> 	<p>Try one of the Jump Start Jonny exercise routines.</p> <p>Once you have completed this try to create your own short dance routine and choose a song to go with it.</p>
<p>Watch the youtube clip about the 5 ways to wellbeing.</p> <p>See if you can come up with 5 things that make you feel good.</p>	<p>Try some of the mindfulness colouring activities in the files section.</p> <p>MINDFULNESS</p> <p>Or if you prefer, draw or paint a picture of your own.</p>	<p>We are all special in our own ways. Think about some of the things that make you special.</p> <p>Try completing the worksheet I Am an Amazing Person! Or make a list of your special qualities.</p>	<p>Sleep is really important if we want to stay healthy.</p> <p>Read the Sleep Cycles PowerPoint and then take a look at some of the Sleep Tips.</p> <p>Why not try some of the sleep yoga poses before you go to bed tonight?</p>	<p>Create your own mood monsters to display. Use them on a daily basis to show and discuss how you are feeling.</p> <p>You can find the Mood Monsters PowerPoint in the files section.</p>	<p>Try listening to some calming music to help you relax.</p> <p>Can you think of any other music which helps you to relax?</p>

Test your knowledge of healthy food by taking the Healthy Eating Quiz in the files section.



A-Z of Healthy Eating. Try to come up with a different healthy food for every letter of the alphabet.

E.g.
A- apple
B- banana
C- cucumber



Design a poster to encourage people to eat more healthy food. Try to include some reasons why healthy food is good for us.

MORE OF THESE



LESS OF THESE



Eat the Rainbow. Try to eat as many healthy foods of different colours as you can. Record what you have eaten by taking photos, drawing pictures or writing it down. (See the files section for some ideas)



Design your own superhero based on a fruit or vegetable- make sure you give them a superhero name and include their superpower.



Design a Healthy Lunch box. Design your own lunchbox or use the template in the files section.



Remember choose one activity from each colour on Monday, Tuesday, Wednesday and Friday. Keep Thursday free - that is our Sports Day!

Green are Physical activities, Blue are Health and Wellbeing and Purple are Healthy Eating activities.

If you have children in different stages, choose an activity from each stage so that you only do 3 a day.

