



# Wester Cleddens Primary



## Health and Wellbeing Overview of Activities to Support Learning at Home

### Primary 1-3

The table below includes a variety of make, create, explore and investigate activities that your child can complete to support their health and wellbeing.

Create a 5-minute fitness routine and get someone to try it at home.	Time yourself and see how long you can jog on the spot for!	Explore the fun videos on <a href="http://gonoddle.com">gonoddle.com</a>	Time yourself and see how many star jumps you can do in 1 minute.
Explore the short yoga videos on <a href="http://www.cosmickids.com">www.cosmickids.com</a>	Create a short dance routine to your favourite song and perform it to someone at home.	Help make a healthy lunch for you and someone at home.	Create a delicious smoothie using different fruit.
Investigate what activities you can do to keep yourself healthy e.g. running, playing football, etc.	Make a poster of the different activities you can do to keep yourself healthy e.g. swimming, dancing etc.	Explore the 5 minute fitness videos from Joe Wicks on YouTube called "5 minute move".	Make/draw a menu of all your favourite healthy meals. Include at least one breakfast, lunch and dinner.
In your living room, make a fun and safe obstacle course and try it 3 times (*AN ADULT MUST HELP YOU WITH THIS – we do not want any accidents). You should make things to crawl under, jump over and hold a balance for 5 seconds. Check with an adult that your obstacle course is safe before you try it!	Create a new game that you could play with your friends or family that will get their heart rates up! Think of different games of tag or games we play as a warm up, how could you make these different?	Design a new football strip for your favourite team, a gymnastics costume or dance costume for your favourite type of dance.	Assign a dance move for numbers 0-9 and then dance out someone at home's birthday (similar to what we did as part of our creative dance classes).