

Week 1 – 5 Star Families

Children and parents today have taken part in a physical and healthy session. Parents first were given some information why physical activity is important and the benefits. Children were then brought to their parents, to discuss what types of physical activity they do at home as well as during school. They were able to give good examples of how they exercise, and some of which they enjoy doing!

Parents and children then participated in a physically active session, where they played competitive games with and against their own children. Parents and children participated and had lots of fun doing so. They were all able to tell me about how exercise made them feel and the benefits of participating.

Children and parents were then informed the benefits of eating fruit and veg, and they were then able to list as many fruits and vegetables as possible, and then identify the ones which they eat at home and the ones which they disliked. Parents and children then had a task to work together to use fruit and vegetables to create a fruit and veg skewer. Working with their parents they were able to use knives and peelers in order to chop and make the food smaller to fit on their skewer. Children and parents enjoyed doing this and even ate some of their skewers whilst doing so!

