



# Wester Cleddens Primary



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

### Primary 4-7

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 10-minute fitness routine and get someone to try it at home.	Write a persuasive letter to try and get more PE time each week.	Research the human body and make a leaflet.	Explore and try the Joe Wicks 15 or 20 minute workouts on Youtube.
Investigate the nutritional information on the back of the packaging of your favourite snacks. What information can you find out? What does this tell you about the food?	Explore the 5 main different food groups and then create a healthy plate to show this information: 	Make a healthy meal plan for you and your family. Make sure you include a breakfast, lunch and dinner. After this you could help an adult make the meal plan.	Investigate the difference between a fruit and a vegetable. After this, make a poster to teach other people.
Create a short dance routine to your favourite song and then try to teach someone it at home.	Put on calming music and try different yoga positions. Refer to <a href="http://www.cosmickids.com">www.cosmickids.com</a> for ideas.	<u>With help from a parent</u> , learn how to do something new in the kitchen e.g. grate/chop vegetables, develop a recipe.	Design a new ball game to play as a class for when you are back at school. Think of the equipment you will need and the rules of the game.
Investigate and keep a diary of how your body feels before, during and after exercise. Think about your heart rate, if you're sweaty, the colour of your face and your energy levels.	Create an obstacle course in your house or garden. Make sure your obstacle course makes you jump, balance and roll. Complete your course 3 times and time how long it takes you to complete. Check that it is safe with an adult before you do it!	Make a hand washing poster to put up in the toilets in WCPS when we are back. Try and think of a new song people could sing while washing their hands. Or, make up your own hand washing song to teach younger children.	Assign a dance move for numbers 0-9 and then dance your mobile number or someone at home's number (similar to what we did as part of our creative dance classes).