










The life skill focus this half term is **MANAGING PHYSICAL HEALTH**.

Can you try these activities at home?

You could take a photograph, draw a picture or produce a piece of writing to show us what you've done and bring your evidence into school. Look for the gold star  in the grid below to see how many you can achieve.

Your year group's **focus question** is worth a gold star  and 10hps.

 I can swim.		<p>Year 2</p> <p>Do I know what a balanced diet is?</p> <p> + 10hps</p>	I can kick a ball. 	
I can choose a healthy plate of food. 	I can ride my bike without stabilisers. 		I can catch and throw a ball. 	I can dance around to music with my friends or family. 
<p>How many stars can you achieve by thinking of <i>your own</i> MANAGING PHYSICAL HEALTH activities?</p> <p>Don't forget to bring your work into school to achieve your gold star!</p>				

Aspire to be our half-termly Life Skill Champion by achieving the most gold stars and win a star badge!