

1st Level Staying Healthy & The Body

Complete **five** activities by Friday XXXX. The sensible thing would be to do one activity a day. You do not need to do all eight on the grid. Choose the ones that interest you the most. You can do the activities either in google docs, google slides or on paper.

BBC Bitesize- How We Stay Healthy Learn about different ways to keep healthy, watch this BBC bitesize video and read the information. Make a poster about how to keep healthy. Remember to use bright colours, clear writing, and eye catching illustrations. Share with your teacher.	Nutrition To be healthy and well we need to eat a balanced diet of nutritious food. On a piece of paper draw or paint a plate and fill that plate with a variety of food that will make up a balanced and healthy meal. You can find out more about a healthy balanced diet from The EatWell Guide . Share with your teacher.	How Many Can You Do? Learn the song ' Head, Shoulders, Knees and Toes ', if you don't already know it. Sing one full version of this song whilst hopping on one foot. Count how many hops you can do in this time. Share with your teacher.	Senses Our bodies have 5 different senses, these are; Touch, Taste, Smell, Sight and Hearing. Take a senses walk around your garden or any outdoor space available to you then write down or draw pictures of: 5 things you touched. 5 things you smelled. 5 things you saw. 5 things you heard. Share with your teacher.
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Our Anatomy

Ask your parents or sibling to take photos or a video of you pointing to each of these areas on your body;

- 1.Your brain
- 2.Your tongue
- 3.Your stomach
- 4.Your elbow
- 5.Your kneecap.

Now make up a dance that includes pointing to each of these parts of the body.

Share with your teacher.

Snap

Draw 2 sets of 10 different body parts such as a hand, a foot, a nose, an eye etc, Cut out each one into a card shape. Keep one set for yourself and give the other set to someone in your house.

Play a game of 'Snap!' against one another and see how many body parts you can win.

Share with your teacher.

Designing a Booklet

In order to stay fit and healthy there are lots of fun activities we can do.

Design a booklet and on each page draw an activity that keeps you fit and healthy such as running, swimming or football. Fill in as many pages as you can to complete a full booklet of fun activities.

Share with your teacher

X-Ray

Draw around your forearm and hand on a piece of paper or card.

Using household items such as cotton buds or straws or twigs from the garden, stick these down inside the arm and hand outline where your bones would be and produce your very own X-ray of your arm!

Share with your teacher.