








<div>Health and Wellbeing</div> <div>PEPAS</div> <div>(Physical Education, Physical Activity and Sport)</div>	<div>Wider World of Work- Find out about people in your community who help keep everyone safe. Research their profession and decide how you would like to display your work.</div> <div></div>	<div>With a parent, investigate road traffic surrounding the school or your home. Collect, organise and display your information.</div> <div></div>	<div>Play the game 'Take the Lead' on www.think.gov.uk</div>
<div>Talk about what you would do in an emergency situation, including when someone might phone for help using 999.</div>	<div>Talk about safe and unsafe places to play. Give an example of an unsafe place and say how it could be made safer.</div>	<div>Explore your local area with a parent and talk about important features to do with safety.</div>	<div>Using danger/ risk as a possible stimulus, role-play different situations and investigate possible endings.</div> <div></div>
<div>Design a poster encouraging children to play in a safe place.</div> <div></div>	<div>Play 'Spot the Danger' game on The British Red Cross website.</div> <div></div>	<div>Discuss when someone might need to make an emergency call and act out the situation.</div> <div></div>	<div>Create a comic strip showing possible outcomes/ consequences of your actions with different unsafe/ dangerous situations.</div>
<div>Make a poster using text and images to show the importance of safe behaviour at home or school.</div>	<div>Talk about what makes you feel safe and unsafe. Practise the breathing technique you learned on Google Classroom to help you feel more relaxed.</div>	<div>Make up a dance routine to your favourite song. Put on a show and perform it to your family.</div>	<div>Ask an adult to search for Cosmic Yoga on YouTube for a calming story combined with Yoga moves.</div> <div></div>
<div>Go on a walk around your community with an adult. Use the Green Cross Code to keep safe if you cross any roads.</div> <div>Go for a bike or scooter ride around your community. Wear a helmet to keep safe.</div>	<div>Become a personal trainer for the day. Create an obstacle course/ circuit work out to do in your garden. Think about how you can maintain or improve your current fitness level.</div>	<div><div><div><u>Ideas for Circuits-</u></div><div><div>Slalom</div><div>Balance</div><div>Bicep Curls-hands from hips to shoulders</div><div>Crab Walk</div><div>Bunny Jumps</div><div>Plank</div><div>Hula Hoop</div></div></div><div><div>Hopscotch/Hopping</div><div>Jumping Jacks</div><div>Jog on the Spot</div><div>Speed Bounce</div><div>Shuttle Runs</div><div>Jump the Distance</div></div></div>	<div><div><div>Step Ups</div><div>Bounce & Catch</div><div>Ball Hold</div><div>Dribble the Ball</div><div>Squat against the Wall</div><div>Ball Pass</div><div>Leg/ Arm Lift</div><div>Bounce Tig</div><div>Calf Raises (toes on the floor, lift your heels off the floor)</div><div>Square Jump</div><div>Bean Bag Hold & Circular Arm Movements</div><div>Dish</div><div>Arch</div></div></div>
<div>In Health & Wellbeing and PEPAS we are learning how to keep SAFE within a Healthy Lifestyle. We are also covering Athletics and Fitness. This grid can be used to enhance your child's experience of these aspects of Health & Wellbeing and PEPAS.</div>			

First Level P3/4