



HEALTHY ME



Do a mini investigation to find out which of your shoes have the best grip for running. Record what you find out.	Label a picture of the human body. Identify interesting facts such as where the longest bone is, the smallest bone, different joints and muscle names too.	The football world cup will take place this June. Find out when the first Football World Cup was held and how often these games take place. Which country will you support?	Make a model of any item that is used in sport, e.g. a pair of goggles, a rugby ball, a tennis racket....	Write a list of things we must do in order to remain as healthy as possible.	Think of a good breakfast or lunch for an athlete. Identify which food groups the items belong to e.g. Protein, carbohydrates etc.
Design a team kit for your favourite sport or sport of choice.	Design a healthy lunchbox	Create a quiz for how to keep healthy.	Why is it good to be you? Create a fact file about yourself.	Make a model of a sport ground/swimming pool/table tennis/hockey pitch etc... Label the lines/areas and mention between 3 and 5 rules for that sport.	Prepare and make a balanced meal. Take a photo or draw a picture and explain what you have made and why it is a healthy balanced meal. Did you enjoy it?
Who is the fastest male/female in the world? What statistics can you find out about him/her?	If you could be a world-class athlete, describe which sport would you choose to compete in and why?	Keep a diary of all the exercise and activity you do in one weekend. These must be activities where you have raised your heartbeat.	Draw or stick in picture of someone (or yourself) doing a sporting action. Label the different forces being used with arrows on the picture.	Design and make a healthy smotthie. Write the recipe and then review the taste.	Learn and list the Spanish names for at least ten different sports.
Make an a-z list of body parts	Research the country where your favourite food/ meal comes from. Draw and write what you find out.	Explore the food labels on 2 products. Write what you have found out and draw the nutritional traffic light label for each product.	What are the school's values? Write about or draw how you can demonstrate these values in everyday life.	Create snap cards to match different foods to their food group.	Write a poem or song about how we can keep our bodies healthy.

