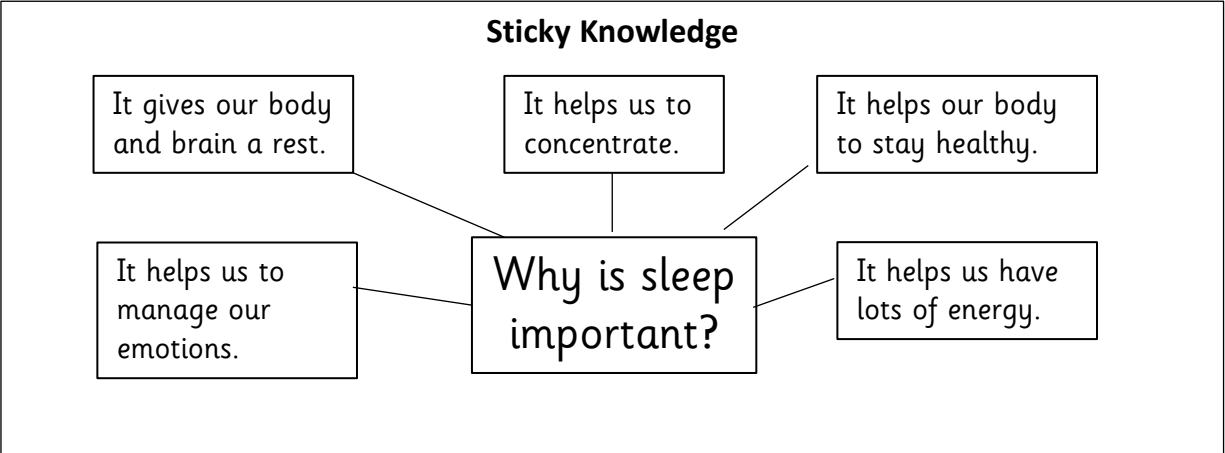




Star Words	Definition
Physical activity	An action that moves your body and makes you active.
Germ	Tiny living things that can sometimes make us ill.



Helpful Books and Websites




<https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-sleep>

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>

<https://www.bbc.co.uk/bitesize/articles/z7dxjhw>

How to stop germs spreading



WASH YOUR HANDS!



USE A TISSUE!



PUT TISSUE IN THE BIN



COUGH! COUGH!

COVER YOUR MOUTH WHEN COUGHING

Home Learning Ideas

- Design a hand-washing poster
- Make a list of the different physical activities you could do each day.