



## **Task 1**

Before we read some information about how we can keep our bodies healthy and stay safe I would like you to complete the first task.

Draw a line down the middle of your page (in your homework book). On one side draw a picture of what you think a healthy person looks like. Add some words and phrases to describe things the person might do to stay healthy.

Next, on the other side of your page, draw a person who is not so healthy. Again, add words and phrases to describe things the person might or might not do.



## **Task 2**

Watch the video below which tells us how we can keep our bodies healthy and safe.

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

## **Task 3 (Extension)**

### Healthy Goals

Use the sentence templates below to think of your own healthy goals you would like to make.

**- I know that I am keeping myself healthy when I...**

**- I know I need to do... more often.**

**- I know I need to do...less often.**

You can post your goals on the blog or you may like to make a poster for yourself to help remind you of your goals!

Good luck, I look forward to seeing all of your work to show your understanding of keeping your bodies healthy and safe!