# All Saints' Health and Fitness Week – Monday 29th June – Friday 3rd July 2020.

How many of these activities can you complete? Choose from the grid below and spend your afternoons being active!

We will be completing some of these activities in school as well as having some sort of social distancing Sports Day.

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| Design and make a healthy picnic. | Set up an assault course in your garden. | Do the daily mile – walk / run. | PE with Joe. | Make up a dance to your favourite song. |
| Learn a new PE skill e.g. skipping, catching, aiming. | See how far you can throw a beanbag / ball. | See if you can improve catching daily. | Make a smoothie. | Cosmic kids – yoga. |
| Listen to / relax to a mindful story / music | Design and make a healthy pizza. | Help to prepare or design a healthy dinner or snack. | Gardening – grow seeds / plants. | Try a new fruit or vegetable. |
| Create a healthy vegetable person. | Keep a sleep diary – how many hours do you sleep for? | Keep a food diary for the week – link to the eatwell plate. | Make a poster to promote healthy eating to go on your fridge at home. | Water challenge – can you drink 8 cups of water per day? |
| Stair challenge - how many times can you run up and down the stairs in a day? | Think of your own challenge – how many press ups, kick ups etc. in 1 minute? | Count how many footsteps you do in a day? | Go on a bike ride. | Star jumps – how many star jumps can you do every day? |

Can you think of your own ways to keep fit and healthy?

Can you take photos of you taking part in the week and either send them to your class teacher or me: k.bolton@allsaintsprimary.org