



Forest View Primary School

Summer Term Homework

Class - Merlins, Harriers and Kestrels

Homework due - Friday 20th July 2018

Task 1



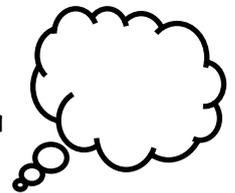
This term our topic is 'Reach For The Stars'
Our learning will focus on health and well being,
including our dreams and aspirations.
Design a front cover for our new topic.



Task 2



Think about your dreams and aspirations. You can think
about what you would like to achieve this year or when you
are older. What is your goal? What do you need to do to
achieve your goal?



Task 3

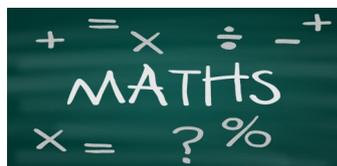


Who inspires you to keep healthy?
You could choose a sports star or a chef that
promotes healthy eating. Produce a fact file or biography
about this person; include an explanation of why he/she inspires you.



Task 4

Solve the maths problems you will have a range of sheets to choose from.



Task 5



Think of a range of exercises that will raise your heart rate. Eg star
jumps, press ups, sit ups, hops, squats. Time how many you can do in a mi-
nute. Record the results in a table. You could repeat this activity a few
days later to see if you can beat your own results.



Task 6

Exercise your way to better health.

Create a 10 minute physical activity routine that you and your family can perform 2 or 3 times this week. Include some jumping activities to help develop muscle and bone strength. Make an activity card of the routine for others to follow. We would love to see some photos!



Task 7

Create your own healthy smoothie.
Write a set of instructions on how to make it.



We have been learning about the importance of a balanced diet. Can you plan a healthy meal that contains a good balance of protein, carbohydrates, vitamins and minerals? You could even make your meal!

Task 8



Task 9

Keep a food diary for a week. Record what you eat and drink every meal and the snacks you eat. Can you substitute any of your usual snacks for more healthy ones?



Task 10

Create a persuasive healthy living poster.
Use the ideas we have learnt about during the topic



REMEMBER...

You will receive rewards for every homework task you complete.

Every time an adult listens to you read at home and signs your link book you will receive an R1.

You will get an R2 if you learnt your spellings and get them all correct in the test.

It is also important to practice your times tables.