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 ⭐ and 10hps.

<table>
<tr><td colspan="2">I can tie my shoe laces. ⭐</td><td></td><td colspan="2">Year 4</td><td colspan="2">I can help make a healthy dish.</td></tr>
<tr><td>I can hit a target.</td><td>I can help walk my dog or care for my pet. ⭐</td><td></td><td colspan="2" rowspan="2">Can I say why exercising is important?
⭐ + 10hps</td><td>I can tie a knot.</td><td>I can create an obstacle course. ⭐</td></tr>
<tr><td colspan="5">How many stars can you achieve by thinking of <u>your own</u> MANAGING PHYSICAL HEALTH activities?
Don't forget to bring a paper copy onto school. ⭐</td></tr>
</table>

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