


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 Thursday 23rd 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 consists of spellings in Year 2 and Phonics in Year 1.

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 using the paper plate provided.
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.