














First Level Health and Wellbeing Isolated Learning Grid

<p>Can you take part in one of Joe Wicks' PE videos on Youtube?</p>  <p>https://www.youtube.com/channel/UCAxWIXTOIEJo0TYIRFn6rYQ</p>	<p>Can you set up an obstacle course indoors or out in your garden using equipment/things around the house safely? Time yourself to see how quickly you can complete it. Can you beat your time?</p> 	<p>Can you take part in a Just Dance routine?</p> <p>https://www.youtube.com/justdance/videos</p> 	<p>Can you identify the behaviours people may show when they are angry? You could write them down or draw them.</p> 
<p>Can you use The Eatwell Guide to create a balanced plate of food?</p> <p>https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</p> 	<p>Can you create an acrostic poem about road safety?</p> 	<p>Can you create a poster highlighting some of the rights that children have.</p> 	<p>Can you take part in some Cosmic Yoga?</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p> 
<p>Can you create a set of instructions to tell people how to wash their hands properly.</p> 	<p>Can you create a factfile about someone who looks after you? Make sure you include information about how they care for you.</p> 	<p>Can you watch your favourite TV programme or film and record all the different emotions that you see people experience. Can you identify why they feel this way?</p> 	<p>Do something to help you relax. You may want to try out some meditation.</p> <p>https://www.youtube.com/watch?v=DWQHcGFITmc</p> 