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 write some words 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 do a star jump.		Nursery		I can jump over objects.
I can stand on one foot for five seconds.	I can put on and take off my coat.	Can I wash my hands and dry them? + 10hps Gold Zone	I can eat a healthy snack.	I can brush my teeth.

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!