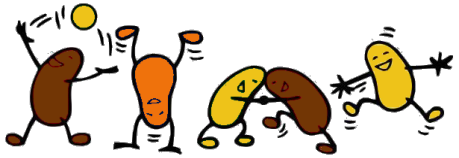
HAPPY ACTIVE AUTUMN

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.

Can you achieve Autumn GOLD by completing at least 6 from the list? Try and include at least 3 active challenges. Certificates are available from your school.

COMPETITION TIME - see the starred activity below and send your entries to naomi.clipston@cset.co.uk

Carve a pumpkin and display it somewhere for all to see.	Make a cake, tart or crumble using autumn fruits e.g. apples, pears.	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 natural and wild art. Look up the artist Andrew Goldsworthy for ideas. Take a photo of your creations and show your teacher and enter our photo competition (see above).	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/whats-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.