






Please choose a **selection** of activities during the week. Please note that you do not need to complete ALL tasks.

 <b>Health Week 18<sup>th</sup> – 22<sup>nd</sup> May 2020</b> 			
<p><b><u>Online</u></b> Games and Activities will still be available on Education City and Giglets. Or update your e-portfolio.</p>	<p><b><u>Mindful Monsters</u> or <u>Mindful Activities</u></b> Choose any of the <b>Activity Cards</b> to try out. (see the link below)</p>	<p><b><u>P.E</u></b> Take part in <b>Joe Wicks morning workouts</b> (see our class blog for link)</p>	<p><b>Virtual Sports Day Friday 22<sup>nd</sup> May</b> Join the Fenwick Staff and take part in 1 or more of the suggested activities. (see power point cards and demo video) Wear your house colour and take a video/photos of you participating.</p> <p><b><u>Sports Day Planning</u></b> Make a number to pin on your t shirt.</p> <p>Create a timetable of events for the day (use the activity cards to help you)</p> <p>Create a poster advertising your sports day and persuade some family members to join in.</p> <p>Gather equipment for your sports day and set up your activities ready to take part.</p> <p>Design medals for the winners of your events.</p>
<p><b><u>Sumdog</u></b> We have entered the <b><u>East Ayrshire Sumdog Challenge</u></b>. Log in to play and help Fenwick Primary win the top spot.</p> 	<p><b><u>RRSA/Global Goals</u></b> Ask a Parent to help you with this activity: The LORAX <b><u>Lorax-Health &amp; Well-being /</u></b></p>	<p><b><u>Outdoor Learning</u></b> Go outdoors and try some of these challenges:</p> <ol style="list-style-type: none"> <li>1. Garden Birds I-dial</li> <li>2. Bird Seed Feeder</li> <li>3. Woodlands Olympics</li> </ol>	
<p><b><u>Wellbeing Craft Jar</u></b> Create a jar of activities that you are looking forward to doing. (See the activity below)</p>	<p><b><u>Food and Health</u></b> *Create a healthy snack to eat at your Sports Day event. <b>Challenge</b> : research the kinds of foods athletes eat to give them energy. Watch this bbc bitesize clip :<a href="#">Sports Nutrition DYW2</a></p>	<p><b><u>Wellbeing diary</u></b> It is important to think about how we are all feeling during these strange and different times. Choose as many days as you would like to complete from the wellbeing diary below.</p>	
<p><b><u>Football Fun</u></b> SFA Football training skills. SFA home learning activities See links on our blog below.</p>	<p><b><u>Healthy Teeth</u></b> Look at the tooth brushing posters then write your own tooth brushing instructions. Complete the teeth quiz. All activities are linked on our blog.</p>	<p><b><u>PATHS</u></b> Read a story/ book and complete the Story Feeling Cards attached below.</p>	

Week Beginning 18.5.20 Home Learning Tasks

## Health Week



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