

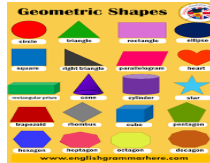









Newmains Primary School – HWB grid.

Each day on twitter there will be challenges for you all to enjoy. Please upload pictures and videos of what you have all been up to on twitter or glow with your class teacher. Have fun, stay safe and keep fit.



HWB	HWB	HWB
<p>Have fun making a Healthy family meal/lunch.</p> <p>Write a set of instructions of how you made it and what ingredients you used. Or draw a picture of your healthy meal.</p> 	<p><u>Measurement and Weight.</u></p> <p>Write down the weight of all the ingredients and add this to your set of instructions for a Healthy meal and smoothie.</p> 	<p>Create shapes using different materials or your body. What shapes can you make?</p> 
<p><u>Smoothie making challenge/competition</u></p>  <p>Make a healthy smoothie. Be creative and come up with your Smoothie name, logo and slogan. If you want, you can create your own advert for this please share on Glow or twitter.</p>	<p><u>Time –</u></p> <p>How many sit ups can you do in 30 seconds? How many star jumps can you do in 30 seconds? How many burpees can you do in 30 seconds? How many press ups can you do in 30 seconds? How many squats can you do in 30 seconds? Challenge – How many can you do in 1 minute?</p> 	<p><u>Selfie challenge –</u></p> <p>Take a family selfie Take a selfie on your daily walk, run or cycle. Take pictures, gather resources from the woods or garden to create a nature picture.</p> 
<p><u>Some Twitter challenges. Please join in.</u></p> <p>Kick boxing Volleyball Dancing Football Fitness</p>	<p><u>Music/poetry</u></p>  <p>Write your own song/rap about staying healthy. Choose a song that you like to sing, change the lyrics and encourage your family and friends to stay healthy.</p>	<p><u>Nature walk challenge</u></p> <p>If you see a squirrel – Do a dance If you see a cat – Clap your hands 5 times If you see a daffodil – Touch your toes If you see a post box – Stand like a statue for 5 seconds If you see a bus – Do 10 star jumps If you see someone running – Do high knees for 5 seconds If you see someone wearing sunglasses – Touch your nose If you see a bird – Do a tuck jump.</p>
<p><u>Health/Art</u></p> <p>Popping bubbles with both hands Tearing/ crumpling tissue paper, cotton balls (create a craft, etc.) about staying healthy, for e.g a fruit bowl. Use fruit paint it and create a fun picture.</p>	<p>Research – a person who inspires you in the world, this could be someone at home, a famous sports person, a singer.</p> <p>Create a fact file about this person or draw a picture of this person.</p> 	<p>Complete a mindfulness activity, e.g.</p> <p>https://family.gonoodle.com/activities/melting</p> <p>Complete a Cosmic Kids adventure, e.g.</p> <p>https://www.youtube.com/watch?v=coC0eUSm-pc</p>



"Newmains Primary School C.A.R.E.S"