

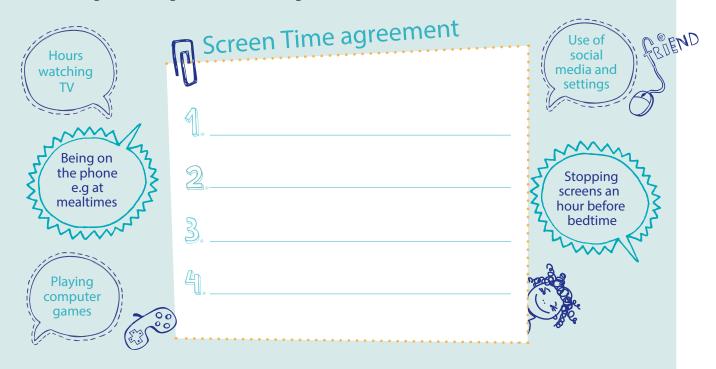
Routines



Keeping healthy and safe

Screen Time

It's very important to agree on how much time you will spend on screen and how to keep safe . Make an agreement together – and for things to think about see the bubbles below:



Record of exercise taken over the summer holidays

Remember: to be ready for secondary school you need to be healthy and fit. Keep a record of exercise you have taken over the summer holidays and any family members that have been involved

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Date	Exercise	How long for ?	Any other family members involved?	11-12 year olds need an hour a day of either moderate or
				vigorous exercise
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