



# Blackfen School

## Being Fit and Healthy

### Summer Holidays 2023

#### A Healthy lifestyle??

For your body to work properly, it needs a balanced diet, exercise and enough sleep.

It's important to eat a varied and balanced diet to stay healthy. You need to drink plenty of water and eat at least five portions of fruit and vegetables every day.

You also need to make sure you exercise regularly to keep your heart, lungs and muscles strong and healthy.

It's also important to get plenty of sleep to make sure your body has time to recover and recharge.

Try ONE of the following:

- Try a new sport, practice it three times for at least ten minutes and tell us all about it in no more than 250 words.
- Let us know why sport is important to you and why (in no more than 250 words, in a mini film or one page PowerPoint).
- Let us know which sporting heroes you'd love to meet and why, (in no more than 250 words or in an art form (no bigger than A4)).

Take a photo of yourself taking part in your new sport, or create some artwork of yourself doing the activity.

The Main Challenge:

Now we are linking this event to the Blue Peter Sports Badge (there is a new badge design this summer!).

<https://www.bbc.co.uk/cbbc/joinin/blue-peter-apply-for-the-sky-brown-sport-badge?collection=blue-peter-badges>

So once you have completed your challenge, use what you have done to gain your Sports BP Badge. Apply direct on line and I look forward to seeing the badge on your blazer in September

Take care and happy competing.

Team PE

**Type up your work in Word ready to upload into Teams, and take a picture on your phone.**

**BUT**

**We would really like to see that Sports Blue Peter Badge!**

Have fun and good luck!