

### GET SOLVING

Can you find out who is the tallest in your family or friends?  
 How could you show your results? What is the difference between the heights?  
 What equipment will you need? What other questions could you ask and explore?

### GET MAKING

Can you make a healthy meal?  
 Why is it healthy? Did you try something new?  
 Could you write a recipe to share with the class?

### GET VISITING

Can you help with the weekly shop with your parents?  
 What new fruit and vegetables can you discover? Can you find out where they are from in the world using the labels?

### GET COMPUTING

Can you use internet to research Florence Nightingale?  
 Who was she? Who did she help? Why is she famous?



### GET TALKING

Can you make up a new game that links to exercise?  
 Can you teach some members of your family your game? What are the rules?



### 'DIP AND DO'

### 'Healthy Human'

Year 2 Autumn 2020



### GET INVESTIGATING

How much exercise can you do it one minute? (Example - skipping, star jumps.)  
 Can you improve your score?  
 Can you challenge your family to see who can do the most?

### GET WRITING

Can you write a healthy meal for the school?  
 What type of meals could we have? How many pieces of fruit or vegetables are in your meal?

### GET TECHNICAL

Can you find out some interesting facts about the human body? How many bones are in the body? Are they all the same size? How big is your heart? How many teeth do we have?

