**Year 3 & 4 Spring Homework Project**

**How do you keep yourself healthy?**

Last half term, our Science topic is ‘Animals including Humans – muscles, skeleton and diet’. We would like you to tell us how you keep yourself healthy.

**You could:**

* Present a PowerPoint about your exercise regime
* Show us photos of you taking part in sports clubs that you do outside of school
* Write instructions for your favourite healthy meal
* Keep a food diary about what you eat in a week
* Create a poster about how a child of your age could keep their body healthy.



**We would like this project to be returned**

**to school during the first week that we are back please.**