



# Healthy Me



<p>Do a mini investigation to find out which of your shoes have the best grip for running. Record what you find out.</p>	<p>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?</p>	<p>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.</p>	<p>Draw or stick in picture of someone (or yourself) doing a sporting action. Label the different forces being used with arrows on the picture.</p>	<p>Keep a diary of all the exercise and activity you do in one weekend. These must be activities where you have raised your heartbeat.</p>	<p>Think of a good breakfast or lunch for an athlete. Identify which food groups the items belong to e.g. Protein, carbohydrates etc.</p>
<p>Design a Team Kit for your favourite sport or a sport of your choice.</p>	<p>Make a model of any item that is used in sport, e.g. a pair of goggles, a rugby ball, a tennis racquet....</p>	<p>What are the school's Values? Write about or draw how you can demonstrate these values in everyday life.</p>	<p>Make some bread in the shape of a well-known sporting emblem (such as the Olympic rings).</p>	<p>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.</p>	<p>Design a presentation for a Key Stage 1 class about teeth and healthy eating.</p>
<p>Who is the fastest male/female in the world? What statistics can you find about him/her</p>	<p>Design and make a logo for Bampton Sports Day</p>	<p>Create a Healthy Food plate showing the correct amounts of each food group we should be eating.</p>	<p>Design and carry out a survey about the amount of fruit and vegetables people have each day. How much should we be eating?</p>	<p>Write an advert, telling people how they should look after their teeth or how to eat healthily. Remember to use persuasive writing!</p>	<p>Film an advert about how eating sugary foods can lead to tooth decay.</p>
<p>Write a list of things we must do in order to remain as healthy as possible.</p>	<p>If you could be a world-class athlete, describe which sport would you choose to compete in and why?</p>	<p>Make healthy food mobile. Use empty packets or model food.</p>	<p>Plan a menu for an evening meal for your family, making sure that is balanced.</p>	<p>Design and make a healthy smoothie. Write the recipe and then review the taste.</p>	<p>Create snap cards to match different foods to their food group.</p>