

**Week 3 – 5 Star Families**

Children and parents today participated in some physical activity as well as making healthier choices, tasting different fruits, and turning them into smoothies.



Children first played a game against their parents for their warmup called “messy bedrooms”. Children had and parents had their own area to work in and had to clear their area of equipment, by throwing it into the opposing area. They would have 30 seconds to try and clear the area, the team with the least amount of mess in their “bedroom” would win that round. Children paired up with their parent to play a range of competitive activities, keeping them physically active. They first played a tri-golf game called dominoes, where they had to knock down their dominoes in order one at a time, the first team to retrieve all their dominoes after hitting them would win. Next, staying with their parent, they competed against others in an archery competition called levels. There were 8 levels of the game, increasing in difficulty. They had to hit the board from level one first, and ensure that the arrow stuck to the board, and not fall off. If they were to hit the board and it stays on, they would get to move back a level, if they were to miss, they had to move down a level. Children and adults enjoyed playing in these active games!

After the activities, children then went inside and washed their hands ready to make some smoothies. Children had the choice of different fruits to use in their smoothies. Their first task was to choose four different smoothies to create, using their choice of fruit in each one. Children and parents enjoyed working together to chop and sort out different combinations for their smoothies. Once they had sorted this, they then brought them to me to turn into their smoothie. After a good afternoon of physical activity and making a healthy choice, both children and parents enjoyed taking part in these activities and tasting their smoothies!

Mr. Franks

Sports and Health Officer