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 make homemade playdough.		Year 1 Can I eat five portions of fruit and vegetables per day? + 10hps Gold Zone	I can help chop fruit to make a healthy snack.	
I can skip around objects.	I can colour in the lines.		I can do my buttons up.	I can use my knife and fork to cut up my food

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 onto school.

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