

KSI Home Learning
Autumn 1

What are you eating?

Keep a food diary for a couple of days. How could you make your diet healthier? Do you eat 5 pieces of fruit or vegetables each day?

Make a smoothie!

Invent and make a healthy smoothie using your favourite fruit and vegetables. Write or record instructions on how to make it in your home learning book.

Exercise

Plan a 5 minute exercise routine for you to do at home each day. Think about increasing your heart rate for it to have an impact. Think about some of the warm up activities we do in P.E. e.g. star jumps, hopping

Teeth

Design a poster explaining how to keep your teeth clean.

Healthy Humans

Please complete at least 5 of the activities. Record your ideas in your Home Learning book and bring them in every Friday to share with the class. Any completed pieces of learning can be emailed to:
shampson@leverhouse.net

Look at photographs of yourself at different ages. How have you changed? What has stayed the same?

Write a description about how you have changed since being born e.g. hair growing, teeth growing (and felling out again!), walking etc.

Make a healthy lunch!

Can you make a healthy lunch for yourself or someone else in your family. As part of this, can you practise the key skills of chopping, grating and peeling?

Get growing!

As we move into Spring it's the perfect time to start planting and growing. Can you plant a fruit or vegetable in your garden and watch it grow over the next few months.

Forest School

As your daily exercise, head out on a walk in your local area. What signs of Spring can you see? Think about plants/flowers, the weather, animals and clothing people might be wearing. Record them in your home learning book.