

Creative Home Learning

Autumn 1

Theme: Exercise

What is exercise and why is it important?

Exercise is when we move our bodies to stay healthy and strong. It can be things like running, jumping, dancing, cycling or playing sports. Exercise helps our hearts beat better, makes our muscles grow and gives us energy. It also helps us feel happy because it releases special chemicals in our brains that boost our mood.

When we exercise, we sleep better, concentrate more in school and have fun with our friends. That's why it's important to do some kind of exercise every day — even a short walk or a game of tag can make a big difference!

Cycling is a great form of exercise. Cycling to school week takes place during the week beginning 13th October, 2025

Possible ideas

The theme for this half term's creative home learning task is exercise. Here are some creative tasks that you might like to choose from:

- Design a workout poster
- Create a fitness video
- Make a paper fastener moving person
- Create a piece of art based around your favourite form of exercise



Deadline date: Thursday 23rd October, 2025

Your child can either bring their learning into school or a photograph can be taken. We would love to see the finished product.

Have fun being creative.