17/04/2020

Dear Parent/Guardian,

The work I have given is based on the Being Active section of the Home Economics short course. Please keep any work your child attempts/completes as it will be added to the work I have in school. Please don’t worry if not all work is complete or correct, I will find time whenever we return to school to help your child finish worksheets.

1. **Benefits of Exercise info sheet** ( with pictures) should be read and discussed **first** as this is the information required to answer the accompanying worksheets.
2. Exercise - Circle in centre of page

The picture from Benefits of Exercise page may be cut out and stuck on this sheet or the answers written on the page.

1. Power point healthy eating – read and discuss this first and then complete the Power Point with questions. All of the answers are contained in the first power point.