


One week into the holidays and we all hope you are enjoying the break from your work. We have another week of holidays so we have collated a collection of activities for you to keep the boredom away. Remember to send pictures on Teams so we can see what great fun you are having.

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

<p><u>Art</u> Create a chalkboard mural on a wall, fence or driveway. Let it represent things that have been important to you over this pandemic. Perhaps a rainbow to represent key workers or a picture of all the people in your family.</p>	<p><u>DT</u> Create a picnic for you and people in your household to enjoy in the garden or at a park. Can you create something for everyone? Maybe you could take their orders so you know you have everything they want.</p>	<p><u>Paper aeroplane races</u> Who can make the best paper plane in the house? Everyone is to make a paper plane and then race them outside. Which plane can fly the furthest?</p>	<p><u>PE</u> Choreograph a dance routine to one of your favourite songs. Can you teach it to your siblings/parent?</p>	<p><u>Sleep outs</u> Camp out in your back garden or your living room if the weather is not kind. Tell stories to one another and enjoy being somewhere quiet with the people you love.</p>	<p><u>Help at home (PE links)</u> With all this beautiful weather, why not spend it outside cleaning the car (or a neighbour's car- ask them first!). This will keep you busy, exercise your muscles and make an adult extremely happy.</p>	<p><u>Maths</u> Using coins at home, find as many different possible ways of making £6 and 45p using less than 7 coins? Can you make it using exactly 10 coins?</p>	<p><u>Life skills</u> Use this week to prepare for you getting older. Think of one chore you don't know how to do, and find out how to do it. This could be using the washing machine, doing the washing up or even making a cup of tea.</p>
<p><u>Music</u> Listen to the wind as it rustles the leaves, Watch and listen to raindrops as they fall outside. Be inspired by these natural sounds and create some marvellous music. Use junk modelling or recycled objects such as spoons to make wind chimes. Use Natural materials such as leaves, sticks, shells or seeds for quieter sounds. Fill bottles or tubs with sand, stones or beans to recreate the sound of rain. How will you make a soft sound? What about a thunderous sound?</p>		<p><u>Create a hot air balloon (science)</u> You will need: sellotape, cardboard tubes (e.g. an empty toilet roll), black bin bags, hairdryer</p> <ul style="list-style-type: none"> • Prepare the balloon: take the bin bag and wave it around so it fills with air, then hold it upside down and let go (The bag should float down to the ground). <ol style="list-style-type: none"> 1. The helpers should tie the bag handles together so that only a small opening remains and tuck the handles inside so they are not loose. 2. Helpers should then slide a cardboard tube into the bag opening. This will make it easier to fill the bags with air, and will also reduce the risk of the bags melting. 3. While the helpers hold the bag, you should fill it with air, using the hairdryer on the coolest setting. As it fills with warm air, the bag should tug away and eventually fly. (The cool setting will still create warm air but will not melt the bags.) 4. Why did the bag floated with the warm air but not the cold air? (Warm air particles are lighter than cold air particles and rise) 5. If you have siblings, let them try, maybe even hold a race to see whose balloon goes the furthest or highest. You could mark each balloon with a different sticker so they don't get mixed up. 7. Make sure you collect your balloon afterwards, so they don't create litter or become a hazard to local wildlife 			<p><u>Geography</u> Using a world map, locate any locations from films on there, e.g if you watch Mulan, you would label or colour in China. How many countries have you visited through films? This is an example one using Disney films (the bottom left hand corner are ones that are in made up lands):</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>Road Safety</u> Now we can be out and about more, it is important we know how to stay safe on and around the roads. Complete this activity to brush up your knowledge.</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>Science</u> Video clips and science games can be found here. Why not try to complete as many games as you can. Has your learning stuck?</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.



Egg White and Yolk

Science Experiment

Sometimes when you are cooking, you need either just the white or just the yolk (the yellow bit) of an egg. This experiment gives you an easy way to separate the parts.

You will need:

- two bowls
- an egg
- an empty plastic drinks bottle



Method:

1. Crack the egg and put it in the bowl. You might need a grown-up to help you with this.
2. Squeeze the bottle and keep it squeezed tight.
3. Put the opening of the bottle on top of the egg yolk.
4. Release the pressure on the bottle so it's no longer squeezed.
5. The yolk will pop up into the bottle.
6. Put the bottle over the other bowl.
7. Squeeze the bottle so the yolk empties into the bowl.

The science:

When you squeeze the bottle, air comes out of it. When you release the squeeze, air rushes back into the bottle to fill the space. If the yolk is at the opening of the bottle, it will rush into the bottle instead of air. The reason why only the yolk will be sucked up is because the yolk is thicker than the egg white.

You will need

- Chopping boards
- Knives
- Paper cups
- Access to water
- Table/kitchen counter
- Something to protect surfaces (for example, newspaper or tablecloths)
- Sponges
- A blender
- Smoothie ingredients

Get prepped

- When shopping for your smoothies, include fruit, vegetables, milk/yoghurt, juice and cocoa powder. Avoid common allergens like peanuts, seafood and sesame.
- Thoroughly wash all of the fruit and vegetables in the cold water. Then wash each chopping board and the containers on the blender in the hot soapy water, before rinsing with more cold water.
- If you have fruit or vegetables that need peeling with a sharp knife/peeler, like carrots, you should do this first.

Smooth movers

1. Smoothies are popular drinks that help people get enough of the healthy food they need every day. Look at the ingredients and decide what flavour smoothie they are going to make.

You may wish to make a sweet smoothie, with milk and cocoa powder but try to include a fruit or vegetable. Bananas and berries tend to go well with chocolate. You might want to try one with root vegetables like carrots, but remember that carrots are quite tough and don't go well with milk, so juice should be added to make the smoothie 'smooth'.

2. Chop up the ingredients with the knives on the boards. You should try to make tougher ingredients like apple or carrot as small as they can.

Smoothies should be healthy, smooth and tasty. Big lumps of chocolate and broccoli are not fun to drink!

3. With supervision, add your chopped ingredients and some liquid (milk or juice) to the blender. Someone should hold the lid on each blender as the smoothies are being made. Stop blending every ten seconds to see what the smoothie looks like. If it is too thick, add a little liquid; if too thin, add a little food.

Try to come up with a funny name for their creation (e.g. a mixture of banana, cocoa, orange and yoghurt might be a 'Sludgie')

4. When the smoothies are ready, pour into cups.