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| **Theme** | Healthy Lifestyles  |
| ***Subject:*** Science ***Be creative***Draw the outline of human body, this could be on a sheet of A4 paper, you could chalk it outside or if you have large sheets of paper you could tape them together and draw around another person. If you’re struggling with your drawings and have access to a printer you could use the following template: <https://www.twinkl.co.uk/resource/t-t-23109-body-outline-sheet>Once you have created the outline of a human body, I challenge you to label as many body parts as you can in one colour. After you have labelled as many body parts as possible, research the human body (you could use an encyclopaedia if you have one or use your IT skills to search the internet) and label other body parts, but this time use a different colour.  | ***Subject:*** Art***Be creative*** Note: You may need an adult to read the instructions with, but then you should be able to complete this task on your own. Watch this video on Youtube for guidance: <https://www.youtube.com/watch?v=IRp3sBQ-NFU>Additionally, you could access the following blog post: <http://www.artsmudge.com/blog/2012/05/how-to-draw-proportional-self-portraits-with-kids>**Task:** Create a self-portrait. **Challenge:** Create a portrait of somebody else, this could be somebody you live with or a famous person (you could use a photo from a magazine or an online image).  |  ***Subject:*** Art, IT and PE***Be creative***Using a camera or an electronic device that can take photographs, I would like you to create a snap shot of exercise in action. I am leaving this activity fairly open as to how you complete, it could be a game outside, a Joe Wicks activity, a snap shot of your daily walk…the choice is yours. Challenge: Using the editing tools on your camera, the electronic device or a computer to edit your photograph, you could change the colour, filter, zoom…be creative the choice is yours! |
| ***Subject:*** DT***Be creative*** Working with somebody at home, I would like you to create a health living menu for a meal, you could come up with the idea yourself after discussing healthy eating with an adult, use a cook book or access ideas on the internet: <https://www.bbc.co.uk/food/diets/healthy>After you have planned your menu *(you could be creative with your design, either using pens, pencils and paper or software on computers, Purple Mash may have an app that you could use of you could use something that is already installed on your computer*) I would like you to work with an adult to create your meal. You could take photos as you go along. Challenge: Once you have eaten your meal with your family, ask them for feedback, points to consider include: what they liked, what they disliked, how could you improve it next time?  | ***Mr Mallison’s additional challenge:*** <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>Over the course of the academic year a number of children in our class have achieved a Blue Peter badge, I challenge the children of class 4 to complete a Blue Peter challenge to see how many children can achieve this amazing feat.  |