



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 tie my shoe laces.		Year 4 Can I say why exercising is important?  + 10hps Gold Zone	I can help make a healthy dish. 	
I can hit a target. 	I can help walk my dog or care for my pet. 		I can tie a knot. 	I can create an obstacle course. 
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!