

Write the alphabet down the side of a piece of paper. Now try find an item beginning with each letter around your home or garden. Go go go! ★

★★★ Challenge

★★ Moderate

★ Easy

<https://www.youtube.com/watch?v=6c5cb0u0rPM> Listen to the story of Whatever Next on YouTube. Baby Bear uses things around the house to make a space rocket. Can you use things from home to do the same? Where will you go? Don't forget to send us a photo! ★★

Mrs Armitage on Wheels

Share the story of Mrs Armitage on wheels.

Can you invent your own bike? What would be on it? Can you describe it. Could you design a poster to advertise your new bike to make people want to buy it? ★ or write your own adventure on you created your new bike just like Mrs Armitage? ★★ Can you compare this story to Mrs Armitage queen of the road? What's the same and whats different? ★★★

D&T can you build a car with 4 wheels which move? What materials will you use? How will you fasten it together? Design and build your own car. ★★★

Get Moving!

Build a ramp using things around your house. Measure how far different cars or objects will go. Which goes the furthest? What happens if you make the ramp steeper? Or less steep? What happens if you put different materials on the ramp? Do they still go the same distance? ★★

Research a famous sports person (this could be a footballer, tennis player, athlete etc) and create a fact file about them such as Mo Farah, Jessica Ennis, Cristiano Ronaldo or Usain Bolt. ★★

Create your own exercise routine video. Look at Joe Wicks PE lessons how he uses different movements and exercises and shows you how to do them. Have a go at creating your own exercise routine and share it with us all to have a go at too! ★

How has transport changed?
Find out about the history of cars, trains and flight.

Take a closer look at George Stephenson and find out why he is important? ★★

Floating and sinking. Use a variety of materials to construct a boat that will float. What materials will you use? Why? Investigate what size of load their boats might be able to carry. Be careful your boat might sink! Can you build a boat that can float and support 25 pennies for at least 10 seconds —without leaking, sinking, or tipping over? Use a timer to see how long it will float for. What will happen if you add more pennies? How long do you think it will be able to float for? ★★

Draw a hopscotch and play it with your family. As well as the standard game, you can vary it as you like, here are some ideas...

- Write different numbers in the squares – call out e.g. 1 less than the numbers when you hop on them. Other calls could be – 10 more/less, double, half, a number greater than/less than etc
- draw shapes instead of numbers and call out a property when you jump on it e.g. 4 sides, 3 vertices



Learn a new dance – you could use a YouTube tutorial.

Ideas to try (parents please check videos before children view):

- Oti Mabuse
- Disney channel
- Zumba for Kids
- Kidz Bop



Hold your own family Olympics. Use your measuring skills to measure how far can you...
Hop, jump, throw, walk heel to toe on a straight line without 'falling off'?
How high can you jump?

Who will win gold, silver, bronze?



Research your favourite sports team. This could be football, rugby, basketball, ice hockey... Write some facts about them or maybe even a match report of your favourite game/match. ★★

Look at the work of Andy Goldsworthy.

Andy Goldsworthy was an artist who used things found in nature to sculpt or photograph. Some of his work can be seen here

<http://www.artnet.com/artists/andy-goldsworthy/> Why not go on a walk with a grown up and collect some items to make your own natural art piece. If you take a photograph we could try start a gallery.



Create an obstacle course in your back garden.

Now ask your family to take it in turns to have a go. Before you do this predict how long each person will take in minutes or seconds. Use a stopwatch to time each competitor. Who is the quickest? Who needs more practice?



What do we need to do to stay healthy?

Watch the video clip on BBC Bitesize and complete the quiz.



<https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p> ★★

Add up your stars and don't forget to upload and share your wonderful achievements on evidence me or via email ★★★★★★★★★★

Take the Maple class Bowling Challenge. What is your score?

<https://youtu.be/mTSIkxcKyXk> ★★

Head to Firth wood on your daily walk and see if you can locate the 5 hidden woodland animals. Each animal has a letter on it. How many animals can you find? 1 to 3 animals ★

4 to 5 animals ★★

Collect all 5 animals- and see if you can arrange the letters to make a word- ask your grown up to help. ★★★

Target games – (choose numbers to challenge yourself)
Make a target to throw or kick a ball/bean bag, Nerf etc at it. Decide on your scoring rules e.g. round target like archery, goal with marked zones, zones like a ladder. Or use boxes/bottles from your recycling and stand them on the wall, or on the floor like skittles... label them with a score.
You can score these games in different ways e.g.

- Highest score wins
- Start with e.g. 20, then subtract the scores – first to 0 wins
- First to a given total wins

