



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's **focus question** is worth a gold star ★ 10hps and a move to Gold!

 I can swim.		Year 2	I can kick a ball. 	
I can choose a healthy plate of food. 	I can ride my bike without stabilisers. 	Do I know what a balanced diet is?  + 10hps Gold Zone	I can catch and throw a ball. 	I can dance around to music with my friends or family. 
How many stars can you achieve by thinking of <u>your own</u> <b>MANAGING PHYSICAL HEALTH</b> activities? 				

Don't forget to email them to your class or bring your work into school.

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