

## Brain Builder – Movement

Brain Builder set on Thursday 25<sup>th</sup> September 2025

Return to school by Thursday 16<sup>th</sup> October 2025

Over this half term, we have been learning about movement and nutrition in science. We know it is important to exercise and eat healthily to keep our bodies healthy. Your task is to create an exercise routine for the class to follow. Please set this out as instructions.

**You should include:**

- ❖ A suitable title for your instructions
- ❖ Imperative verbs
- ❖ Prepositions
- ❖ Diagrams
- ❖ Numbered steps
- ❖ Interesting detail

I am looking for beautiful joined up writing, good use of capital letters, full stops and ambitious vocabulary to write your instructions.

Good luck and I am looking forward to seeing your completed brain builders.

