

## Learning Journey Home Learning 27.03.20

Our Learning Journey question is - *How can I use Science to better look after myself?*

This week we will be focussing on nutrition and exercise.

### Nutrition

Task 1 - Please ask an adult to read and discuss the Food Group Poster, then complete the Healthy Eating Meal Plate.

Can you explain why you have chosen certain foods?

Task 2 - Can you keep a record of the food you eat for 1 week? Think about making healthy choices and use the food group poster to check you have been eating a balanced diet! Discuss your diet with your family - could we eat more healthily? Why should we?

You can print out the enclosed sheet or make one of your own.

### Exercise

Task 1- Try the Joe Wicks workout every day! Think about how you feel at the end. Feel your heart - why is it beating faster? How does this help us to keep fit?

<https://www.youtube.com/watch?v=K6r99N3kXME>

Design a workout of your own for your family. What exercises will you use? Will you do it to music? How will you make it easier/harder for different family members?

I would love to see any videos you make - please upload to Tapestry!

## Task 2 - One Minute Challenge!

What can you do in one minute?

How many.....

Star jumps, burpees, hops, jumps, squats, cartwheels.....can you do?

How many times can you.....

Bounce a ball, bounce on your trampoline, run to the wall and back, weave in and out markers.....

Find a way to record your experiment.

Try each day, can you beat your time?

Try 2 minutes - can you do double the amount?