Staying Alive

Each week, choose one task to complete. These relate to our Summer topic of ‘Staying Alive.’

1. Choose two or three animals and research what they need to stay alive (e.g. diet)
2. Research healthy foods. Can you look up the food pyramid? Design a healthy day of meals (draw and label each food item). Record all of your meals for the whole week. How healthy were you this week?
3. Complete Joe Wicks’ home workout each morning. Design your own exercises, write them down and complete these each day this week.
4. Draw a picture of the human body. Label these body parts: toes, toe nails, feet, legs, stomach, chest, arms, hands, finger nails, neck, face, hair, teeth. Write down how you can keep each body part clean/healthy each day. Tick off every time you clean each body part.
5. Research Florence Nightingale. Who was she? What was she famous for? Where did she live? Record interesting facts about her. Collect pictures that relate to her or draw them.
6. Can you make up a song about being healthy? What is the name for your song? What are the lyrics? (Make sure that you have a chorus and verses.) Can you make any instruments to create a beat? Perform your song to your family. What is your band name? Can you design an album cover?