



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 take part in a team game.		Year 6 Do I know why it is imperative to wash and dry my hands?  + 10hps Gold Zone	I can choreograph a dance routine. 	
I can do yoga to relax. 	I can try a new sport. 		I can plan and make a healthy meal. 	I can play a musical instrument. 
<p>How many stars can you achieve by thinking of <u>your own</u> ★ MANAGING PHYSICAL HEALTH activities?</p> <p>Don't forget to email them to your class or bring a paper copy into school.</p>				

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