

HOME LEARNING

MAKER MAT

**Please return your completed activities
by Monday 9th July 2018**

Set a fitness task for your friends or family (e.g. jogging on the spot for 1 minute) and record their pulse before and after. Create a table or graph to show your results.

Research a famous sports person, trophy, venue then paint or draw a picture of them/it.



Create a lego model linked to our IPC topic Fit for Life - healthy food, sports equipment, sports person etc



Investigate the food types needed for a healthy body and create a poster showing how much of each you should eat (e.g. 5 portions of fruit and veg)



Year 5

Write a short biography of your favourite sports star—how did they find their sport, what are their achievements?



Create a new team game, describe it in words and pictures, give it a name and create a set of rules



Create a 3D vegetable or fruit using whatever materials you like, clay, papier mache etc

Cook a healthy meal for your family, write out the menu and add photos of the finished meal.

