



# Homework Projects ~ Fighting Fit ~ Autumn 2



	2 team points	4 team points	6 team points
I enjoy reading, writing and speaking.	Complete a diary of what you eat in a day. Does it have your 5 a day?	Collect 10 foods from kitchen. Order them in alphabetical order.	Use adjectives to describe 5 of your favourite foods. <i>Scrumptious, creamy chocolate.</i>
	Date completed:    signed:	Date completed:    signed:	Date completed:    signed:
I enjoy working with numbers.	Weigh fruits and vegetables from your fridge. How many grams do they weigh?	Time how long it takes you to do 20 star jumps. Do it again, can you get quicker?	Measure the length of your family member's hands in cm. Compare them using the words <b>longest, shortest, longer and shorter.</b>
	Date completed:    signed:	Date completed:    signed:	Date completed:    signed:
I enjoy painting and creating.	Draw some fruits and vegetables. Look really closely at all the details.	Draw a self-portrait of yourself. Label the different parts of your face.	Create a poster which gives people ideas on how to live a healthy lifestyle.
	Date completed:    signed:	Date completed:    signed:	Date completed:    signed:
I enjoy being active and doing things.	Do 20 minutes of exercise. How has it helped your body?	Go to the supermarket and select some different fruits. Try these fruits and write down what your favourite was.	Help someone in your family cook a healthy meal. Write about what you cooked in your homework diary.
	Date completed:    signed:	Date completed:    signed:	Date completed:    signed:
I enjoy using equipment.	Look at photographs of you from when you were younger. Talk about how you have changed.	Learn how to tie your shoe laces.	Design a game for children to help them keep fit and healthy.
	Date completed:    signed:	Date completed:    signed:	Date completed:    signed:

Your homework book is a place for you to show what you have learnt. You can use it like a diary. Choose at least one homework project to complete per week. Once completed, place your homework book in the homework tray ready to share with the class!