

How do I keep the heart, mind and body healthy?

Berridge Home Learning Challenge

Create a fun exercise routine, OR an exercise challenge, to be used as a warm up during P.E.



Berridge Home Learning Challenge

Create your own human heart pumping models, choosing from a range of different design ideas. You can use ideas from the internet to help you.



Berridge Home Learning Challenge

Keep your own food & exercise diary to promote healthy living outside of school.

My Food Journal

Name: _____ Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							