

### Out of Date?

Most foods 'go off' after a certain amount of time and are no longer safe to eat. Compost may seem like a smelly subject, but in fact it is great! Follow the link to find out more:

<https://www.funkidslive.com/learn/environment/l-is-for-labelling-food/>

Have a listen to the podcast, C is for Composting and give it a try!

### Design it!

Imagine you are a designer within a company. Your company is entering the world of soft drinks and will sell healthy drinks to young people. You have been asked to create a new bottle/carton to promote this. Think about a logo for the healthy drinks, shape, colour and design of the bottle/carton.

### Science to Try

Calling all budding Scientists: Have a go at the following experiments: Jelly and Oil, Scared Pepper or Floating Paperclip. Instruction sheets are included separately.

### Name a New Country!

It is health week this week. Think about creating a new country to compete in future Olympics. Name your new country, create a flag and a mascot for it. Let your imagination 'run' wild - What will yours be?

## Home Learning P5



### School Closure

Learning Across the Curriculum  
Home Learning Suggestions  
Weeks 11 and 12 (15<sup>th</sup> - 29<sup>th</sup> June)

### Exercise, Exercise

Set up a sports circuit in your garden and ask family members to compete against each other. Or, try out some sports day activities such as egg and spoon race, three legged race, throwing bean bags into a hoop. Capture this on camera!

### Make a Healthy Lunch

Think about creating a healthy lunch to share with your family during health week. Create a menu. Look up the sugar, salt and fat content of your ingredients and work out how many calories there are in your lunch. Create a table to show your information.

### Meditate!

Everyone needs a break! You could try some mindfulness colouring, listening to music or mediation for kids. Follow this link to Your Secret Treehouse:  
<https://www.youtube.com/watch?v=DWOHcGF1Tmc>  
Be prepared to be transported to another world and back!

### Target Setting

Set yourself a physical challenge over two weeks. For example how many start jumps in 2 minutes or how many times can you go up and down the stairs in 2 minutes? Record how many you can do each day. Are you able to beat your target each day? Has your fitness improved over two weeks?