

St Cleer Home Learning Project



Our Values...



Active Challenges:

- Design a 15-minute physical activity. Aim to repeat daily. Encourage the whole family to join in!
- TV Challenge: Exercise during TV adverts.
- Count your steps. What is your average?
- How many jumps can you do in a minute? Can you improve over a week?
- Time yourself running a circuit. Can you beat your time?
- Who is the fastest? Rank your friends and family.

Be creative:

- Design a healthy drink. For example; a combination of vegetables and fruit with ice and low-fat yoghurt. Come up with a creative name for this new drink and share the recipe with the class.
- Draw up plans for an outdoor playground.
- Compose your own song with lyrics and music on a theme of your choosing. Make a recording experimenting with sounds

Exploring Curiosity:

- Go for a walk. What plants and animals can you spot? Which are the most common?
- Listen to the birds singing. Can you identify a bird by its song?

Values:

- What are values? Are they important? What values are important to you? Create a personal values poster.

Write About:

- Find out about an Olympian and their sport.
- Design a healthy eating poster.
- Advertise the healthy lunches available at our school.
- Invent a new sport. Write the rules and design the kit!
- Imagine that you have become Prime Minister. Write the very first speech that you would make.

Useful websites:

<https://family-budgeting.co.uk/50-fun-things-to-do-when-stuck-indoors-with-the-kids/>