



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 star ★ 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 warm up with stretches.		Year 3	I can help make a healthy grocery list. 	
I can help take the rubbish out. 	I can pack a lunch. 	Do I help myself relax?  + 10hps Gold Zone	I can fold my clothes. 	I can do simple sewing. 
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!