

Name:

Date:

Home learning for 'Looking after me'.

Your main home learning task:

Create a healthy log book, recording how you keep healthy through diet, sleep, exercise and keeping clean.

You can use the template provided or make your own.

You could also:

- Write a recipe for a healthy snack, you could even make it.
- Do a workout to see how this affects your body, recording how your body felt before and after and thinking about the importance of hydration.
- You could record your exercise as a workout video for your friends to try in class.

Enlist the help of an adult or friend to help you:

- Make healthy choices
- Research how to be healthy
- Think about how you are healthy at home
- Think about ways to record the effects of exercise on your body.

We will be sharing our home learning in class. Please could home learning be handed in on **Friday 23rd November 2018**. Project spelling quiz - 23.11.18

