

June Challenge – Keeping fit, healthy and active

Can you complete all of the Healthy activities?

<p>Take part in an outdoor scavenger hunt. How many can you spot?</p> <p>Green Leaves Sticks Bugs Flowers Feathers Tree stumps Birds</p>	<p>Design your own Fruit or Vegetable superhero. What super powers do they have?</p> 	<p>Click on the link and you should be taken to fitness circuits. Can you complete some of these exercises with your family?</p> <p>https://www.youtube.com/watch?v=h3Xrtm0IVnY</p> 	<p>Create your own sports day at home. Design a team logo for your family and display it during sports day. You can time each member of your family competing in each event to see who the winners are.</p> 
<p>Sun Safety – Can you design a poster to instruct others to stay safe in the sun.</p> 	<p>Help prepare a healthy lunch or dinner for your family. Ask if you can practise cutting fruit and vegetables. Make a menu or write your own recipe.</p> 	<p>The human body has many organs that keep our body healthy. Research and find three facts about one of the following organs:</p> <p>Heart Lungs Brain</p>	<p>The London Marathon is due to take place in October. A marathon is 26.2 miles. Can you run/jog/cycle for 26 minutes? Challenge yourself during your daily exercise.</p>
<p>Talk about your feelings. What makes you feel happy/sad/excited/worried?</p> 	<p>Phone a family member/friend or have a socially distanced visit to someone in another household. Give them a compliment.</p>	<p>Create your own friendship wordsearch for someone to solve. Make sure you write the words that are hidden underneath.</p> 	<p>Make a card for a friend/family and let them know you miss them. Ask them to send you one back.</p>