

# Our Day - Timetable 

| Daily Task | Read a book |
| :---: | :--- |
| Tricky words | Spelling task 1-3 |
| 'On the Mat' | Engage in On the Mat lesson and complete the spelling response task |
| Break | Crunch \& sip |
| Reading Eggs | Work through the activities on Reading Eggs |
| Reading \& Responding | Listen to the story and discuss |
| Writing | Information report on guinea pigs |
| Break | Morning tea \& play |
| Math | Math game (posted on Class Story) |
| Math Task 1 | Video |
| Math Task 2 | Place Value Task + Extension Task |
| Math Task 3 | Addition Mentals |
| Matific | Work through activities on Matific |
| Break | Lunch \& play |
| Music | Let's sing and make music |
| Zoom | Join your teachers on Zoom at 2pm |

## Spelling Task 1

Step 1: Practise reading your tricky words without hesitation to an adult or older sibling.
Step 2: Read the sentences to an adult or older sibling or read the sentences with an adult or older sibling.
*see next slide


Time for tricky words


1. Who's that?

2 Turn that down!
3. Tell me which one you want.
4. That house has a big garden.
5. Can we go over to Nan's house?
6. My friend sent me a birthday card.
7. Ken lay down on his bed and fell asleep.
8. I cannot jump over the wall because it is too high.


| $8{ }^{6}$ | mother | who | father | what | brother |
| :---: | :---: | :---: | :---: | :---: | :---: |
| b. | her | sister | cousin | they | family |
| $7{ }_{\text {a }}$ | two | saw | three | want | four |
| 76. | here | why | house | there | because |
| 8. | was | before | after | some | these |
| 8 b | work | baby | children | were | should |

# Snakes and Ladders Task 3 

Snakes and Ladders - Game 1 (Lessons 39-50)

| FINISH | rescue | midnight | newsflash | frypan |
| :---: | :---: | :---: | :---: | :---: | :---: |
| sight | fly | due | fright | chew |
| cry | blue | sky | flew | high |
| START | new | try | light | glue |

Instructions: Take turns to roll the dice and move your counter. Read the word on your landing square. If you land at the bottom of a ladder and read the word correctly, move your counter up the ladder. If you land at the top of a snake, slide down the snake. First to $\stackrel{\rightharpoonup}{v}$ the end is the winner.

# Snakes and Ladders Task 3 

Snakes and Ladders - Game 2 (Lessons 51-65)
Sound focus: ar, or, ore, ir, ur, er


## On the Mat

See Miss Taylor's post on class story for your On the Mat lesson.


See the next slide for suggestions on how to complete this task in your

Parents/Carers select the most appropriate suggestion for your child.

Take a photo of your work and send it to your
teacher on ClassDojo for marking and feedback
Take a photo of your work and send it to your
teacher on ClassDojo for marking and feedback
workbook.

## Complete the following activity.

$$
\dagger
$$

d
 $-1-1$



Like this...
Spelling
Lesson worksheet 367
make make
Write a super sentence with the word here.
$\qquad$
make
Write a super sentence with the word here.
$\qquad$
It is a answer
answer

## Reading

Step 1: Log into Reading Eggs


Eggs
Step 2: Click on lessons


Step 3: Work through the map


## Reading \& Responding

## Prior to reading

Link to prior knowledge- Discuss
What do we use a pencil for? Do you like drawing? What do you like to draw?
Predictions
Make a prediction. Look at the picture on the front cover What do you think this book will be about?

## Watch

Enjoy the whole story without interruption. Click the link below or


After listening to the story:
Tell an adult what happened in the story. Can you talk about the beginning? The middle? The end? Discuss whether your prediction was correct.

## What is your favourite part?

Write about your favourite part of 'The Pencil'.
We are learning to (WALT): Write super sentences
What I'm looking for (WILF):
I can use capital letters.
I can use full stops at the end of my sentence.

- I can leave finger spaces.
- I can write about my favourite part of the book.
- I can say why it is my favourite part.
- I can check my sentences make sense.

My favourite part of the book is $\qquad$
. This is my
favourite part because

## Introduction

Guinea Pigs are not actually pigs, they are rodents.
They originally came from the Andes Mountains in South America. They were brought to Europe by Spanish sailors, returning from South America during their travels to the new world, in the 15th century.


We are learning to (WALT): Write an information report
What I'm looking for (WILF):
I can read facts and information to help me learn about guinea pigs.
I can write an introduction identifying what a guinea pig is.

Read the following text or click the link below and learn about guinea pigs.

Watch Miss Taylor's video posted on Class Dojo to help you write the introduction to your information report.

## Place Value Videos: Task 1

## Warm up: Please watch the video on the link:

## https://www.youtube.com/watch?v=GQC3Nu02fIE

Or search 'What is place value? ' and click on the video pictured below:


Optional: Place Value Song! Please click on the link below:
https://www.youtube.com/watch?v=a4FXI4zb3E4
Or simply search 'What do you do with a chance' and click on the video below:


## Task 2: Place Value Introduction and Warm Up

ten one
For Example:
Place value is the value of each digit in a number.


$$
2 \text { in } 27=20 \text { AND } 7 \text { in } 27=7
$$

## Question 1: What is the number?

tens


## ones



Complete in workbook and post onto class dojo ©

## Question 2: What is the number?

## How many?

Question 3:
Question 4:

## , <br> 

## Extension Task: Place Value

 Optional:Help our penguin pals with their place value skills. Draw and write each number.
1)

3)


## Addition Mentals: Task 3

After you have watched Miss Taylor's Math Game video posted on Monday. Complete the following by writing into your workbook.
Take a photo of your answers and working out and send it to your teacher on ClassDojo.

## Helpful Tip: <br> Use counters or household items to help you count.

$$
\begin{array}{ll}
3+2= & 6+3= \\
6+10= & 7+7=
\end{array}
$$

Extension: (Optional)

$$
\begin{array}{ll}
6+13= & 12+9= \\
25+15= & 10+35=
\end{array}
$$

Don't forget to go onto Matific after this task!

## Let's sing and make music!

Watch the video posted on Class Dojo and join Julia in the activity.


Show your facial expression when:

- You eat a cold pea pudding
- You eat a hot pea pudding
- You eat a pudding that is just right.

Sing the songs and keep the beat on your saucepan.
Make up some rhythms on your saucepan for the call and response activities shown in the video.


Term 4 - Week 1 Year 1
Wednesday $6^{\text {th }}$ October 2021

## Our Day - Timetable

| Daily Task | Help make your bed |
| :---: | :--- |
| Tricky words | Spelling task 1-3 |
| 'On the Mat' | Engage in On the Mat lesson and complete the spelling response task |
| Break | Crunch \& sip |
| Reading Eggs | Work through the activities on Reading Eggs |
| Reading \& Responding | Listen to the story 'The Pencil', learn 3 new words with Miss Taylor \& answer questions <br> about the story |
| Writing | Information report on guinea pigs |
| Break | Morning tea \& play |
| Math | Math game (posted on Class Story) |
| Math Task 1 | Video |
| Math Task 2 | Partitioning Tens and Ones |
| Math Task 3 | Addition Mentals |
| Matific | Work through the activities on Matific |
| Break | Lunch \& play |
| Geography | Where are we located? |
| Zoom | Join your teachers on Zoom at 2pm |

## Spelling Task 1

Step 1: Practise reading your tricky words without hesitation to an adult or older sibling.
Step 2: Read the sentences to an adult or older sibling or read the sentences with an adult or older sibling.
*See next slide


Time for tricky words


1. Who's that?
2. Turn that down!
3. Tell me which one you want.
4. That house has a big garden.
5. Can we go over to Nan's house?
6. My friend sent me a birthday card.
7. Ken lay down on his bed and fell asleep.
8. I cannot jump over the wall because it is too high.


1 Tricky Word Practice Laps

| 86 | mother | who | father | what | brother |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | her | sister | cousin | they | family |
|  | two | saw | three | want | four |
| ${ }_{76}$ | here | why | house | there | because |
| ${ }_{8}$ | was | before | after | some | these |
|  | work | baby | childre | were | should |

## Spelling Task 2

# Snakes and Ladders Task 3 

Snakes and Ladders - Game 1 (Lessons 39-50)

| FINISH | rescue | midnight | newsflash | frypan |
| :---: | :---: | :---: | :---: | :---: | :---: |
| sight | fly | due | fright | chew |
| cry | blue | sky | flew | high |
| START | new | try | light | glue |

Instructions: Take turns to roll the dice and move your counter. Read the word on your landing square. If you land at the bottom of a ladder and read the word correctly, move your counter up the ladder. If you land at the top of a snake, slide down the snake. First to $\vec{\nu}$ the end is the winner.

# Snakes and Ladders Task 3 

Snakes and Ladders - Game 2 (Lessons 51-65)
Sound focus: ar, or, ore, ir, ur, er


## On the Mat

See Mr Dunn's post on class story for your On the Mat lesson.


| Nomer |  |  |
| :---: | :---: | :---: |
| Minter |  |  |
|  |  |  |
| g ake l. |  |  |
| wh ade 2. |  |  |
| sp ake 3. snake |  |  |
| sn ate 4. |  |  |
| $c$ ale |  |  |
| If you could bake a cake, what would it look like? What would it taste like? |  |  |
|  |  |  |
| , |  |  |

## Complete the following activity.

See the next slide for suggestions on how to complete this task in your workbook.
Parents/Carers select the most appropriate suggestion for your child.

Take a photo of your work and send it to your teacher on ClassDojo for marking and feedback



1. answer
2. answer
3. snake
4. answer
5. answer

If you could bake a cake what would it look like? What wail it taste like? Write your sentences here or draw a picture and label it.

# Reading <br> Eggs 

Step 1: Log into Reading Eggs


Step 2: Click on lessons


Step 3: Work through the map


## Reading \& Responding

- Click the link below or type 'The Pencil by Allan Ahlberg, read aloud - ReadingLibraryBooks' on YouTube. The
- See Miss Taylor's post on Class Dojo to help you answer the questions.
The pencil


## 3 New Words:

- Shiver means: shake slightly, from fear, cold, or excitement.
- Hesitate means: pause or wait for a short time.
- Ridiculous means: very silly.
- Answer the following questions in your workbook.

Remember to write in full sentences.

1. What did the pencil do before it began to draw?
2. Why don't Banjo, Bruce and Mildred want to eat their food?
3. Can the pencil fix the black and white problem on its own? Why does it hesitate this time?
4. Why were people complaining? How does Elsie think her trainers look?
5. What is another word for shiver in the story?
6. Why was it a clever idea to draw another rubber?

Take a photo of your work and send it to your teacher on ClassDojo for marking and feedback

## Writing

## Habitat - Where Do Guinea Pigs Live?

In the wild, guinea pigs tend to make their habitats in rocky areas, grasslands and forests. When they live in the wild, guinea pigs go around in herds.


Guinea pigs, kept as pets, can be kept indoors or outdoors. They need a home that has a large shelter and exercise area, which should be strong and secure and free from draughts.

We are learning to (WALT): Write an information report
What I'm looking for (WILF):
I can read facts and information to help me learn about guinea pigs.
I can write where (habitat) guinea pigs live.

Read the following text or click the link below and learn about guinea pigs.
Guinea Pigs! What, Where, How - YouTube

See the next slide for suggestions on how to complete this task in your workbook.

Using the same page as yesterday write your second paragraph titled 'habitat'.

Write 2-3 sentences

## OR

Draw a picture and label your picture

## What I'm looking for (WILF):

- I can use capital letters at the start of my sentence.
- I can use full stops at the end of my sentence.
- I can leave finger spaces.
- I can write about something or someone.
- I can check my sentences make sense.

Take a photo of your work and send it to your teacher on ClassDojo for marking and feedback


Place Value for Kids: Ones and Tens Place Value Blocks | Math for 1st...

## *Vos Kids Academy

Understanding the value of a number is often taken for granted. It is a skill that is learned in the primary level years. Without.

## Please click on the YouTube link below:

## Place Value <br> Task 1

Or simply search
'Place Value Kids Academy' on YouTube!
And click on the video above.

## Task 2: Partitioning Tens and Ones

 Can you put these numbers into tens and ones?Answer the following in your workbook and post onto Class Dojo.

## Example: $17=1$ 1) $32=$



## Task 2: Partitioning Tens and Ones

## 2) $\mathbf{2 9}=$ <br> 3) $65=$



## Task 2: Partitioning Tens and Ones

## 4) $\mathbf{4 3}=$ <br> 5) $\mathbf{8 1}=$




## Addition Mentals

## Task 3

Complete the following by writing into your workbook.
Take a photo of your answers and working out and send it to your teacher on ClassDojo.

$$
\begin{array}{ll}
1+8= & 5+4= \\
10+12= & 8+11=
\end{array}
$$

Extension: (Optional)

$$
\begin{array}{ll}
14+8= & 16+7= \\
19+10= & 9+32=
\end{array}
$$

Don't forget to go onto Matific after this task

## Geography

It's time to explore where we live!


View your street and suburb in Google Maps, Google Street View or on a paper copy of a map.
List the features you can see, such as:

- Buildings
- Houses and apartments
- Parks
- Rivers
- Schools
- Shops
- Places of worship

Draw a map of your street or suburb! Remember to draw your map from a bird's eye view which is the view from above looking down.


# Our Day - Timetable 

| Daily Task | Dress yourself |
| :---: | :--- |
| Tricky words | Spelling task 1-3 |
| Break | Crunch \& sip |
| Reading Eggs | Work through the activities on Reading Eggs |
| Think \& Write | Think, act, say and write each word in a sentence |
| Writing | Information report on guinea pigs |
| Break | Morning tea \& play |
| Math | Math game (posted on Class Story) |
| Math Task 1 | Video |
| Math Task 2 | How Many Tens and Ones? |
| Math Task 3 | Subtraction Mentals |
| Matific | Work through activities on Matific |
| Break | Lunch \& play |
| Science | Why are masks important? |
| Zoom | Join your teachers on Zoom at 2pm |

## Spelling Task 1

Step 1: Practise reading your tricky words without hesitation to an adult or older sibling.
Step 2: Read the sentences to an adult or older sibling or read the sentences with an adult or older sibling.
*See next slide


Time for tricky words

| house | friend | over |
| :---: | :---: | :---: |
| that | me | down |

1.Whos that?
2. Turn that down!
3. Tell me which one you want.
4. That house has a big garden.
5. Can we go over to Nan's house?
6. My friend sent me a birthday card.
7. Ken lay down on his bed and fell asleep.
8. I cannot jump over the wall because it is too high.


| 8 ba. | mother | who | father | what | brother |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| bb. | her | sister | cousin | they | family |
| Ta. | two | saw | three | want | four |
| Tb. | here | why | house | there | because |
| Ba. | was | before | after | some | these |
| Bb. | work | baby | children | were | should |

Practice reading all your tricky words.
Challenge! Use a timer and see how fast you can read your tricky words.

## Spelling Task 2

# Snakes and Ladders Task 3 

| FINSH | rescue | midnight | newsflash | frypan |
| :---: | :---: | :---: | :---: | :---: |
| sight | fly | due | fright | chew |
| cry | blue | sky | flew | high |
| $\xrightarrow{\text { START }}$ | new | try $=$ | light | glue |

Instructions: Take turns to roll the dice and move your counter. Read the word on your landing square. If you land at the bottom of a ladder and read the word correctly, move your counter up the ladder. If you land at the top of a snake, slide down the snake. First to $\stackrel{\rightharpoonup}{ }$ the end is the winner.

# Snakes and Ladders Task 3 

Snakes and Ladders - Game 2 (Lessons 51-65)
Sound focus: ar, or, ore, ir, ur, er


# Reading <br> Eggs 

## Step 1: Log into Reading Eggs

Step 2: Click on lessons


Step 3: Work through the map


# Writing 

## We are learning to (WALT): write super sentences What I'm looking for (WILF): <br> - I can use capital letters. <br> - I can leave finger spaces. <br> - I can use full stops at the end of my sentence. <br> - I can check my sentences make sense.

A Super Sentence ... ... starts with a capital letter ABCDE

A Super Sentence ... ... ends with a full stop

Sam has a black cat.e

A Super Sentence ...
... tells us about someone or something


A Super Sentence ... ... must make sense


## Think \& Write

## Look at the three words Shiver Hesitate Ridiculous

Act out or think about each word, then read the sentence.
Pretend that you are cold and shiver. Now say this sentence: "She shivered because she was cold." Write your own sentence or sentences in your workbook using the word shiver, shivered or shivering.
Example: The dog shivered with excitement.
Think have you ever hesitated before doing something? What was it? Now say this sentence: "The pencil wasn't sure drawing a cat was a very good idea, so he hesitated." Copy the sentence above into your workbook.

Think have you ever worn something that looked ridiculous? What was it? Now say this sentence: "She looks ridiculous!" Write your own sentence or sentences in your workbook using the word ridiculous.

## Writing

## Appearance - What Do They Look Like?

There are lots of different breeds of guinea pig and they come in lots of colours and fur textures.


We are learning to (WALT): Write an information report
What I'm looking for (WILF):
I can read facts and information to help me learn about guinea pigs.
I can describe what guinea pigs look like (appearance).

Read the following text or click the link below and learn about guinea pigs. Guinea Pigs! What, Where, How - YouTube

See the next slide for suggestions on how to complete this task in your workbook.

Using the same page as yesterday write your third paragraph titled 'appearance'.

Write 2-3 sentences

## OR

Draw a picture and label your picture

## What I'm looking for (WILF):

- I can use capital letters at the start of my sentence.
- I can use full stops at the end of my sentence.
- I can leave finger spaces.
- I can write about something or someone.
- I can check my sentences make sense.

Information Report
Guinea Pigs

Introduction
What has large, sharp teeth that never stop growing? Guinea pigs!
Guinea pigs are rodents. Rodents are a type of mammal. This means guinea pigs are warm-blooded, have fur and feed their young milk.

## Habitat

Guinea pigs can be found in the wild or kept as pets. When living in the wild, guinea pigs make their habitats in forests, grasslands, and rocky areas.

## Appearance

Guinea pigs come in lots of different colours like, brown, black, white, and grey. They can have short, long, or fuzzy fur. While rodents come in all sizes, guinea pigs are very small.


Place Value First Grade - Tens and Ones
2.8 M views $\cdot 6$ years ago

Math \& Learning Videos 4 Kids

Come learn about Place Value for Kindergarten and Firs in this fun math video for kids. Kids learn in 1st grade ar

## Place Value Task 1

Will happen, might happen, won't happen Please click on the YouTube link below.
https://www.youtube.com/watch?v=1F3AycEDksY
Or simply search 'Place Value First Grade' and click on the video above:

## Task 2: How many Tens and Ones?

Example Question


Question 1:


Question 2:


Please write the question number and answer into your workbook and post onto Class Dojo.

## Task 2: How many Tens and Ones?

Question 3:
Question 4:
Extension Question:


Please write the question number and answer into your workbook and post onto Class Dojo.

This number has 2 digits.
The tens digit is a 3 .

## Year 1 <br> DLace Nadue pidale

Challenge Cards
The ones digit is smaller than 7 but bigger than 5 .


This number has 1 digit.
This number has 2 digits.
The ones digit is O .
There are 5 tens in this number.
It is bigger than 7.

## Subtraction Mentals

## Task 3

Complete the following by writing into your workbook.
Take a photo of your answers and working out and send it to your teacher on ClassDojo.


Science - Which mask works best?


## Watch the video

 below and discuss:- Why scientists do tests?

Why masks are important?

No writing required today ()

Please watch the following video: https://www.youtube.com/watch?v=DNeYfUTA11s\&t=20s Please click the following video $\rightarrow$



Term 4 - Week 1
Year 1
Friday $8^{\text {th }}$ October 2021

# Our Day - Timetable 

| Daily Task | Help water the garden |
| :---: | :--- |
| Tricky words | Spelling task 1-3 |
| 'On the Mat' | Engage in On the Mat lesson and complete the spelling response task |
| Break | Crunch \& sip |
| Reading Eggs | Work through the activities on Reading Eggs |
| Reading \& Responding | Story slide |
| Writing | Information report on guinea pigs |
| Break | Morning tea \& play |
| Math | Math game (posted on Class Story) |
| Math Task 1 | Video |
| Math Task 2 | What is the Number Task |
| Math Task 3 | Subtraction Mentals |
| Matific | Work through activities on Matific |
| Break | Lunch \& play |
| PDHPE | Happy Healthy Me |
| Zoom | Join your teachers on Zoom at 2pm |

## Spelling Task 1

Step 1: Practise reading your tricky words without hesitation to an adult or older sibling.
Step 2: Read the sentences to an adult or older sibling or read the sentences with an adult or older sibling.
*see next slide


Time for tricky words


1. Who's that?
2. Turn that down!
3. Tell me which one you want.
4. That house has a big garden.
5. Can we go over to Nan's house?
6. My friend sent me a birthday card.
7. Ken lay down on his bed and fell asleep.

8. I cannot jump over the wall because it is too high.

| 8 ba | mother | who | father | what | brother |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $66^{2}$ | her | sister | cousin | they | family |
| $7 a$. | two | saw | three | want | four |
| 76. | here | why | house | there | because |
| 8 a. | was | before | after | some | these |
| 86. | work | baby | children | were | should |

# Snakes and Ladders Task 3 

Snakes and Ladders - Game 1 (Lessons 39-50)

| FINISH | rescue | midnight | newsflash | frypan |
| :---: | :---: | :---: | :---: | :---: | :---: |
| sight | fly | due | fright | chew |
| cry | blue | sky | flew | high |
| START | new | try | light | glue |

Instructions: Take turns to roll the dice and move your counter. Read the word on your landing square. If you land at the bottom of a ladder and read the word correctly, move your counter up the ladder. If you land at the top of a snake, slide down the snake. First to $\stackrel{\rightharpoonup}{v}$ the end is the winner.

# Snakes and Ladders Task 3 

Snakes and Ladders - Game 2 (Lessons 51-65)
Sound focus: ar, or, ore, ir, ur, er


## On the Mat

See Mr Dunn's post on class story for your On the Mat lesson.


## esponaing

Complete the following activity.
See the next slide for suggestions on how to complete this task in your workbook.
Parents/Carers select the most appropriate suggestion for your child.

Take a photo of your work and send it to your teacher on ClassDojo for marking and feedback

Spelling lesson 68-69 worksheet a

It is a answer
$O R$
answer
Write 'i' and bossy ' $e$ ' in the words. Read the word. Write a super sentence with each word.
ride
Write your super sentence here.

Like this...

## Reading

Step 1: Log into Reading Eggs


Eggs
Step 2: Click on lessons


Step 3: Work through the map


## Reading \& Responding



Using the template as a guide, write or draw the events from 'The Pencil'.

Who was in and story and where was it set?

What was the problem?
How did they fix the problem?

## Writing

## Diet - What Do They Eat?

Guinea pigs will eat and drink day or night. They need to drink water to stop getting thirsty but actually get a lot of water from eating grass.

They are vegetarians and love green grass and vegetables.

Guinea pigs' teeth are constantly growing and they always need things to gnaw on to grind them down so love eating coarse foods like grass and hay.


We are learning to (WALT): Write an information report What I'm looking for (WILF):
I can read facts and information to help me learn about guinea pigs. I can write what guinea pigs eat (diet).

Read the following text or click the link below and learn about guinea pigs.

See the next slide for suggestions on how to complete this task in your workbook.

Using the same page as yesterday write your last paragraph titled 'diet'.

Write 2-3 sentences

## OR

Draw a picture and label your picture

## What I'm looking for (WILF):

- I can use capital letters at the start of my sentence.
- I can use full stops at the end of my sentence.
- I can leave finger spaces.
- I can write about something or someone.
- I can check my sentences make sense.

Place Value Lesson - 1st and 2nd Grade Math
1.6 M views $\cdot 8$ years ago

Math \& Learning Videos 4 Kids $\geqslant$

This math video teaches place value to 1st and 2 can also be a great review for 3rd graders. Stude

## Place Value

Friday Video

## Year 1 Probability

Click on the YouTube link below:
https://www.youtube.com/watch?v=omkDLmfvetk Or search 'Place Value Lesson $1^{\text {st }}$ and $2^{\text {nd }}$ grade' and click on the video pictured above ${ }^{\wedge}$

## Task 2: Focus 100s - What is the number?



## Question 1: What is the number?



## Question 2: What is the number?



## Question 3: What is the number?



## Question 4: What is the number?



## Extension Question (Optional)

## What is the number?



## Task 3

 Complete thefollowing by writing
into your workbook.

## PDH - Happy Healthy Me

## Watch the video below of Healthy

 Harold and Steph going through the importance of healthy eating and physical exercise.LG: Practise strategies can use to support my own and others' health, safety and wellbeing SC:I can identify good and bad food groups. I can identify the effect physical exercise has on my body.
I can identify various physical activities to improve my health.

Then complete the worksheet by answering the 3 questions.


