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.

I can perform a dance routine.		Year 5 Can I have a balanced diet? + 10hps	I can dribble a football around obstacles.	
I can do exercise with my family.	I can beat a personal best.		I can take part in a sports competition.	I can make a healthy smoothie.
How many stars can you achieve by thinking of *your own* MANAGING PHYSICAL HEALTH activities? Don't forget to 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!