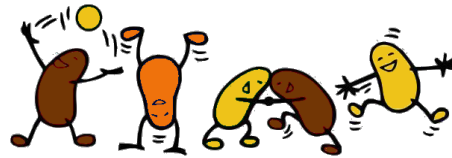


HAPPY ACTIVE AUTUMN



FIND YOUR 'HALF TERM BEANS'



NAME _____

HOW MANY LEAVES

DID YOU COLLECT?



Physical literacy is our relationship with movement and physical activity throughout life. These activities are a positive way of helping us stay active, benefiting our health and wellbeing. **MAKE SURE YOU ASK PERMISSION AND MAYBE ASK FOR SOME HELP FIRST FROM AN ADULT & STAY SAFE WHEN TRYING ANYTHING NEW.** Activities can be completed in any order. Certificates are available from your school. Can you achieve Autumn GOLD by completing at least 6 from the list? Try and include at least 3 active challenges.

Carve a pumpkin and display it somewhere for all to see.

Make a cake using autumn fruits e.g. apples, pears, blackberries etc.

Put on your wellies and wrap up to go for a family autumn walk. Make a hot drink for everyone when you get home.

Can you help nature this autumn by feeding the birds, encouraging hedgehogs, or creating a bug hotel?

How many skips can you do in 60 seconds? Can you improve your personal best?

Relax and focus with a nature moodbooster

<https://www.bbc.co.uk/teach/moodboosters/articles/z9f87v4>

How many Star Jumps can you do in 60 seconds? Try to improve your personal best.

How many catch and claps can you do in 60 seconds? Try to improve your personal best.

How many step-ups can you do in 60 seconds? Try to improve your personal best.

Can you go for a walk, scoot or run every day in the holiday?

Organise a board games night with your family.

Every day try a 10-minute shake-up game
<https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/>

Get creative with autumn finds and make some natural and wild art. Take a photo of your creations and show your teacher. Look up the artist Andrew Goldsworthy for ideas

Have a fun day out in the local park or woodland. See what is going on in your area

<https://www.nationaltrust.org.uk/visit/w-hats-on/october-half-term-events-and-activities>

Perform a random act of kindness for a friend or one of your family.

Enjoy a family reading day and / or write your own poem to share with family and friends.