





<p>Log into the 'The Body Coach TV' available on YouTube for a daily PE lesson.</p> 	<p>Design a healthy daily menu consisting of breakfast, lunch and dinner using the ingredients found in your house.</p> <p>Make these into a menu either in written format or using a computer and share it with your family.</p>	<p><u>Computer Science</u></p> <p>Join scratch.mit.edu for some fun with coding.</p> 	<p><u>Mindfulness</u></p> <p>Search for 'mindfulness guided meditation for kids' on YouTube and take some time to relax and rebalance.</p> 
<p>Take some time out to exercise!</p> <p>Set up a circuit workout in the house or garden.</p> 	<p>Look online at the healthy eating plate.</p> <p>Using this knowledge, draw 5 healthy plates and label the items on the plate, including the food groups that they are in.</p>	<p>Create a leaflet about the importance of washing your hands.</p> <p>Be sure to include useful hints and tips and relevant images to support the topic.</p>	<p><u>Pepper Science Experiment</u></p> <p>Research the handwashing experiment with pepper and try this at home.</p>
<p>Help a family member to prepare a dinner. Afterwards (once you've washed your hands!) write a step by step guide on how to make this dinner including ingredients, timings etc.</p> <p>Do this often to create your own handy recipe book!</p>	<p><u>Newsround Time!</u></p> <p>Watch an episode of Newsround each day (type Newsround onto search engine).</p> <p>Share what you have learned with a homework partner through a discussion, or design your own newspaper front cover with the headlines (or both!)</p>	<p>Create a powerpoint or poster explaining the impact of climate change. Use who, what, where, when, why and how questions to structure it.</p>	<p>Keep checking the weather forecast each day on BBC Weather.</p> <p>Write your own weather report as if you are a reporter on the news. Even have fun recording this to share with others.</p>