


### Homework– Year 1 and Year 2 Autumn Term: Fit as a Fiddle

- The Fit as a Fiddle Homework grid below contains extra activities which can be completed and handed in at any time during the first half of the Autumn Term, which ends on **Friday 21st October**.
- You may choose to complete some or all of the activities.
- This is in addition to reading with your child as often as possible and weekly homework, which will consist of spellings in Year 2 and Phonics in Year 1. This will be starting soon.

Have a competition with your family to see how many star jumps you can do in one minute.	Learn all the addition and subtraction pairs to 10 and pairs to 20 e.g. $7 + 3 = 10$ $3 + 7 = 10$ $10 - 3 = 7$ $10 - 7 = 3$	Design a fruit smoothie or a fruit salad and write instructions for how to make it. (And then make it if you wish!)
Borrow a keeping healthy book from library. Share it with your family or bring it to school.		Design a healthy meal of your own.
Make a list from A-Z of fruit, vegetables and healthy activities: e.g. Apple, Banana, Cycling.	Keep a food diary of your meals for a week. (See attached sheet.)	Design a poster to encourage healthy eating and exercise.