## **Haddon Spring 1 Challenges**

Aim to score at least 8 points this half term.

You are welcome to send in evidence e.g. photos, pictures, finished products.

	Hot 5	Science  Plan, make and eat a healthy meal. Take a photo or film your meal. Label the types of food and explain what they do e.g. carbohydrates give us energy/fuel.			Geography Research the origin of the British flag. Draw/make, colour and label the flag.				
	Spicy 3	A Game for 2. Label parts of your house or garden as: continents, UK countries or UK capital cities. Take turns to use directional language (North, South, East, West) to direct each other to each place.		PSHE  Read the information and test you the quiz.  BBC How can you be safe on https://www.bbc.co.uk/bitesize/ar		landma		Geography w/make a famous ark from a UK capital city.	
<b>C</b>	Mild 2	Science Log your sleep over the course of a week. Does how long you sleep for, affect how you feel during the day?	Geography Learn the names of the continents/oceans by listed Hopscotch's Seven Continent Oceans Song.		ing to	Geography Play BBC Bitesize Pirate Bunnies World of Adventure.		Geography Find the UK on 3 different kinds of world maps.	