

Healthy Active Day Water Bottle Hunt

KS1 / Year 2 - Physical Education

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Parent & Teacher Guidance

Curriculum focus

Topic: Healthy activity. Develop accurate observation, subject vocabulary and evidence-based explanation. Mapped scope: KS1 Physical Education: developing fundamental movement skills, participating in activity and building confidence toward healthy, active lives..

Before you begin

Review the picture together and ask the learner what they already notice about Healthy activity. Read the activity aloud, explain unfamiliar vocabulary, and agree which details need special attention.

Solo activity

The learner can complete the colouring independently, then use the finished page to explain three details linked to Healthy activity. Encourage accurate colour choices where they carry meaning, but allow creative choices elsewhere.

Group activity

Give pairs or small groups different areas to inspect. Ask them to agree on evidence before colouring, compare their findings, and present one curriculum fact to the class. Finish with a whole-group check against the guidance below.

Questions to guide discussion

What evidence can you see? Which feature is most important and why? How does one part connect to another? What new fact about Healthy activity can you explain using the picture?

Answers and checking

Six water bottles are hidden: beside the equipment trolley, behind the bench leg, among the cone cluster, beside the goalpost, at the tree roots and inside the open kit bag. Discuss drinking regularly, taking suitable rest and choosing varied movement. Avoid fixed claims about one amount of water because needs vary with the child, activity and conditions.

Learning record and next steps

☐ Completed the colouring

☐ Explained key vocabulary

☐ Completed the activity

☐ Used visible evidence

Evidence noticed / vocabulary used

Next step:
