

Be Healthy Week 2024



Connect4 Challenge



As part of 'Be Healthy Week', children and staff at Park View are invited to take part in this Connect 4 challenge.

Over the next few days, complete and colour four or more of these tasks to fill in a row of challenges (across, down or diagonal). All children with a completed row will receive a certificate at the end of Be Healthy Week, and be entered into a prize draw..

Remember to complete the form on the back of this sheet.

For extra prize-draw entries, send in photos of your child taking part in a task.

All sheets and photos to be handed in by Thursday 20th June.

Try a new fruit of vegetable	Go for a walk, bike ride or scooter for 30 minutes.	Say thank you to someone for something they do everyday	Drink at least 4 cups of water in a day
Go to bed half an hour earlier than normal	Make a salad and take a photo	Have a family dance party	Read a book and talk about your favourite parts
Phone or video call someone you haven't seen in a while	Walk, ride or scoot to and from school	Eat 5 or more vegetables in 1 day	Try some yoga or a stretching routine
Go on a scavenger hunt	Talk about what made you happy, sad or laugh	Have a day with no screen time	Make and eat fruit or veg kebabs

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Remember to complete this form.

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Send photos to adminoffice@parkviewprimary.hants.sch.uk with the title 'Be Healthy Week Mrs Norman'.

All sheets and photos to be handed in by Thursday 20th June.

Child's name: _____

Year group: _____

Class: _____

