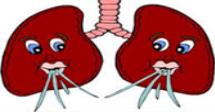
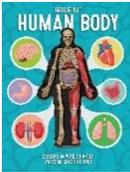
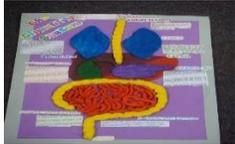


<p>Weekly- Compulsory</p> <p>Practise your weekly spelling words. Select an activity from your 'Let's have fun' spelling booklet and complete in your homework jotter.</p> 	<p>Weekly- Compulsory</p> <p>Reading for enjoyment Read a book of your choice at home for enjoyment.</p> <ul style="list-style-type: none"> • Read a poem • Read a comic or magazine • Read a recipe • Read a non-fiction book • Read a book about the human body 	<p>Weekly- Compulsory</p> <p>Practise mental maths skills using your basic facts bookmark in your homework jotter.</p> 	<p>Healthy Bodies and Healthy Minds</p> <p>Outside Game Play a game outside with a friend or a sibling.</p> <p>Play a board Game Play a board game or a card game with a friend or sibling.</p> <p>Yoga Participate in some yoga or relaxation exercises.</p> <p>In the garden Help out in the garden.</p>	<p>Healthy Bodies and Healthy Minds</p> <p>Eating Something New Try eating something new and nutritious. *You may wish to try something that you don't normally eat.</p> <p>Cooking in the kitchen Follow a recipe to make a healthy food. Perhaps you could include a photo of your finished recipe.</p>
<p>A-Z Body Parts Make an A-Z list of body Parts.</p> <p>Did you know that?.. Create a quiz for one of the body systems/organs</p> 	<p>Lung Capacity</p> <p>Conduct an experiment on lung capacity- all you need is a balloon. See how much each member of your family/friends can blow up of the balloon in one blow. Draw a table of your results! Does this change after you do exercise?</p> 	<p>Healthy Lunchbox Design the menu for a healthy lunchbox, remember healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy.</p> 	<p>Free Choice Project Investigate a personal interest project on one aspect of the human body.</p> 	<p>Model Make a model of one of the organs or systems of the human body. Make sure the main parts are labelled and that you can explain your model.</p> 
<p>Sleep Why is sleep important for the body? Track your sleep each night and try to represent this in a graph or chart.</p> 	<p>Experiments! Explore the human body with fun and exciting activities and experiments. The link below has 21 fun and easy experiments to try at home.</p> <p>https://thediscoveryapple.com/2017/01/13/21-super-fun-human-body-activities-and-experiments-for-kids/</p>	<p>ICT Research http://www.primaryhomeworkhelp.co.uk/human.html</p> <p>Visit the website above to find out about the human body, record and share your research.</p>	<p>Healthy Body and Mind Can you write a catchy poem or song that will persuade other people to be healthy? What does healthy mean to you? You can choose to present in any way you like.</p> 	<p>Keeping Healthy Create a persuasive PowerPoint or poster in ways to stay healthy. Think about including sleep, diet, exercise and mental health!</p> 

The top row of activities are compulsory and must be completed every week. Please complete one other activity each week and record the date in the box when the activity is completed. It is not essential to complete all activities. Children will have the opportunity to share their homework activity in class each Friday.