



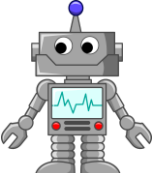


## P6/7 Interdisciplinary Learning & Health and Wellbeing Home Activities

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| <p>Log into the 'The Body Coach TV' available on YouTube for a daily PE lesson.</p>                                                                              | <p>Design a healthy daily menu consisting of breakfast, lunch and dinner using the ingredients found in your house.</p> <p>Make these into a menu either in written format or using a computer and share it with your family.</p>                                               | <p><b><u>Computer Science</u></b></p> <p>Join <a href="https://scratch.mit.edu">scratch.mit.edu</a> for some fun with coding.</p>  | <p><b><u>Mindfulness</u></b></p> <p>Search for 'mindfulness guided meditation for kids' on YouTube and take some time to relax and rebalance.</p>  |
| <p>Take some time out to exercise!</p> <p>Set up a circuit workout in the house or garden.</p>                                                                   | <p>Look online at the healthy eating plate.</p> <p>Using this knowledge, draw 5 healthy plates and label the items on the plate, including the food groups that they are in.</p>                                                                                                | <p>Create a leaflet about the importance of washing your hands.</p> <p>Be sure to include useful hints and tips and relevant images to support the topic.</p>                                                         | <p><b><u>Pepper Science Experiment</u></b></p> <p>Research the handwashing experiment with pepper and try this at home.</p>                                                                                                           |
| <p>Help a family member to prepare a dinner. Afterwards (once you've washed your hands!) write a step by step guide on how to make this dinner including ingredients, timings etc.</p> <p>Do this often to create your own handy recipe book!</p> | <p><b><u>Newsround Time!</u></b></p> <p>Watch an episode of Newsround each day (type Newsround onto search engine).</p> <p>Share what you have learned with a homework partner through a discussion, or design your own newspaper front cover with the headlines (or both!)</p> | <p>Use recycled materials to create your own 'Junk Model Robot.'</p>                                                             | <p>Keep checking the weather forecast each day on BBC Weather.</p> <p>Write your own weather report as if you are a reporter on the news. Even have fun recording this to share with others.</p>                                      |