



The life skill focus this half term is **MANAGING PHYSICAL HEALTH**.

Can you try these activities at home?

You could take a photograph, draw a picture or produce a piece of writing to show us what you've done and bring your evidence into school.

Look for the gold stars ★ in the grid below to see how many you can achieve.

Your year group **focus question** is worth a gold star ★, 10hps and a move to Gold!

 I can perform a dance routine.		Year 5	I can dribble a football around obstacles. 	
I can do exercise with my family. 	I can beat a personal best. 	Can I have a balanced diet?  + 10hps Gold Zone	I can take part in a sports competition. 	I can make a healthy smoothie. 
How many stars can you achieve by thinking of <u>your own</u>  MANAGING PHYSICAL HEALTH activities?				
Don't forget to email them to your class or bring a paper copy into school.				

Aspire to be our half-termly Life Skill Champion by achieving the most gold stars and win a star badge!