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 perform a dance routine. </td><td colspan="2">Year 5
Can I have a balanced diet?
 + 10hps</td><td colspan="2">I can dribble a football around obstacles.</td></tr>
<tr><td>I can do exercise with my family.</td><td>I can beat a personal best. </td><td colspan="2"></td><td>I can take part in a sports competition.</td><td>I can make a healthy smoothie. </td></tr>
<tr><td colspan="6">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 into school.</td></tr>
</table>

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