

Year 2

15th- 19th June 2020 Health & Well Being Week

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| 1  Look at the ‘Healthy Living’ PowerPoint.  Create a poster to show people how to stay healthy. | 2  Try some new healthy foods, take a pic and send to Mrs Ellis on Dojo | 3  Fill in the ‘I am an amazing person’ sheet and write down all the reasons why you are amazing ! | 4  Look at the ‘Healthy & Unhealthy lunchbox’ poster. Design a healthy lunchbox, remember to include a variety of foods  (2 resources for this task) | 5  Have a go at the  Joe Wicks  Workout cards |
| 6  Mindfulness Activity sheets | 7  Write some instructions on how to wash your hands | 8  Play  ‘Fitness Bingo’  ( 3 resources for this task) | 9  Paint/draw a picture of your favourite place that you can’t wait to go to !  Send it to me on Dojo.  Mine is the beach x | 10  Friendship Tree  Draw and write the names of your special friends onto your Friendship Tree. You can add leaves onto your tree if you wanted to |
| 11  Design a healthy meal.  It could be breakfast, dinner or tea. | 12  ‘Sun, Sea and Beach Safety’  Reading Comprehension  (Only print the sheets you need) | 13  Healthy Eating Sorting Activity –  Sort the foods onto the different plates | 14  Can you make an obstacle course in your garden ?  Time yourself and take the challenge to see if you can beat your record ! | 15  Create a poster to remind children to bring in a healthy snack for Breaktime in school |

This week, we will be doing some different activities to remind us of the importance of staying healthy and looking after our wellbeing.

Choose some activities from the table below :

Activities with a number in red may have a PowerPoint to watch and/or activity sheets to print off.