

Jump up and
down in a
space 40
times

Play musical
statues

Ride a bike,
scooter

Balance on a
part of your
body for 60
seconds

Jump or
Move over a
pillow
40 times

Play hide
and seek

Hop, jump
or stand on
the spot for
60 seconds

Balance in
a plank
position

Pass a ball
around
your waist
or head 25
times

Balance an
object on
your head

Keep a
balloon in
the air for 60
seconds

Perform 30
star jumps

Complete 20
shuttles
(running, walking
or moving)

Skip or
Move for 2
minutes

Roll a
ball across a
table 10 times

Perform
40 of the
same type of
jumps

Create and
complete an
obstacle
course

Throw or roll
an object into
a target 10
times in a row

Dribble a
ball in and out
of objects

Perform
40 squat
jumps / sit
forwards

Throw or roll
a ball against
a wall or with a
sibling

Move and
complete 10
leaps of your
house or
garden

Perform
40 jumps

Play a new
game with a
sibling,
parent or
carer

Perform 30
push ups

Perform
dance
movements

Perform a
short fitness
workout

Perform 30
sit ups or
lean forwards

Perform a
Gymnastics
routine

Invent and
play a new
game

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are honest.

Achieve Gold
Complete all the activities on the card

Achieve Silver
Complete a horizontal or vertical line of activities

Achieve Bronze
Complete one activity from each line

Healthy Inside and out

Why is it important to stay healthy?

Homework Choices

Year 1 - Summer 2



Your optional homework tasks this half term all link to our 'Healthy Inside and Out'. You will need to think about what you learn in school to help you with each task.

We can't wait to see any of the work you complete, please bring it in to your class teacher.

You can complete the tasks in any order and do as many as you wish. Remember the important thing is to have fun!

Task 1:

Following on from our learning about plants, take a walk around your local environment. What type of plants can you find? Are you able to investigate and name the different parts of the plant?

Task 2: Design it!

Can you design and prepare a healthy pudding for you and your family? Remember to write a list of ingredients and use the following language when writing the method:



First, Second, Next, After that, Finally.



Task 3: Read it!

Read a book in an unusual place outdoors! Why not go to the beach or even to your local park!

Task 4:



Can you research the different layers of the ocean? Think about:

Trench layer, Abyss Layer, Midnight Layer, Twilight Layer and Sunlight Layer.

Create a sand/ bean filled jar to represent the layers.

Task 5:

Can you make a collage using natural resources? Have you used garden or wild flowers? What else can you use?

