

A whole half term without you! You have been doing amazingly and coping well and the next holidays are finally here. Here are some activities to keep you busy in the holidays. Enjoy this time together with your family and hopefully we will see you soon.

Lower Key Stage 2- Whit Holidays Activities- Week 1- Non-screen activities you can do at home.

<p><u>English</u> Keep a diary. Write a paragraph every day about something you have done. Make it as interesting as possible and start each sentence with a different opener.</p>	<p><u>Geography</u> Create a map of a walk you complete one day. Do not forget to add physical and human features to your map.</p>	<p><u>PE</u> With somebody in your house (sibling or parent), over the 2 week holiday, take part in the Connect Four challenge. Rules and sheet is on the page below.</p>	<p><u>English</u> It has been a long time since we have all been together. Write a postcard to a friend to tell them all about the activities you have been doing. You could arrange with your friend to write to each other as a pen pal.</p>	<p><u>History</u> With your household, create a family tree. Can you go as far back as your grandparents? What about your great grandparents?</p>	<p><u>DT</u> We have been learning about rivers. Can you create a boat out of recycled items to float on a river/stream during your outdoor time? Remember if you use plastic to take it home and not pollute our natural water.</p>	<p><u>Geography</u> Make a papier-mâché globe. Use newspaper strips and a balloon. Use coloured paints to show land and water and add borders and labels.</p>	<p><u>Music</u> Create symbols and explain the sounds they mean. For example, a star symbol means 'clap', a circle means 'stomp your foot', a triangle means 'hit the desk', and a square means 'snap your fingers'. Let your family follow the 'notes' to create the music. Let someone else create the musical score. Can you follow theirs?</p>
<p><u>Science</u> You will need: A long stick e.g. a walking stick or a ruler, a piece of clay or a weight, sticky tape First, place your fingers at each end of the stick and move them inwards until the stick is balanced. This is the centre of gravity. Next attach a piece of clay, or weight, onto the stick with tape. Try balancing the stick on your fingers now. Has the centre of gravity changed? Repeat the experiment by changing the position and size of the weight. Where do you think the centre of gravity would be in different objects, for example, a doughnut, your body, your house, the Earth?</p>		<p><u>Natural World- making a bee hotel (DT/Science links)</u> You will need: scissors, string, paper, drinking straw, bamboo canes, clean, empty plastic bottles (two litres), natural materials (for example, leaves, twigs, feathers), dead hollow stems from garden plants (optional)</p> <ul style="list-style-type: none"> • Give everybody a plastic bottle. Using scissors, everyone should carefully cut the top and bottom off their bottle. • Everyone should loop a piece of string through their bottle, so that it can be hung up outside. • Everyone should gather enough bamboo canes, stems, and straws to fill their bottle. They should check that they're hollow, with open ends for bees to burrow in. • Everyone should use the scissors and saw to cut the canes, stems, and straws so that they are the same length as their bottle. An adult must supervise people using the saw. • Everyone should push their canes, stems and straws into the bottle. They should add smaller twigs and stems in the gaps, to make sure it's tightly packed. • Hang the finished bee hotel on a sunny wall, at least one metre off the ground. Make sure it's sheltered from the rain. 			<p><u>Kindness Rocks</u> You will need: paint, paintbrushes, permanent markers, smooth rocks</p> <ul style="list-style-type: none"> • Give everybody a rock and they should begin painting it. • As the painted rocks dry, everyone should decide what message they are going to use (examples could be: Be kind, Be happy, Be brave, Even when we disagree, we can still be kind to each other, A friend in need is a friend indeed, Don't worry, be happy). • Once they are dry, everyone should write a message on the rocks. • Everyone should decide whether to place the rocks somewhere in the local community or whether to give them to someone else- perhaps leave outside a friend's house during your daily exercise. 		<p><u>Maths</u> Get a collection of containers, such as cups, saucepans, eggcups and bowls. Estimate how many smaller containers it takes to fill a larger one, e.g. how many eggcups of water it takes to fill a saucepan. Try it out and see if your estimate was close. Use the water on household plants or in the garden so it doesn't go to waste.</p>

Lower Key Stage 2- Whit Holidays Activities- Week 1- Activities involving technology

<p><u>Computing</u> I've set some tasks on Purple Mash for you to explore over the holidays. There is a real mix of activities there.</p>	<p><u>Spanish</u> Use your Spanish knowledge, or even gain some new knowledge, by playing online games here.</p>	<p><u>Additional learning</u> There are lots of brilliant lessons online, BBC Bitesize and Oak National Academy have lots where you can select the topic or theme you want to learn about.</p>	<p><u>Geography</u> Can you use Digimaps (SK145PL and jarves84) to find the countries and places you have visited. Send a picture of you using it, for a prize when we return to school from Miss Peart. a</p>	<p><u>Trips</u> Can't get out and about? Let the museums/ aquariums/ concerts/ theatre shows come to you. Take a tour around the venue of your choice here.</p>	<p><u>English</u> Video clips and resources that we use in class sometimes are free here. Why not watch a video and answer the questions or download a work pack if you want extra challenges?</p>	<p><u>Blue Peter Badge</u> There are lots of activities you can do to earn a Blue Peter Badge which will make days out cheaper when everything opens. Which badge will you earn? Find some ideas here.</p>
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Throw/Roll an object into a target 15 times in a row	Complete 25 shuttle runs	Perform 50 sit ups	Balance in a plank position as long as possible	Perform 50 mountain climbers	Pass a ball around your waist 50 times	Move up and down 200 steps
Play a game of Boccia	Create a short gymnastics sequence	Learn a karate sequence	Play a game of throw tennis	Write and perform a sports anthem	Plan and make a healthy meal	Design a new sports kit
Play a game of charades	Squat the 3, 5 or 9 times table	Find 5 verbs in a book and perform the actions	Research the rules of a new sport	Jump and call out prime numbers	Hop / Lift Knee and complete 5 subtractions	Watch a sports event and write a review
Tap a ball on a racket 50 times	Balance on both legs for 60 seconds	Jump over a pillow 60 times	Dribble a ball through 3 objects, 10 times	Throw and catch a ball 25 times	Perform an online fitness exercise	Play 10 pin bowling
Paint or draw a sports picture	Play active noughts & crosses	Research and perform the Haka	Create a tower with Lego or blocks	Play musical statues or musical chairs	Have a running race	Build a den
Run/Move on the spot for 60 seconds	Jump on the spot 25 times	Perform 25 squats	Skip for 60 seconds	Perform 25 star jumps	Speed bounce for 60 seconds	Hop / Lift Knee for 60 seconds

How to play:

- Each player chooses a colour; red or yellow.
- Players take turns to choose an activity starting from the bottom row. Once they have completed the activity they mark it off with their colour.
- Players can not choose an activity from the row above until the one beneath has been completed.
- Can you be **honest** and complete each activity correctly?
- The first player to get 4 in a row; horizontal, vertical or diagonal is the winner.



Dissolving

Which solids dissolve in water?

You Will Need

- Water (hot and cold)
- Transparent Containers
- Substances to try and dissolve; sand, sugar, salt, coffee etc



Method

- 1 Add a teaspoon of whichever solid you are testing to a glass of cold water and a glass of hot water, stir and observe the difference.
- 2 Look to see if the solid dissolves in the hot water and cold water and if one is better than the other.
- 3 Can you design a chart to record your observation?

The Science Bit

Things like salt, sugar and coffee dissolve in water. They are soluble. They usually dissolve faster and better in hot water. Pepper and sand are insoluble, they will not dissolve even in hot water.

For Older Children

Everything is made of particles which are always moving. When a soluble solid (solute) is mixed with the right liquid (solvent), it forms a solution. This process is called dissolving.

Two things that affect the speed at which the solid dissolves are temperature and the size of the grains of the solid. Caster sugar which is made of fine particles will dissolve quickly, but bigger sugar particles will take longer.

Solids dissolve faster in hot water as in hot water the water molecules are moving faster, so bump into the solid more often which increases the rate of reaction.

Making a Cereal Box Marble Run

Ever wondered what to do with those empty cereal boxes?

Follow these simple instructions to make a cereal box marble run.

You will need:

- 2 cardboard cereal boxes
- glue
- sticky tape
- scissors
- marbles



1.



Start off with your empty cereal box. Tape the lid shut and then cut off the front panel (take care, scissors are sharp!). Make sure you leave a little ledge at the bottom. This will stop the marbles rolling out everywhere when they reach the end of the run.

2.



Then take the detached front panel and cut it into three strips. Bend them at the ends and cut a notch on one side for the marble to run through.

3.



Next, take a little extra cardboard from another cereal box and fold the end of it and tape it onto the bottom. The folded end makes the marble run tilt back a little bit so the marble goes down the holes and doesn't fall out of the box.

4.



Finally, tape the strips into the box and cut a little hole at the top to drop the marble through. Then go and find some marbles!