

KEEP ACTIVE 😊 STAY HEALTHY 😊 HAVE FUN AND SMILE 😊

Day 1 – Sports Day



Maths and Literacy Activities:

Maths:

TASK: 'The Mystery of the Missing Sacks on Sports Day'

Can you be a detective to find out whom the sacks thief is? You will need to use your Maths learning throughout the year and problem solving skills to work out the answer. See separate doc on the class webpage.

(The Maths might take you a while to problem solve, so I have made Literacy a short task!)

Literacy:

TASK: Vocabulary muddle!

I have listed some words associated with sports day but the letters have become jumbled. Can you unscramble the letters to form sports day related words? Scroll down to **page 6 and the answers are in the corner (no peaking!)**

Remember to read daily! 😊

Sports Day Activities:

Unfortunately we are missing Sports Day at school this year 😞 , so instead you can have Sports Day AT HOME 😊!

Today is all about having fun, keeping active and getting your family involved!

On **pages 7, 8 and 9** you will find a set of sports day activity cards that are designed to be completed in the comfort of your home or garden with minimal/everyday house-hold equipment.

Have a go at the challenges. Each event should take no longer than 5 minutes. Hopefully the sun will be shining for your home sports day, so remember to have lots of drinks to keep you hydrated!

These activities will help develop various PE skills including; strength, hand-eye coordination, accuracy, speed and balance.

If you are feeling super sporty, you can try some extra activities:

- Choose some games and challenges from the 'PE with Mr P' YouTube channel. (Click on this link: <https://www.youtube.com/user/mattjparsons/videos>)
- Have a go at the alphabet fitness challenge. Can you spell; your name, names of family members, favourite sport(s), favourite animal, favourite colour etc. (Scroll down to **page 9**).

Now that you have completed a fun-filled day of sports activities, you could try some of these activities:

- Design a medal for yourself and fellow competitors (see template on **page 10**). You could host your own reward ceremony.
- As you know it is important to stay fit and healthy. You could make yourself and family members a healthy snack. Why not try these tasty rainbow fruit skewers! (Click on this link: <https://www.bbcgoodfood.com/recipes/rainbow-fruit-skewers>)



Day 2 – Eco Day



The Monarch Butterfly

What are Monarch butterflies?
 • They are a species of butterfly that live in North America and Canada.
 • They have orange, black and white wings.
 • They eat nectar from flowers.

What are Monarch butterflies most known for?
 • Every year, 300 million Monarch butterflies travel (migrate) from North America and Canada, to a forest in Mexico.
 • They travel 2000 miles - That is a very long way!

Why do they migrate?
 • They travel to Mexico to hibernate through the winter months.

A fun fact about Monarch butterflies
 • Monarch butterflies cannot fly if their body temperature is less than 30°C. They have to sit in the sun or shiver until they warm up!

Maths and Literacy Activities:

Maths:

TASK: Collecting and presenting data.

One of your tasks today is to conduct a survey of focusing on species of your choice. This could be a bug, mammal, flower or plant hunt and could take place in your garden or on a walk. Can you **make a list and keep a record (using a tally system- see page 11) of all the creatures/plants that you find?**

Using your knowledge of last week's work, try and **produce a bar chart to represent your findings. (See page 12)**

Literacy:

TASK: Fact file of your chosen specie.

Choose your favourite creature or plant from today's hunt or a preferred one of your choice, to create a fact file. Consider all of the important information e.g. *What does it feed on? Where is its habitat?*

← You will see an enlarged example of this butterfly fact file on page 13.

Scroll down to **page14 for an example template**, however you could make your own if you wish. **You may choose to type or handwrite your fact file.**

Remember to read daily! 😊

Eco Day Activities:

Your first activity today is to complete a nature survey. The results that you find from your nature survey will inform the maths and literacy activities for today (see column to the left).

Task:

Today you will be completing a 'living things' nature survey based on results recorded from your garden or a walk.

- 1) Choose a type of species e.g. flowers, trees, bugs or mammals.
- 2) Design a recording system e.g. make a table and have space to tally your findings.
- 3) Enjoy your walk or garden hunt and record your findings. Optional: you could draw some pictures or take photographs of your findings (this will help with the literacy task).
- 4) Now complete the maths and literacy activities.

Class 4's eco topic is 'litter and waste', however (after completing the task above) you have free choice of eco activities to complete today. Here are some ideas that you may wish to do or you might have a particular eco-interest that you would like to explore.

Build a Bug Hotel:

You often have fun making these at playtime – but can you make a bug hotel that will last until at least next year? Have a look at the pictures below to give you some ideas.



Recycle Plastic Lids:

Use plastic bottle lids to make (or start to make if you don't have many) these pieces of art and picture frames.



Create a wildlife garden:

We all love our gardens to be neat and tidy but this isn't always the most 'wildlife friendly' way to garden.) Ask if your parents will allow you to create a small patch of your garden into a wildlife garden. Look at this website to give you ideas:

<https://growinghealthykids.co.uk/steps-creating-wildlife-garden-kids/>



Day 3 – Forest School Day



Maths and Literacy Activities:

Maths:

TASK: Outdoor Maths Challenge Cards

Today, you are going to take your maths learning outside.

Please look at the **maths challenges on pages 15 and 16.**

Choose a minimum of 2 challenge cards and enjoy completing them. They can be completed in your garden or during a walk.

Literacy:

TASK: Make a list, or write a set of instructions for the perfect forest school session.

Think about all of the things you enjoy most about forest school. e.g. *Building dens? Cooking food? Playing in the mud kitchen? Creating, making, building and constructing masterpieces?*

Can you write a set of instructions to create your perfect forest school?

Remember to read daily! 😊

Forest School Activities:

Free Choice!!

Choose from any of these activities and you could even get people at home to join in with you. You could start your day with a game of '1,2,3 Where Are You?' OR invent your own game!

Nature Photo Frames:

Can you make a nature photo frame and picture? Find materials to make the structure of your frame e.g. *sticks* and then create a picture or pattern on the inside.



Mud faces:

Many of you might have included in your instructions the need for lots of mud, as we all know...the muddier the better!

Can you make a mud face or even a mud portrait of somebody or an animal?



Whittling: Please check with your grown ups first!! 😊

First, gather some sticks. Then use an old potato peeler to whittle the bark from your sticks. Using felt tip pens/markers, decorate your sticks. Be creative...could you make a wand? A pen? Or something else?



Flower crowns and headdresses:

Find natural materials such as leaves, feathers, twigs and flowers and create your own crown or headdress. Consider how you might fasten it. Could you use string or natural materials to tie it together?



Day 4 – Celebration and Wellbeing Day



Celebration and Wellbeing Activities:

Well, here we are...the final day of term! If we were at school, there would be a chance for golden time, opportunities to play games, free-choice of artwork, we would have an assembly and enjoy watching a DVD (whilst munching on something tasty!). So today, I would like you to have a go at some of the activities listed below:

* **Assembly (reflection time):** Think about the good things that have happened since you have been in Class 4, including the fun things you have done at home during lockdown. Think about your friends and maybe write them a card or give them a call. Think about who has helped you with your home learning (your grown ups at home). I am sure that they would appreciate a card to show your thanks.

* **Tidying:** Help to tidy your home including your home-learning things. Maybe you could put all of the fabulous work that you have completed together in a folder. Look back and feel very proud of your efforts. You have done so well! Tidy your pens, pencils and desk if you have one. Maybe even tidy your bedroom!! 😊

* **Watch a DVD:** This is optional as the weather may be too good to stay indoors.

* **Be artistic:** Have a go at creating a seaside picture like this →



* **Have some well-deserved Golden Time**, but also give your **parents Golden Time!** They have had to be both parent and teacher to you over the last few months, so they definitely deserve a rest.

* **Do something that makes you HAPPY!** 😊

Optional - Wellbeing and Mindfulness activities:

Hopefully you'll be able to remember back to some of our PSHE lessons this year, where we discussed wellbeing and emotions that we may feel at different times in our life. As a class we came up with lots of emotions that people may feel and talked about how we could feel different emotions to our peers, and that this is ok. Have a look at the 'Positive Thoughts' PowerPoint on the Class webpage. We also spent some time discussing mindfulness activities and things that you can do to help you regulate your emotions. I have attached some optional sheets at the end of this document that you may wish to try or alternatively you could visit this website for mindfulness activities: <https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids> 😊 😊

Congratulations Class 4!! Not only have you reached the final day of home learning but you have also finished your learning in Class 4! You have been truly fantastic. Have a wonderful summer holiday and I can't wait to welcome you all back to school in September and spend the first week with you. Stay safe and have fun! Miss B x

A final message from Miss Brown...

Hello Class 4!

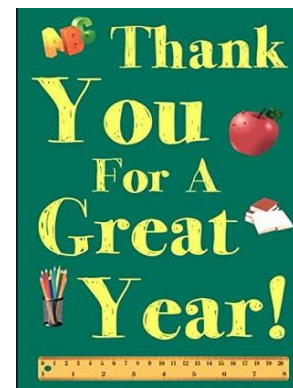
I hope that you are all ok and have had a good weekend. You will see that this week's learning timetable takes a different format to the rest. This is to celebrate how hard you have worked during this time. Each day there is a smaller-than-usual maths and literacy task and then lots of fun activities to do based on the focus for the day; sports, eco, forest school or celebration and wellbeing. I hope that you enjoy these learning tasks.

Well, what a year it has been! We couldn't have predicted anything like this but you have all adjusted to such unusual circumstances so well. You should be pleased with your achievements this year and proud of your home learning. It is now time to have a well-deserved break and energise yourselves ready for another fun-filled year of learning in Class 5 in September. A couple of things that will help prepare you for your learning journey into Upper Key Stage 2 are to continue reading regularly and developing your love of books and to keep your speedy knowledge of times tables facts 'ticking over'. You will see on this week's plan that I have included some wellbeing activities that you may also like to 'dip into' throughout the summer.

It has been a pleasure to teach you this year, Class 4. Continue to believe in yourself and keep on smiling!

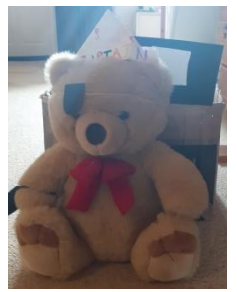
Wishing you a happy summer break 😊

Best wishes,
Miss Brown



Welcome to Captain Goldie!

Captain Goldie belongs to Heather. It is great to see that Heather has made use of her pirate hat that she made during our previous Zoom session. Thank you for sharing 😊



Vocabulary muddle task:

Sports Day

Unscramble the words below and write the answers on the lines.

- 1. rostp _____
- 2. geg dna onosp _____
- 3. askc ecar _____
- 4. ginkipps _____
- 5. serac _____
- 6. nirngun _____
- 7. lehrdus _____
- 8. gratet _____
- 9. owrth _____
- 10. yrlea _____
- 11. gonl pmuj _____
- 12. lnijeav _____

- 1. rostp **sport**
- 2. geg dna onosp **egg and spoon**
- 3. askc ecar **sack race**
- 4. ginkipps **skipping**
- 5. serac **aces**
- 6. nirngun **running**
- 7. lehrdus **hurdles**
- 8. gratet **target**
- 9. owrth **throw**
- 10. yrlea **relay**
- 11. gonl pmuj **long jump**
- 12. lnijeav **javelin**

Egg and Spoon Race

Description: Choose an area for your race. Balance an egg on a spoon and race! Don't drop your egg!

Equipment: Start and finish markers, egg and spoon for each person.



Balance

Description: How long can you hold a balance for? The person who can hold their balance the longest wins. You could try standing on something to make it more challenging.

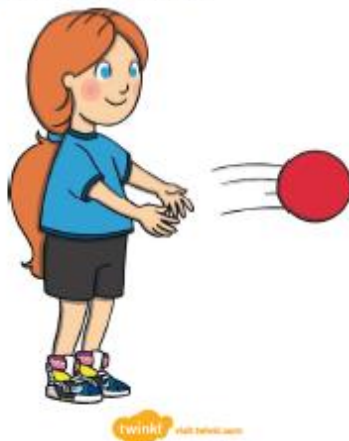
Equipment: None!



Ball Toss

Description: How many times can you throw a ball into a bucket in one minute?

Equipment: A ball or bean bag and bucket or target.



Standing Long Jump

Description: Stand with your legs together and jump. Who can jump the farthest?

Equipment: None!



Sit Ups

Description: How many sits up can you do in one minute?

Equipment: Something to lie on.



twinkl [visit twinkl.com](https://www.twinkl.com)

Over and Under

Description: Find something in your home you can go over and under in one minute!

Equipment ideas: Under the table, over a chair. A bamboo cane or long brush balanced on two chairs.



twinkl [visit twinkl.com](https://www.twinkl.com)

Water Race

Description: Fill a bowl with water, fill a cup and race to the other bowl or sink. Run back. How many cups of water can you get into a bowl in one minute?

Equipment: A cup for each person, a bowl of water and an empty bowl or sink.



twinkl [visit twinkl.com](https://www.twinkl.com)

Three-legged Race

Description: How many laps can you do in one minute? If there are enough people in your home have a race.

Equipment: A scarf or something suitable to tie your legs together.



twinkl [visit twinkl.com](https://www.twinkl.com)

Ball Catches

Description: How many times you can catch a ball in one minute. You could do this with a family member.

Equipment: A ball.



twinkl www.twinkl.com

Pillowcase Sack Race

Description: Have a sack race at home! Who can get to the finish first?

Equipment: Start and finish markers, a pillowcase for each person.



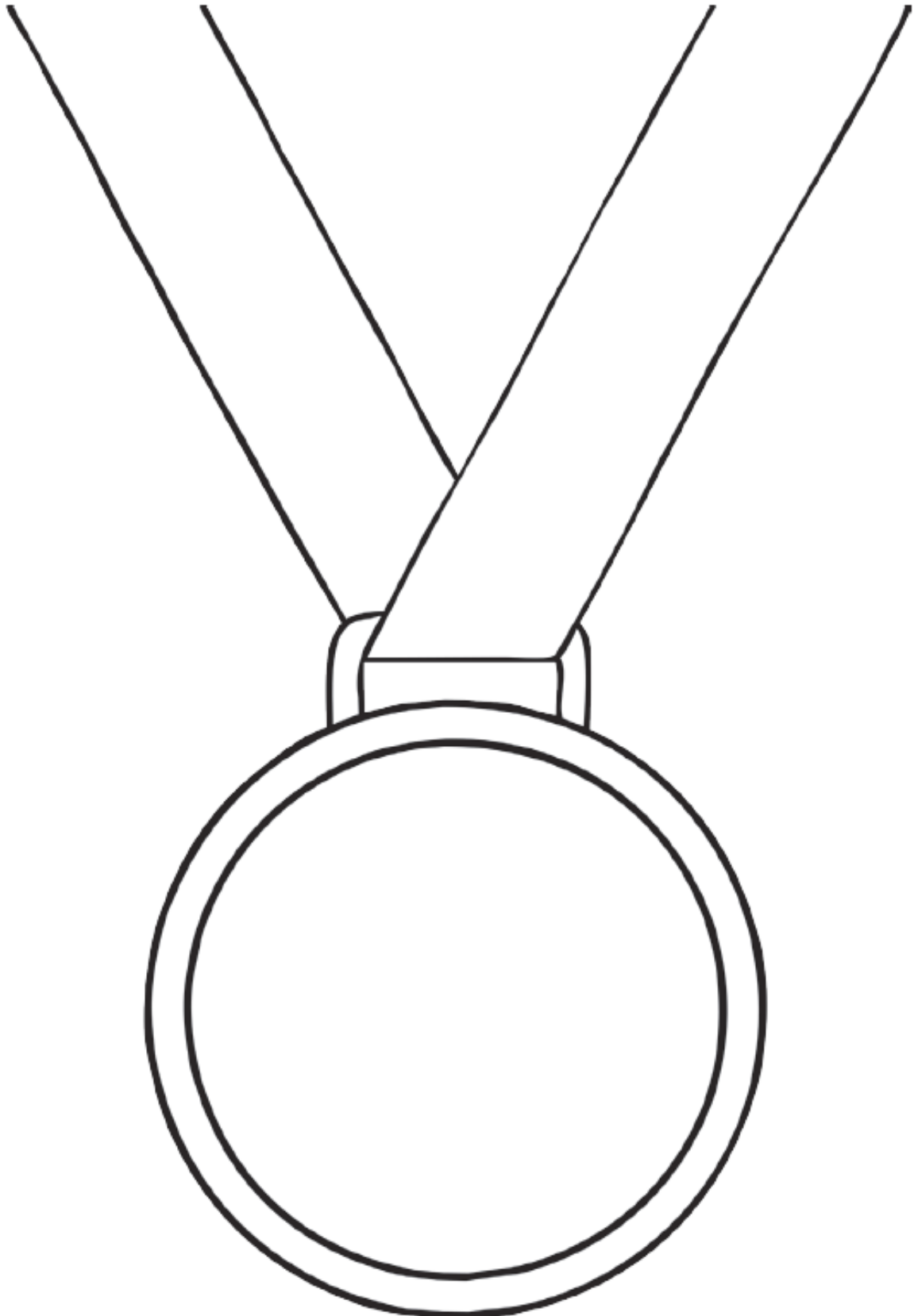
twinkl www.twinkl.com

- A- 5 Jumping Jacks
- B- 5 Jumping Jacks
- C- 10 jumps
- D- hop on your right foot
- E- hop on your left foot
- F- crab walk for 10 seconds
- G- do 5 sit ups
- H- 10 mountain climbers
- I- 5 push ups
- J- 30 second high knees
- K- kick your left foot as high as you can
- L- kick your right foot as high as you can
- M- 5 jumping jacks
- N- 10 jumps
- O- hop on your right foot
- P- hop on your left foot
- Q- do 5 sit ups
- R- do 10 mountain climbers
- S- crab walk for 10 seconds
- T- 5 push ups
- U- kick your right foot as high as you can
- V- kick your left foot as high as you can
- W- Run in place for 30 seconds
- X- run with high knees
- Y- 5 push ups
- Z- 5 sit ups

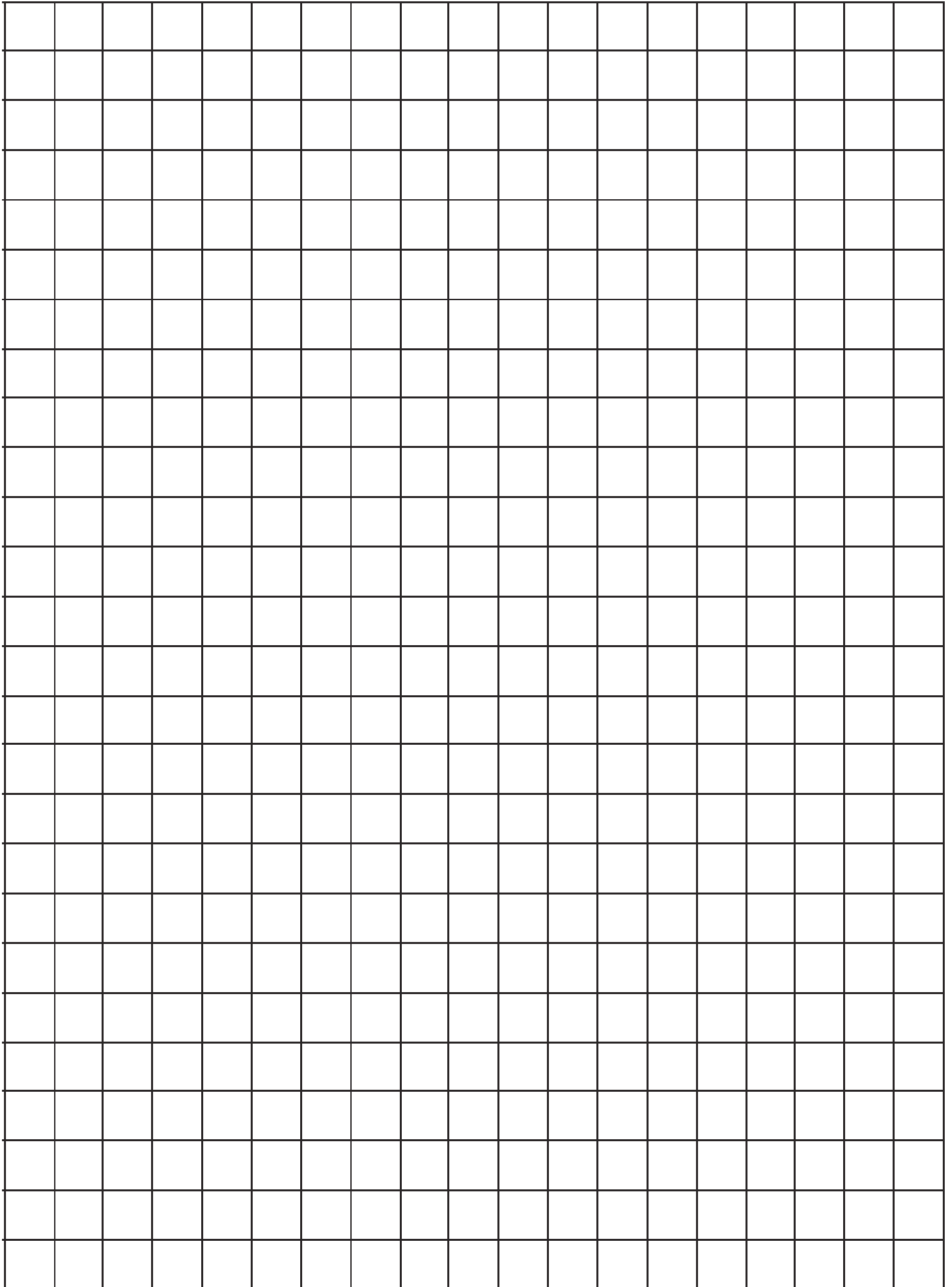
← Have a go at the 'alphabet fitness challenge'.

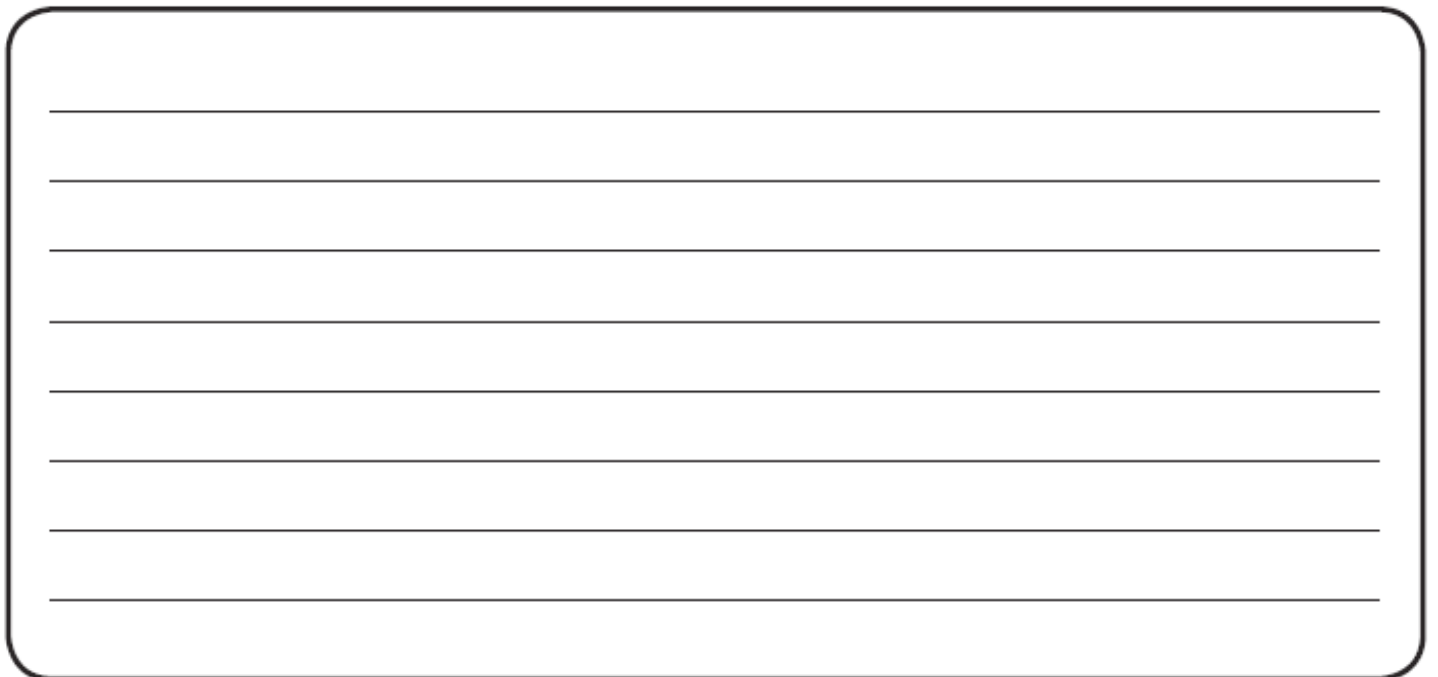
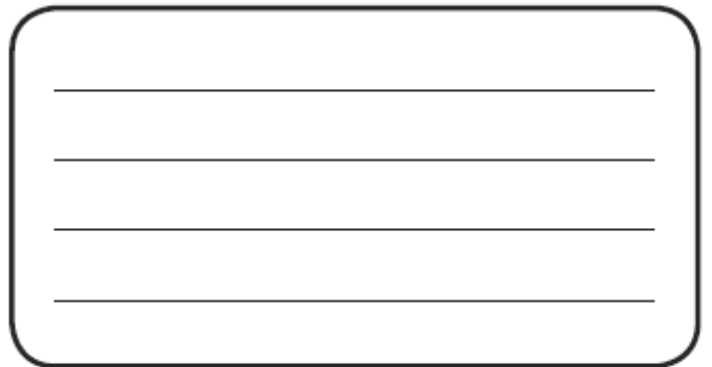
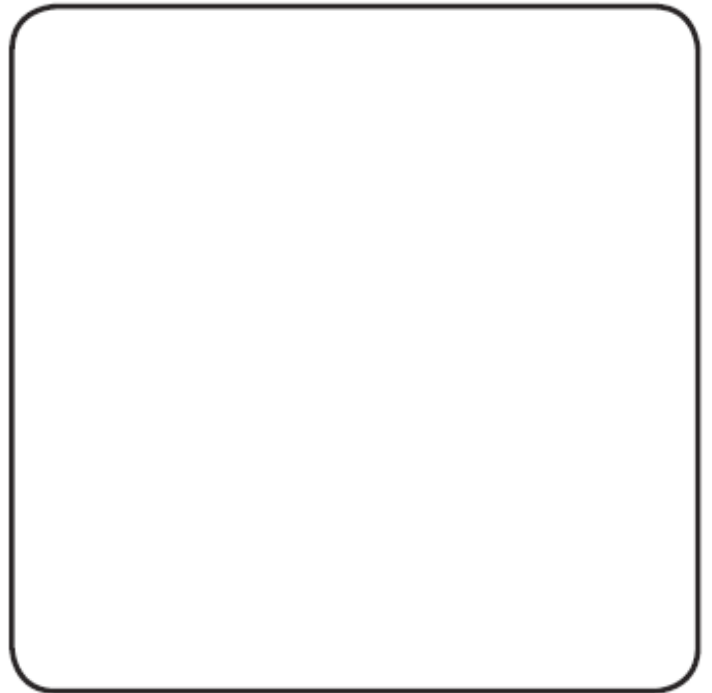
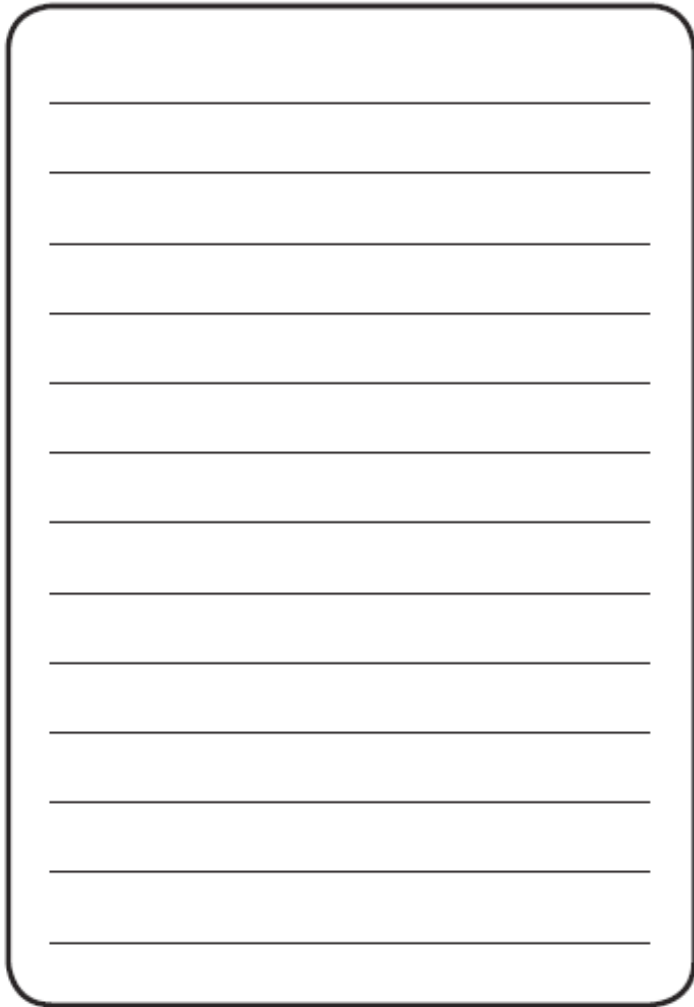
Sports Day Medal

Design a Sports Day medal. For what discipline will your medal be awarded? Winning?
Taking part? Good sportsmanship?



Squared paper for your bar chart to represent your findings.





This is an example. You can choose how you wish to present yours.

The Monarch Butterfly



This is a Monarch butterfly.

What are Monarch butterflies?

- They are a species of butterfly that live in North America and Canada.
- They have orange, black and white wings.
- They eat nectar from flowers

What are Monarch butterflies most known for?

- Every year, 300 million Monarch butterflies travel (migrate) from North America and Canada, to a forest in Mexico.
- They travel 2000 miles! - That is a very long way!



Monarch butterflies migrating from North America to Mexico.

Why do they migrate?

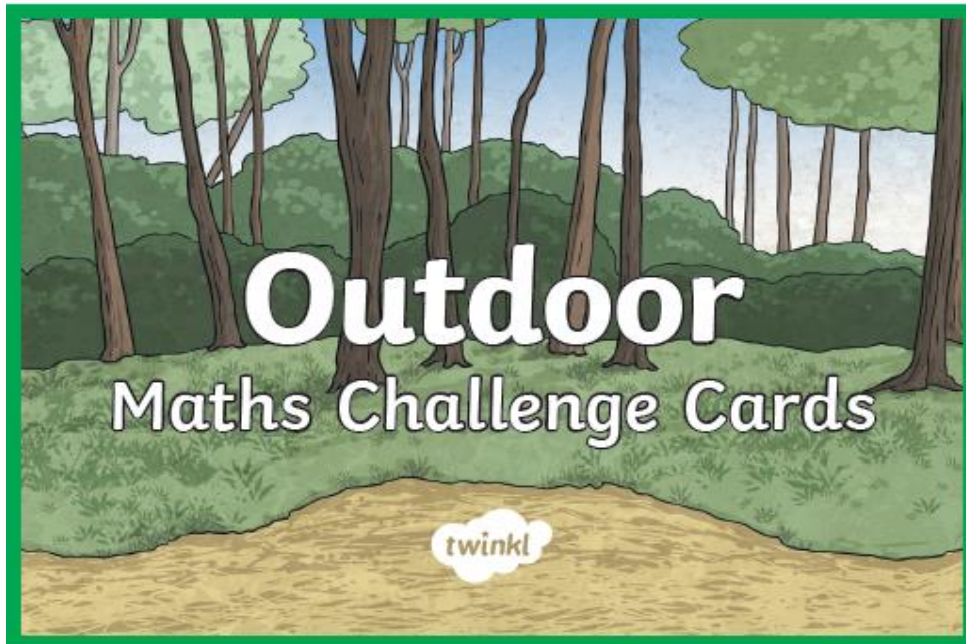
- They travel to Mexico to hibernate through the winter months.



This Monarch butterfly is shivering to warm up!

A fun fact about Monarch butterflies

- Monarch butterflies cannot fly if their body temperature is less than 30°C. They have to sit in the sun or shiver until they warm up!



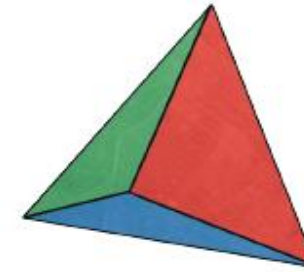
Outdoor Maths Challenge Cards

Shape

Collect a range of twigs.

Build a pyramid with your sticks.

Can you make it stand up completely by itself?



1

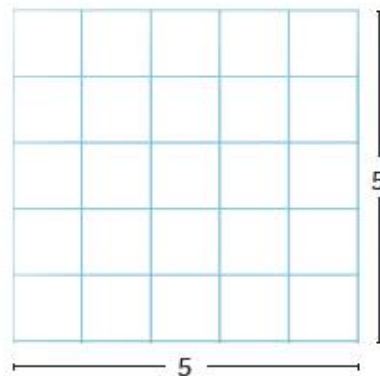
Outdoor Maths Challenge Cards

Calculating area

Measure all of the boundaries of your Forest School site.

Calculate its area.

Your site may be square, rectangular or another shape. What different calculations might you need to use to calculate the site's area?



$$5 \times 5 = 25$$

$$5^2 = 25$$

2

Outdoor Maths Challenge Cards

Estimation

Look around your Forest School site for something that there is a lot of, e.g. flowers, plants, grass.

Mark a small square area and try to estimate how many of that item are in the square.

Extension

Increase the square area to a larger one and estimate how many of the item are in the square now.



3

4

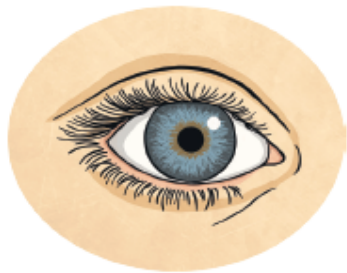
Outdoor Maths Challenge Cards

Patterns

Look around your Forest School site. Try to look at it with 'new eyes'.

Can you find any patterns?

Does it have any particular characteristics? What are they?



5

Outdoor Maths Challenge Cards

Angles

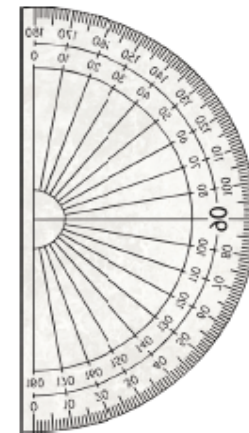
Make a Forest School clinometer using a straight stick, protractor, string and a weight.

Find an object that is high up.

Stand a measured distance from what you are measuring, e.g. 10m.

Measure the angle to the top of the object that you are measuring.

Draw a scaled drawing to calculate the object's height. Don't forget to include the height at which you held the clinometer.



6

Outdoor Maths Challenge Cards

Shape

How many different 2D Shapes can you identify in your Forest School site?

Can you identify 3D shapes too?



7

Outdoor Maths Challenge Cards

Position

Find a partner to work with.

Choose an object that is at another area in your Forest School Site.

Direct your partner to the other area, with their eyes closed.

Use the directions: left, right, forwards, turn, stop.

Work out the best way to direct your partner but ensure that your partner remains safe at all times.

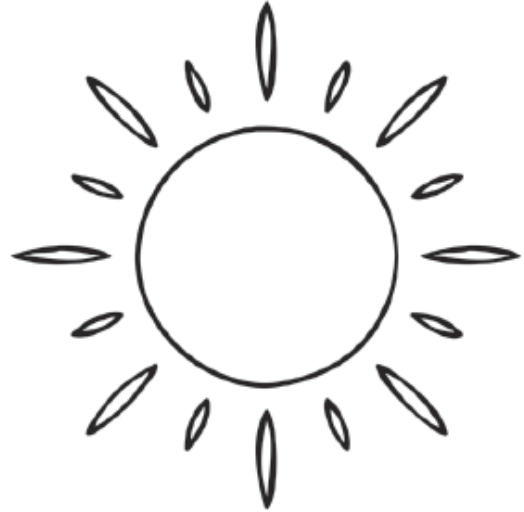
Extension

What other positional language can you use to direct your partner? Did you have to use other words too?

Positive Thinking

Look on the Bright Side

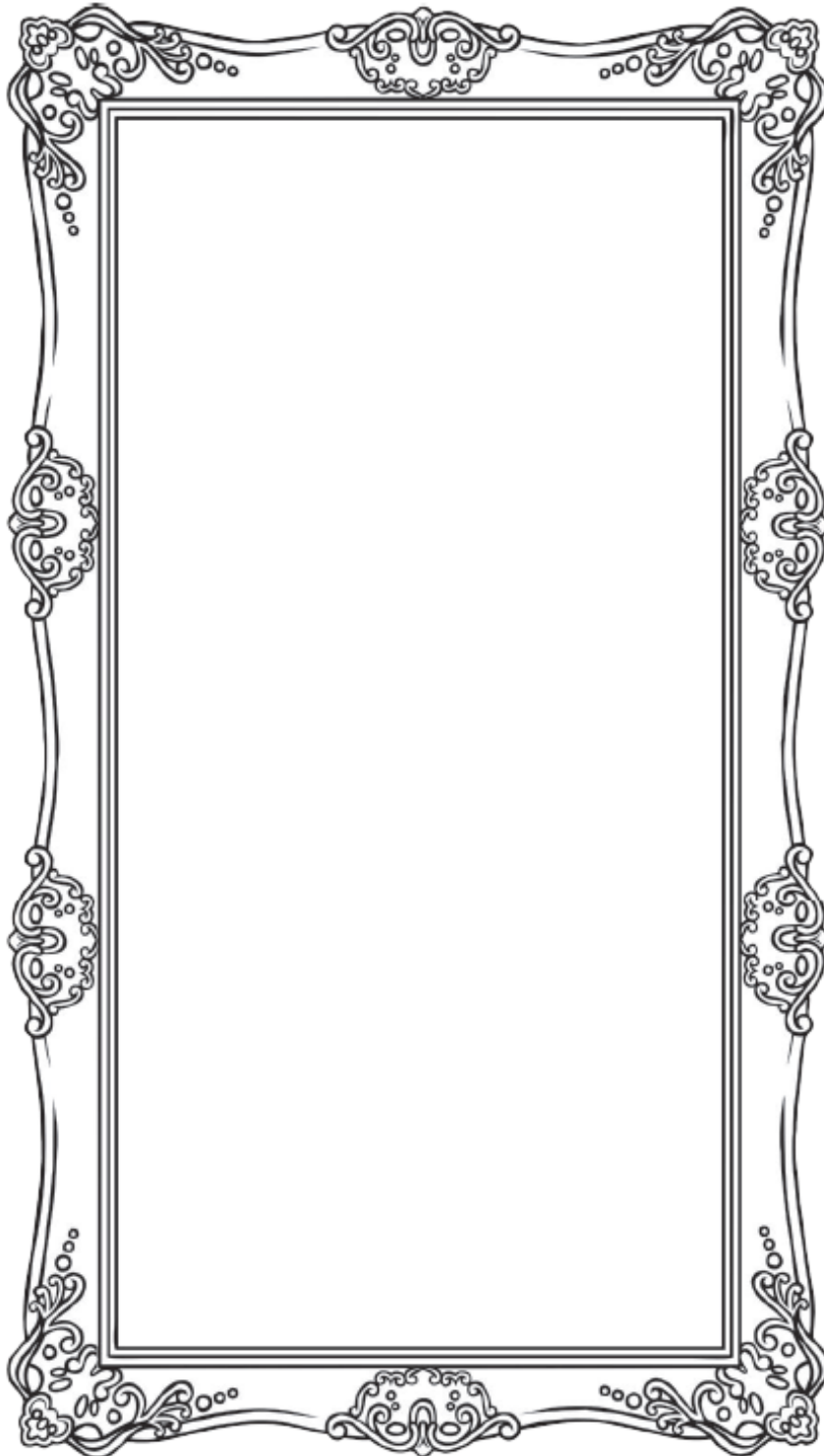
People with a positive attitude are said to 'look on the bright side'. Draw a picture of a happy you in the sunshine, using bright colours.



Think Positive

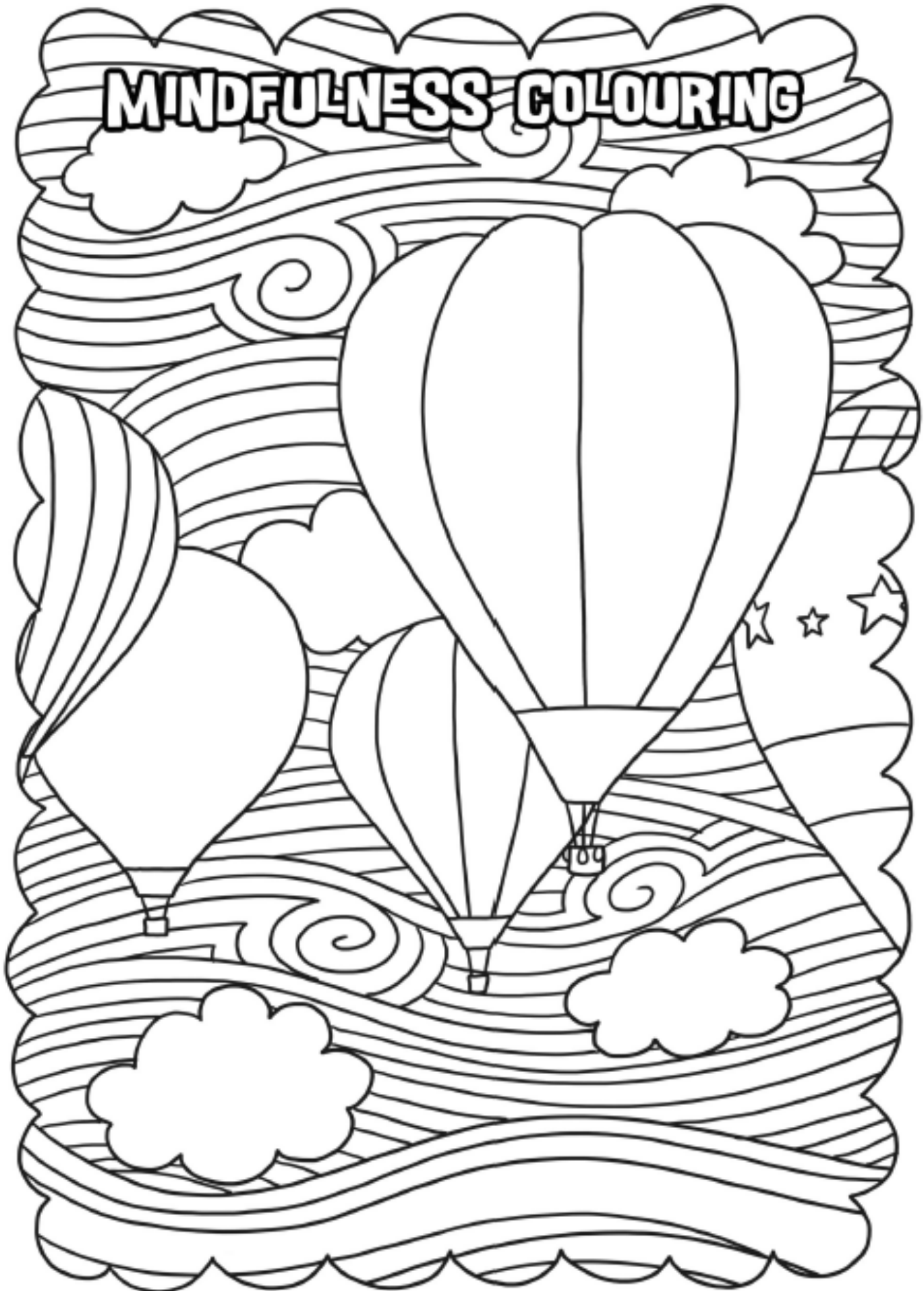
Super Me!

We are all unique and special. In fact, we are super! In the picture frame, draw yourself wearing a superhero costume and add some words to describe super you.





MINDFULNESS COLOURING



MINDFULNESS COLOURING

