

<u>Planning for choices and changes</u>	<u>Mental, emotional, social and physical wellbeing</u>	<u>Physical education, physical activity and sport</u>	<u>Food and health</u>
<p data-bbox="259 272 586 341"><u>Health and Wellbeing Heroes</u></p> <p data-bbox="203 347 586 528">Throughout the next two weeks, we will have some links with our local/wider community linked to health and wellbeing.</p> <p data-bbox="203 568 611 675">Keep checking the blog on a daily basis to see our guests featured on our blog.</p> <p data-bbox="203 681 586 711">Talk with your family about</p> <ul data-bbox="253 719 636 1050" style="list-style-type: none"> • the skills that individuals need to do different jobs. • the skills and knowledge you have developed during this school year. • what you would like to learn to do next year? <p data-bbox="203 1056 636 1347">Choose how you would like to share this information with the teachers and PSAs who will support you next year. You could write a letter, make a mind map, a list, a PowerPoint, SWAY, movie trailer, an animation, a rap.</p>	<p data-bbox="667 272 918 303">Relaxation Cards</p> <p data-bbox="667 309 1061 451">Click on the link above to access a collection of cards featuring different ways to relax and find calmness.</p> <p data-bbox="667 496 819 526">Meditation</p> <p data-bbox="667 533 1108 600">Click the link above and try out some meditation.</p> <p data-bbox="667 644 1079 751">Sports Day – give your strength, time and talents to help your house score points</p> <p data-bbox="667 796 1095 1010">Yoga is great for the body and mind - https://cosmickids.com Cosmic Kids provides yoga videos for learners of different ages.</p> <p data-bbox="667 1054 1099 1302">Look at the Sky Watch the clouds go by. Lie on your back on the grass and watch the clouds passing overhead. Try to spot any unusual ones that look like animals or mythical creatures.</p> <p data-bbox="875 1310 898 1340">/</p>	<p data-bbox="1223 272 1480 303">Keep Fit Record:</p> <ol data-bbox="1178 309 1570 1086" style="list-style-type: none"> 1. Make a short video or written report on how you are keeping fit and healthy at home. 2. Share all the fun and creative ideas you have had and explain how you have involved other family members. 3. Have you tried some new games? · Have you invented something new? · Have you created some resources to use or had to use something unusual to make it work? · 4. Can you write a set of rules for this game or activity (if relevant)? <p data-bbox="1133 1126 1541 1198">Olympic Sports Interactive Word Mat</p> <p data-bbox="1133 1204 1559 1278">Click here to match the sports to the pictures.</p>	<p data-bbox="1594 272 2033 491">We are preparing for Sports Day. Your body needs fuel to perform well. Have you ever noticed the types of food and drinks that sports personalities have with them during events?</p> <ul data-bbox="1641 497 2029 1388" style="list-style-type: none"> • Find out which foods give your body the right types of energy you need to take part in sporting events. • Create a recipe for a snack, biscuit bar or drink that will give your School House Team the energy to power through sporting activities. • Present the recipe with the ingredients and method on an A4 document that can be included in the Methlick School Sport's Day Cookbook. • Make a chart to record the amount of water you drink. Are you drinking enough? How can you find out what your daily allowance should be?

Physical education, physical activity and sport	Food and Health
<p data-bbox="504 296 808 328" style="text-align: center;"><u>Dance Off- Copy Me</u></p> <ul data-bbox="253 336 1084 667" style="list-style-type: none"> <li data-bbox="253 336 1084 405">• Put on some music, stand in facing your partner or in a circle if more than two of you. <li data-bbox="253 408 1084 478">• Choose dancer one, they will start by showcasing their first dance move. <li data-bbox="253 481 1084 552">• Dancer 2 will copy that move and add on a move (this can continue for as long as you want) <li data-bbox="253 555 1084 667">• Remember to share your dance moves with us via your online journal or in your jotter you could draw out the actions. 	<p data-bbox="1518 296 1648 328" style="text-align: center;"><u>First Aid</u></p> <p data-bbox="1133 336 2000 405">First Aid is a crucial life skill, videos and online resources can be found at:</p> <p data-bbox="1133 408 1574 440">https://lifeliveit.redcross.org.uk/</p> <p data-bbox="1133 443 1760 475">First Aid activities will be posted on the blog.</p> <p data-bbox="1341 517 1827 549" style="text-align: center;"><u>Design a Healthy Packed Lunch</u></p> <p data-bbox="1133 557 2029 625">Design a healthy packed lunch or make your own Eatwell plate. Click on the link below for more information on food groups:</p> <p data-bbox="1133 628 1335 660">Eat Well Plate</p>