



'Respect for Oneself, Others, Learning and Opportunity'

Health and Sports Week : Home Learning P4 - P7

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
Play a sport with your family or Friends for example basketball, badminton or volleyball and calculate your percent of success. For example, if you make 8 out of 10 basketball shots, you are 80% successful.	Read a sports article in the newspaper about a sports game. Underline the action verbs in the article and perform the actions. For example, if you read an article about a football game you might underline action verbs such as pass, throw and kick. Grab a football and go outside and practice passing, throwing and kicking the ball.	Create a short story to encourage others to eat fruit and vegetables and/or try a new sport or activity.	Gather a group of friends, neighbours or family and play a tournament. You could have a tournament with a variety of sports such as: badminton, tennis or football.
Measure the distance you can throw, pass and kick a ball. For example a football, tennis ball or rugby ball.	Discuss with your parents the healthy lifestyle choices they have incorporated the past 20 years. Also, ask parents what they wish they would have done differently to live a healthier lifestyle and any recommendations they have to encourage you to live a healthy lifestyle.	Choose a friend or family member and write down 10 things you think are great about them. Share it with them and ask them how it made them feel.	Help prepare a healthy meal with someone at home and then enjoy it with your family.

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