**Health and Well-Being**

**Early/First Level**

4.5.2020– 28.5.2020

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| Complete the spelling workout below using either your name or one of your spelling words! Let us know which exercises you had to do.  | Help at home by doing some housework. Send us a photo to show how you have been helpful. | Keep a diary of all the exercise and activity you do in one week. See how many different activities you can do in your house.  | Choose a key worker and create a factfile about their different roles.  |
| Thank three people you are grateful to and tell them why!  | **Take part in any exercise daily that increases your heart rate!** | **Aim to eat your x5 fruit and veg every day** | List the qualities of being a good friend and then create a character profile including these.  |
| Learn something new: Use the sheet below to learn your name in sign language.  | **Ensure you are getting the right amount of sleep for your age** | **Remember to brush your teeth twice daily for 2 minutes** | Complete the challenges set by Mrs Foster. (See sheet below). |
|  | Do something that makes you happy every day!  | Compare an adult animal to its young. How are they the same? What are the differences?  |  |

It would be lovely if you could share your activities with a picture on your portfolio on DoJo.

Spelling Exercises.

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| A – 10 Sits ups  | N – 10 star jumps |
| B – 10 Squats  |  O – 10 Second plank |
| C – 10 Second Wall Sit | P – 10 Knee to elbows |
| D – 5 lunges each leg | Q – 15 second high legs |
| E – 30 seconds jog on spot | R – 10 second plank |
| F – 10 star jumps  | S – 10 sit ups  |
| G – 10 Burpees | T – 10 Jumping jacks |
| H – 10 Press Ups  | U – 10 squat thrusts |
| I – 15 seconds high legs jog | V – 10 Squats |
| J – 10 Jumping Jacks | W – 20 seconds jog |
| K – 10 second plank | X -10 second wall sit |
| L – 10 Knee to elbows | Y – 10 Burpees |
| M – 10 mountain climbers | Z – 5 lunges each leg |

**Weekly Challenges for PE home learning – Mrs Foster**

Task 1: put a broom or a mop on the floor and jump over it for 20 seconds, keeping your feet together, how many can you do.

Task 2: step up challenge – how many step ups can you do in 1 minute, step up onto the step above with both feet and then down again.

Task 3: The obstacle race – make your own obstacle race round your garden using items from your own garden. Try it every day and record the fastest time you can do it in.

Task 4: The tennis challenge – using a racket and a ball, ideally a tennis racket and a tennis ball but could be any racket and ball, set yourself a challenge of “keepie upies” how many can you do before you drop the ball. Try flipping the racket, what other skills can you do? Make a video and upload it to show us what you can do.

Task 5: Skip with a skipping rope forward or backwards for 30 seconds nonstop. What other skills can you do with a skipping rope? Can you beat your parents?

