



Health Week Activity Sheet



Design a healthy snack
like a fruit
kebab/smoothie or
sandwich



Ride a bike/scooter
Always wear your
helmet!



Mindfulness
<https://app.gonoodle.com/categories/manage-stress>
(Login required)



Zumba
<https://app.gonoodle.com/channels/zumba-kids>



Make and fly a kite
<https://www.youtube.com/watch?v=dismSOx3qOg>



Visit the nature reserve
and take some photos



Take a 10 minute stroll
around the school field



Tend to our
allotment/flowerbeds
or sketch the landscape



Gymnastics routine
<https://www.yorkshiresport.org/what-we-do/in-education/school-games/>



Chalk a picture of the
human body
<https://www.crayola.com/lesson-plans/draw-inside-the-human-body-lesson-plan/>



Try a #ThisIsPE video
[#ThisIsPE](#)
I hear lesson 6 is
awesome! ;-)



Zumba
<https://app.gonoodle.com/channels/zumba-kids>



Take your maths
lesson outside,
laydown, sit on the
grass or the picnic table



Mindfulness coloring

Play VX
https://www.youtube.com/watch?v=5mH_XTGcRc

