

Chat

- What things can you do to keep your body healthy?
- Have you noticed any changes in the weather?
- What do you know about length? (See our Maths Power point for further information)

Offline learning activities

Mindful Melons Challenge



See the last page for more information!

How many challenges can you complete? Can you complete the blue challenges in less than 60 seconds?

Make your own rainbow!

What you'll need:

- A glass of water (about three quarters full)
- White paper
- A sunny day



Instructions:

1. Take the glass of water and paper to a part of the room with sunlight (near a window is good).
2. Hold the glass of water (being careful not to spill it) above the paper and watch as sunlight passes through the glass of water, refracts (bends) and forms a rainbow of colours on your sheet of paper.
3. Try holding the glass of water at different heights and angles to see if it has a different effect.

Food Printing

Following last weeks' Maths learning all about shapes, why don't you try food printing. Make different shapes by either cutting or placing different food items together to print onto paper. You could use paints, or even water outside on the pavement.

Encourage your child to talk about the shapes they notice...

Can you create a picture using the different shapes you have printed?



Online learning activities

1. Try this shape repeating pattern game... <https://www.topmarks.co.uk/ordering-and-sequencing/shape-patterns>
2. Learn to add with the number blocks! <https://www.bbc.co.uk/cbeebies/puzzles/numberblocks-adding-up-quiz?collection=numbers-and-letters>
3. Can you match the pictures to the initial sounds? <https://www.oxfordowl.co.uk/api/interactives/24467.html>

Read

Make finger puppets based around your favourite stories (or better yet make up your own characters).

Can you tell a story for an adult to scribe?

Don't forget to include characters, a setting, a problem and a solution!





Physical Activity Bingo



YOUTH
SPORT
TRUST



Believing in
every child's
future

Jump on the spot 50 times	Play musical statues	Ride a bike or scooter	Balance on 1 leg for 60 seconds	Jump over a pillow 40 times	Play hide and seek
Hop on the spot for 60 seconds (Swap legs)	Balance in a plank position for 60 seconds	Pass a ball around your waist 25 times	Balance an object on your head	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
Complete 20 shuttle runs	Skip for 2 minutes	Dribble a ball with your hands in and out of objects	Perform 40 squat jumps	Create and complete an obstacle course	Throw an object into a target 10 times in a row
Dribble a ball with your feet in and out of objects	Perform 40 squat jumps	Throw and catch a ball against a wall or with a sibling	Walk up and down 250 steps	Perform 30 burpees	Play a sport with a sibling, parent or carer
Perform 30 push ups	Create and perform a dance routine	Perform a 5 minute fitness workout	Perform 40 sit ups	Create and perform a gymnastics routine	Invent and play a new sport

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue circles in less than 60 seconds?
- If you are finding some of the activities hard, have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities



Achieve Bronze

Complete one activity from each line

