Fit for Life Topic Activities

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| Make a model of a plate with your favourite meal on it? What would you choose? | Design a menu for your family to follow for a day. Take a photo of your family enjoying the meal. | Think of new tricks and challenges to set for a friend using the skipping rope you took home? Remember to make your instructions clear. | Set yourself a challenge to try 5 new foods? Which 5 would you try? Make a diary of your experiences. |
| Write a poem about a key worker. What would you thank them for? Can you perform your poem to an audience?  | If you were the Prime Minister what laws would you make to keep us all healthy? | Make up a dance routine to your favourite piece of music and teach it to your family? You could film it and upload it for us to see. | Can you find a book at home with a doctor, nurse or key worker in it? Design a new front cover for the book. |
| Create Top Trumps for food. You could include: What country they come from, how healthy they are, what colour they are, how much they cost. | Find out about a famous sports personality. Make a fact file about them.  | Write a list of all of the things you are thankful for. Can you find one new thing to add to your list each day? | Draw around your hand. On each finger write or draw a picture showing a way to help others. |