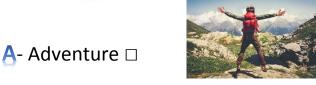
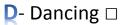


Healthy Activity Alphabet



B- Bounce a ball 50 times

C- Cheerleading □



E- Eat your 5-a-day □

F- Find animal tracks & follow □

G- Grow something and eat it □

H- Hydration: 1L of water a day □

I- Include fruit in your diet □

J- Jump up and down 20 times □

K- Kick a ball □

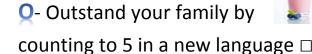


By Holly, Emilia & Anabella (Y4)



M- Make a fruit smoothie/ salad □

N- No chocolate for a day



P- Practice juggling □

Q- Quit using electricity for a day □

R- Research your favourite fruit □

S- Swim as far as you can □

T- Test your knowledge on fruit □





U- Use a compass to find your way around a park or woods □

V- Voyage on a boat □

W- When you've learnt a

sport, join a club □

X- X-ray: find out about bones and their uses □

Z- Zzz... Get a good night's rest □

How many can you complete?

Send in your photos to: tbeard4jrs@nsix.org.uk







