

NICER Curriculum: Home Learning Challenges

Year Group: **4**

Challenge: ***Can we design a fitness programme?***

Challenge Pack: ***Bolts n Bones***

Outcome: ***Fitness video***

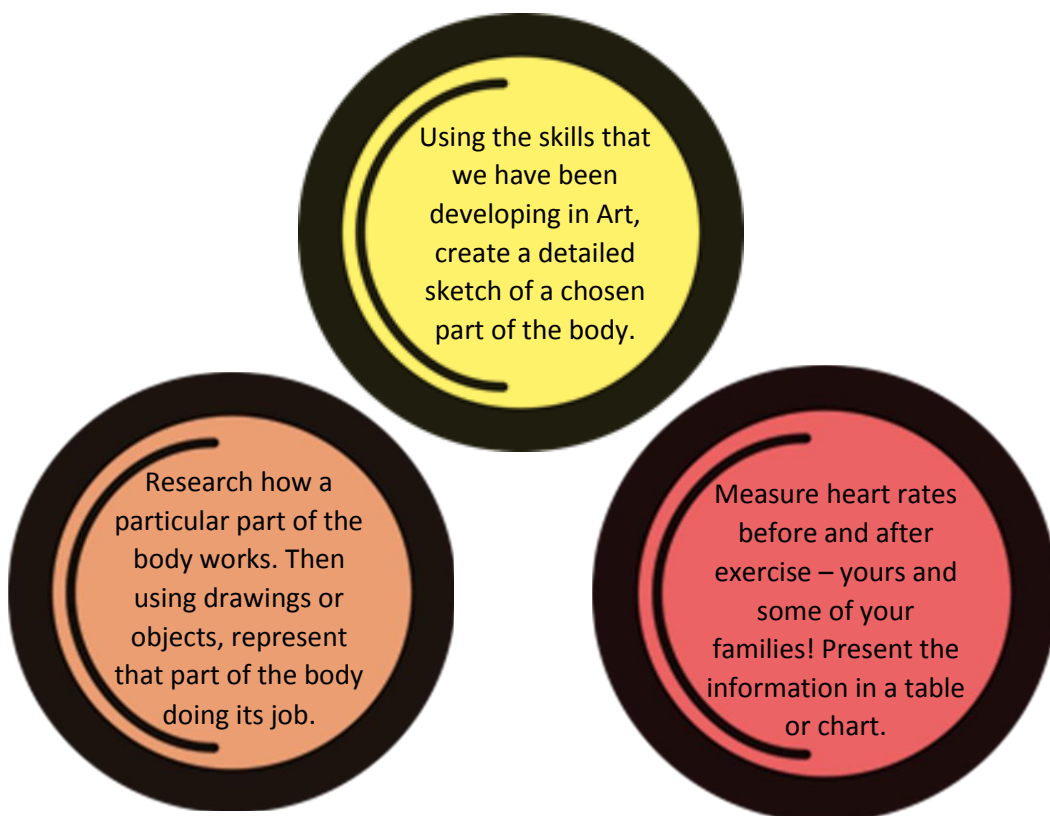
How Hungry are you for a Home Learning Challenge? How many Challenge dishes will you choose?

Choose which Home Learning Challenges you would like to complete from the Menu of Dishes below.

How Hot do you like your Meal?! The hotter the dish you chose, the more challenging it will be! Yellow: Warm, Orange: Medium, Red: Hot

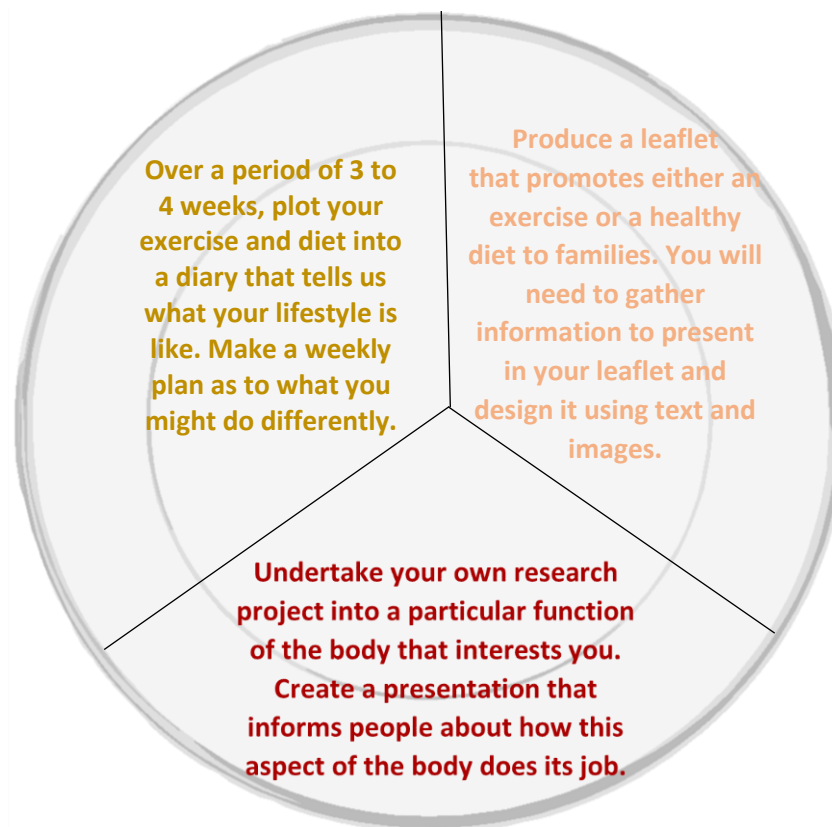
Small Dish Challenges

You could chose to complete just 2 of these, or more, or chose 1 to start you off before moving on to a Large Plate Challenge!



Large Plate Challenges

You could chose to complete just 1 of these spending a number of weeks on this and building up your learning every time!



Name:		Class:	
Small Dishes		Large Plates	
Using the skills that we have been developing in Art, create a detailed sketch of a chosen part of the body. Make sure that you use your critiquing skills to gain feedback and redraft until your sketch clearly shows details and shading.		Over a period of 3 to 4 weeks, plot your exercise and diet into a diary that tells us what your lifestyle is like. At the end of each week, look at how you have eaten and been active and make a plan as to what you might do differently.	
Research how a particular part of the body works. Then using drawings or objects, see if you can use these items to represent that part of the body doing its job effectively. You may have to try a number of times before you find a good way of doing this!		Produce a leaflet that promotes either an exercise or a healthy diet to families. You will need to gather information to present in your leaflet and design it using text and images. Be ready to share your leaflet at the end of our challenge to encourage people to look after their bodies.	
Measure your heart rate whilst resting and that of any of your family willing to take part in this task. Then measure again after 5 minutes of activity. Work out the difference between these, and plot your information into a table or a graph.		Undertake your own research project into a particular function of the body that interests you and is different from our class based learning. Create a presentation that informs people about how this aspect of the body does its job, and also what might happen if it is not working affectively.	

Which dishes have I chosen?

What have I completed and created?

How have I found completing the Challenge Pack Homework?