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| **Literacy** Write a biography or diary entry for sports athlete before a big event – you could discuss how they are feeling and their hopes for the tournament.  |

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|  **Health and Wellbeing** Keep a food log for the week. At the end of the week go through your food log and assess whether you are eating a balanced diet. Are you eating too much of one thing? (sugars, fats, carbohydrates, protein)  |

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|  **Maths** Make a set of (6-10) top trump cards for rugby players from the world cup.  |

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|  **Healthy Eating** Design a healthy balanced meal based on the Eatwell Plate ( <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>).  |

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| **Literacy/cooking**Cook your healthy meal with the supervision of an adult. Once you have cooked and eaten your meal write a set of instructions on how to create it.  | **Data handling**Create a survey to ask your family/friends what their favourite sport is. Record this data in a tally chart. Create a pictogram or a bar chart to display your finding. | **Art**Draw a picture of a person in motion. You can use this guide to help - <https://www.youtube.com/watch?v=SU2_HXoAzc8> | **Literacy**Choose any film or book with a sporting theme. Watch/read the book and write a review. Things you can include are: a brief description about what happens (without giving away the ending), your favourite character and why, what was your favourite part and why? would you recommend this film/book to a friend? What age group do you think this film/book would best suit? |

**Fit For Life Home Learning Grid 1**