



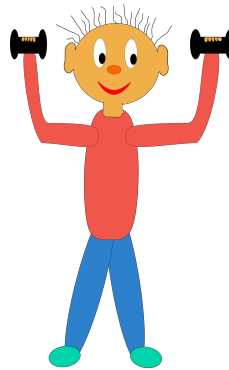
Hello Year 4 - I hope that you are keeping safe and well!

This week has been a bit of an indoor rollercoaster - I have had time to play my Xbox; it has been over 3 years since I last properly played on it! Luckily, this has meant that I can speak to my brother - whilst playing games - regularly. In fact, I have probably spoken to him more last week than ever before! However, I have not been doing as much exercise as I would like so...

My theme for this week is going to be: **Being Healthy Indoors!**

Can you show or tell me about some activities you have done in your house or garden?

I will try and give them all a go to keep me active!



Ready, Steady, Cook!

I LOVE to cook! But I am running out of ideas and recipes. Could you have a go at helping your parents or carers cook dinner and send me the recipe? (No Mushrooms please!)

Say your 6 times tables while doing star jumps!

Create a poster telling me how I can be healthier indoors.

Don't forget to send your pictures and examples of your wonderful home learning to year4@swaythlingprimary.org