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Lots of things to choose from to stay fit!

Joe Wicks Cosmic Kids Yoga BBC Supermovers

Jumpstart Jonny https://www.jumpstartjonny.co.uk/home

https://www.youthsporttrust.org/60-secondphysical-activity-challenges

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Try to mix it up each day so it keeps your workout fresh!

We have learnt about the parts of a plant and its life cycle. Now your challenge is to grow your own plant for the next few weeks. A simple way to do this is with seeds of your choice and a plastic cup but look online for more ideas if you wish.





- Keep a photo diary of how it changes.
- Measure how much it grows weekly.
- Think about how you can make it grow best.

EVERY PLANT HAS THEIR OWN







Create a piece of artwork using the colour green as a stimulus. It can be anything from a painting to a collage or a sculpture.

