



# 'Respect for Oneself, Others, Learning and Opportunity'

## Health and Sports Week : Home Learning P1 - P3

Complete 5 of these mini challenges and record them to share with the class.

These tasks have been created using the contributions from the pupils in the Health and Sports Community Group

Maths	Literacy	H&W	
How many different set of stairs do you use in a week? Display your information in a chart like this: Granny's stairs = 17 steps	Can you create a recipe for what makes a great Pentland Pupil? Maybe a pinch of kindness or a sprinkle of joy should go into your recipe.	How are you feeling about moving up a year in school? Talk to someone at home about this.	Turn on the music and have a dance night! Everyone in the family should try their best to have a go!
How fast can you run? See if you can get someone to time how fast you can run a fixed distance. Can you improve your time with each go?	Draw a picture of your favourite fruit or vegetable. Can you say why you like this?	How many different sports can you do using a ball? Think about throwing, kicking, catching and using other objects to help.	Have a board game night with your family!
Can you make a healthy meal or snack? Measure the ingredients carefully. Draw and label your finished meal/ snack.		Go to the park with friends, family or both and play a game for at least 30 minutes.	Reading
			Do 10 star jumps every time you read 3 pages of your reading book
Set yourself a challenge (for example holding a balance or completing the monkey bars in the park). Over the week have you improved? How do you know?	Interview someone at home about their favourite sport or sporting event. Ask them why they like it and how it keeps you healthy.	Go for a walk with your family. What words can you think of to describe the scenery.	When you finish your reading book tell someone how the characters were feeling in the book and why.

Pentland is a strong school community, striving to make learning real, fun and inspiring for all.