

This is a special topic plan for all of the Foundation Phase. If you are looking at this, then it means that we are spending some time learning from home. But, do not worry! We can still learn lots and share what we have been doing through Seesaw. If you have any older brothers or sisters in Key Stage 2, then the activities on here match up with what they will be doing so hopefully you can work on these together!

You can access this on seesaw activity by clicking on

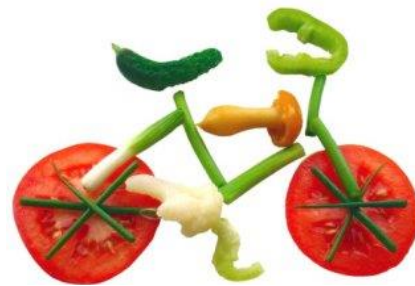
https://app.seesaw.me/pages/shared_activity?share_token=OjpbhtvERn6CAXRrIYeJBA&prompt_id=prompt.430c738b-7f6c-4233-8497-adc663c59537

Watch this episode of Sid the Science Kid.

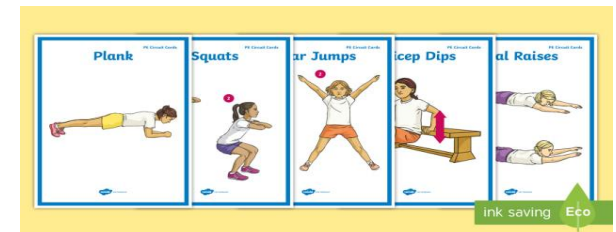
<https://www.youtube.com/watch?v=ARD1MAh434w>

Can you plan a healthy lunch box or meal for you to have at home?

Can you find out the names of the different types of food you should have and draw them?



Can you plan and create a circuit for circuit training in your garden. Ask a grown up to record you completing your circuit and upload it to seesaw



KEEPING OUR BODIES HEALTHY

Plan a nutritious meal for the family to eat at home.

Make sure that it is a balanced meal, containing something from each of the food groups. Can you take things one step further and prepare the meal to eat?

Don't forget to take a picture and post it in seesaw!

<https://www.nhs.uk/change4life/recipes>

We have 206 bones in our bodies. Can you make a picture of some of your bones? You could use pasta, cotton buds, straws or any other craft items.



Click on the link to let Dr Ranj tell you all about your bones:

<https://www.youtube.com/watch?v=dLwNZXyo3Gw>