

This is a special topic plan for all of the juniors. 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 younger brothers or sisters in Foundation Phase, then the activities on here match up with what they will be doing (yours are just a little bit trickier, plus you have some extra challenges too).

Learn about the different food groups. What are the groups? What do we need more/less of? Can you create a poster to promote healthy eating? As a challenge, you may wish to create a PowerPoint or digital presentation sharing what you have learned.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



Plan your own fitness circuit and coach some family members through it. You could also invent a new game for people to play and create some rules. You could record yourself explaining the rules or push yourself to write a set of instructions.

Remember to upload a video of you taking part in your circuit/game!

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. Explore the skeleton and find out more about our bones. What is the biggest/smallest bone? What are bones made up of?

You could create a piece of artwork about the human skeleton and even explore the skeletons of animals.

<https://www.ducksters.com/science/bones.php>