

## DT

To keep our bodies healthy we have to make sure we eat healthily. Try and practice some healthy cooking, with an adult. Get some ideas from this website:

<https://www.superhealthykids.com/healthy-kids-recipes/> Remember to take pictures so I can see, or bring in some of your finished product!

## P.E.

Set yourself an exercise challenge and keep an exercise diary explaining what you did to show in class. Can you do 30 minutes exercise a day?

## English

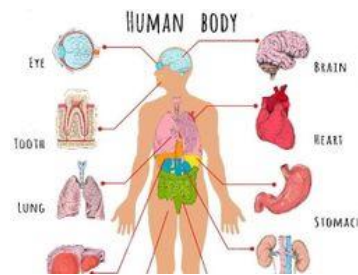
Can you write a catchy poem or sound that will persuade other people to be healthy? You can choose to present it in any way you like!

## Maths

Sleep is important for the body. Track your sleep each night and try to represent this in a graph or chart, which you can bring to class!

## Inside and Out (Human Body) Homework

### Year 5-Term 2



Please complete at least 2 of these, of your child's choice, by the Monday 10<sup>th</sup> of December

## Geography

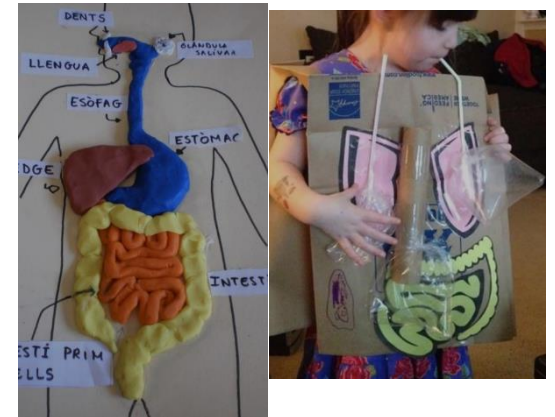
Find a map of your local area and plot out where the gyms are. What about the fast food restaurants? Tell me whether you think the area is healthy or unhealthy and why.

## Computing

Create a persuasive PowerPoint or poster in ways to stay healthy. Think about including sleep, diet, exercise and even mental health!

## Art

Can you have a go at making your own model of a digestive system? Here are some ideas how:



## Science

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?