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| Can you take part in one of Joe Wicks’ PE Videos on YouTube?<https://www.youtube.com/c/TheBodyCoachTV> | Can you set up an obstacle course indoors or out in your garden using equipment/things around the house safely? Time yourself to see how quickly you can complete it. Can you beat your time? | Can you take part in a Just Dance routine?<https://www.youtube.com/results?search_query=Just+Dance> | Can you identify the behaviours people may show when they are happy. You could write them down or draw them. |
| Can you use The Eatwell Guide to create a balanced plate of food?<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> | Can you create an acrostic poem about road safety? | Can you create a poster highlighting some of the rights that children have? | Can you take part in some Cosmic Yoga?<https://www.youtube.com/c/CosmicKidsYoga> |
| Can you create a set of instructions to tell people how to wash their hands properly? | Can you create a fact file about someone who looks after you? Make sure you include information about how they car for you. | Can you watch your favourite TV programme or film and record all the different emotions that you see people experience. Can you identify why they feel this way? | Do something to help you relax. You may want to try out some meditation.<https://www.youtube.com/watch?v=DWOHcGF1Tmc> |