

Create an Animal

To show how animals change as they grow into adults.

- ▶ Choose one of these animal groups: **mammal, amphibian, fish, bird or reptile.**
- ▶ Think about what animals in this group are like. Do they have scales or fur? Do they live on land or in water?
- ▶ Design your own **brand new animal** that would be part of this animal group. Choose the parts your animal has carefully to make sure it fits its animal group, but be creative! Fill in the fact file about it and draw pictures of it when it is young and when it is an adult.

Young

Adult

Fact File

Write the answers on the lines given or circle the correct answer.

Animal name: _____

Animal group:

bird mammal fish

amphibian reptile

Where does it live?: _____

What does it eat?: _____

Does it lay eggs or give birth to live young?

eggs live young

Do the young look similar to the adult or very different when they are born?

similar different

Challenge

Pick a real animal to research safely with an adult at home. Draw pictures of it when it is young and when it is an adult.

You can then write a short description of how it changes as it grows up, using the questions below to help you.



Young

Adult

How does it change as it grows up?

- ▶ Do they change size or shape?
- ▶ Does it change a little bit from young to adult or is it a big change?
- ▶ Does their body covering change colour?
- ▶ Do they become independent? Do they learn to do new things?
- ▶ Do they develop new body parts such as wings?

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Exercise Diary

To recognise the importance of exercise.



Fill in this exercise diary for one week. Remember, it's good to include different types of exercise. Here are some examples (but you may choose others too!):

- ▶ walking to school
- ▶ riding a scooter
- ▶ running
- ▶ skipping with a rope
- ▶ dancing
- ▶ swimming
- ▶ gymnastics
- ▶ tennis
- ▶ basketball
- ▶ football
- ▶ playground games
- ▶ cycling

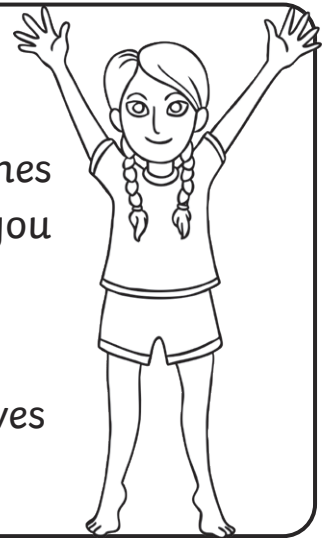
Day	Exercise
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Challenge

Can you design an imaginative **10 minute workout**?

It could be made up of dance or gymnastic moves, stretches or ball skills. It could link into a theme, such as a topic you are studying in class, and you could even suggest simple equipment to use for some of the exercises.

You can write and/or draw your sequence of exercise moves in the table below.



Name of your workout:

Move 1	Move 2
Move 3	Move 4

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