



NEWBRIDGE PRIMARY SCHOOL

EASTER ACTIVITIES TO HELP KEEP YOU HEALTHY, CREATIVE AND ACTIVE

Music ideas for while you are at home

I just thought I'd mention the BBC 10 pieces as a great resource. Google BBC ten pieces < what are you looking for < all resources

There are 40 pieces in all so plenty to choose from. You can:

- Watch and listen to
- Play along with (especially good fun for instrumentalists)
- Follow lesson plans and teach yourself about the music and the composer
- Look out for added bonus material
- Make up your own music based on the original idea then record it and send it to the BBC



Let me know which ones you like the most and why.

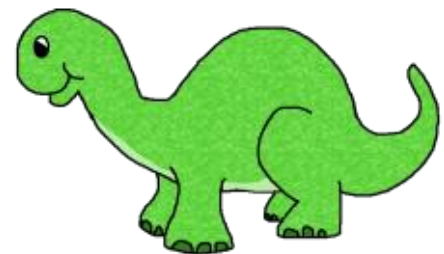
Have fun and keep up your music.

Mrs Houston

Art activities

Early Years and Key Stage 1

1. Draw a picture of a magical world. Who lives there? What is different from our world? Think about what is in the front of your picture and what is in the background. Are there also things in the sky? Can you create creatures that are totally different from real ones. When you colour it think carefully about using really unusual colours.
2. Make a card for someone in your family that you are not able to see at the moment... maybe a grandparent? Make your card as bright and cheerful as possible. It could have flowers on it or a picture of you in really bright clothes with a big smile on your face. When you have done it write them a lovely message on the inside.
3. Draw a family of dinosaurs. Each dinosaur can be different. What do they look like?
 - Do they have long necks?
 - Are they fat or thin?
 - Are their heads big or small? Do they have sharp teeth?
 - Do they have spikes?
 - Do they have claws?
 - Do they look friendly or mean?
 - What colours are they?
 - Do they look friendly or mean?
 - What colours are they?



When you have drawn and coloured them make up names for them all.

Key Stage 1 and Key Stage 2:

1. Create a character, not a human but some sort of simple animal (eg. a bug, a shrimp, an any, a ladybird, a woodlouse). This character will be an evil villain who wants to take over the world. Draw a cartoon strip showing the story of how it tries to fulfil its dreams.

Key Stage 2

1. 'Still Life in the Kitchen'

Ask if you can have between 3 and 5 objects of various colours from the kitchen (eg. A banana, a mug, a red pepper, a wooden spoon and a bottle). Place them in a group on the table.

Sketch them very lightly at first, trying to get the basic shape right, and then draw them with stronger lines.

Now choose...do you want to shade your picture with pencil, or colour it with coloured pencils or felt-tips or, perhaps, you'd like to paint it.

Extension:

When you shade or colour it try to show the light and shade that you see on each object and as shadow between them.

2. New Kit Design

Imagine that Newbridge Primary School has asked you to design a new kit to wear to represent the school in football or tag rugby or netball. You need to do a design for top, shorts and socks.

Try designing this kit. You might want to experiment with some quick rough designs first and get your family to comment on them. Things to decide:

- What colour/colours is the kit?
- Does it have a badge?
- Does it have a sponsor's name on it?
- What sort of collar does the top have? (round neck/v-neck/button up/zip collar?)
- What other distinctive designs does it have? (2-tone stripes/images/patterns?)

When you are happy with your ideas do a neat copy design and colour it carefully.

Extension:

As well as designing the front of the kit you could design the back as well.

3. Big Head Portraits

Draw a big portrait (at least A4 size) of each of the people in your household. Make sure they sit still for you so you can look at them carefully. Remember all the things you've been taught about drawing faces.

When you've finished your drawings colour them in a totally unrealistic ways (e.g. green skin with red polka dots, hair decorated with pink and purple zig-zags, blue and green striped lips... you get the idea!) . Get your parents/carers to display them in the house when they are done!

Healthy Mind and Body: physical activities and creative ideas

Dance, Movement, Fitness, Fun, Learning

BBC SuperMovers

Fun dance/movement videos with some of your favourite CBeebies/CBBC and other well-known characters.

<https://www.bbc.co.uk/teach/supermovers>

<https://www.bbc.co.uk/teach/supermovers/times-table-collection/z4vv6v4>

GoNoodle

www.gonoodle.com Fun dance moves and active games online. Free to subscribe – tons of fun activities which the children will be familiar with, as many schools use this site for brain breaks and wet play.

Why not learn (or improve) a skill; 'My Personal Best'

There are lots of online video tutorials; why not learn to Hula-hoop, Juggle (2, 3 or more balls/objects), do Keepy-uppys (football or other ball/object), Skipping challenges



Try and improve your personal best. Practice a little every day.

Can you keep going for 1, 20, 30 seconds? How many can you do in 10, 30, 60 seconds?

School Games Challenges

These games/challenges could be adapted for all the family to play and with the equipment you have available

<https://www.yourschoolgames.com/app/play-formats/11/> Spot Bucket Hoop

<https://www.yourschoolgames.com/app/play-formats/4/> Keepy Uppy

<https://www.yourschoolgames.com/app/play-formats/50/> Reaction Challenge

<https://www.yourschoolgames.com/app/play-formats/51/> Rebound

<https://www.yourschoolgames.com/app/play-formats/8/> Scavenger Hunt

Garden Games

These are just a few suggestions of games that could be played in the garden. You can find lots of catching games and challenges online.



Garden Boule



Catching games



Frisbee catch

Joe Wicks 'The Body Coach' workouts on you tube – *He has some brilliant sessions aimed at children and safe for all the family*

<https://www.youtube.com/watch?v=0xE3CpbVeA>

https://www.youtube.com/watch?v=TUp2_VAHrl

<https://www.youtube.com/watch?v=xLHA5g-82vY>

Physical activity score card – Keeping everyone active

Activity	Picture of how do the activity	Score	Score	Score	Score	Score	Score
Press up How many press ups can you do in a row without stopping? (choose your level)	<p>Easy Hard</p>						
Burpees How many burpees can you do in a row?							
Sit ups How many sit ups can you do in a minute							
Skipping with a rope how many skips can you do in a minute							
Wall sits easy how long can you sit against the wall, without moving	<p>Easy. Hard</p>						
Plank Can you hold the plank 30 seconds easy 40 seconds medium 60 seconds hard							
Squats Choose a level Easy – 30 seconds Medium – 45 seconds Hard – 60 seconds							
Scissor kicks Choose one of the levels for the scissor kicks; Easy – 20 seconds Medium – 40 seconds Hard – 1 minute							
Lunges Easy – 30 seconds Medium – 45 seconds Hard – 60 seconds							
Spiderman plank Easy – 30 seconds Medium – 45 seconds Hard – 60 seconds							
Side lunges Easy – 30 seconds Medium – 45 seconds Hard – 60 seconds							

More physical activities to try at home

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

Sport England have produced tons of resources to help keep you active, over this time of isolation

NHS 10 minute workouts

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

Set an Indoor scavenger hunt

Find the following items in your house. Use a phone or tablet to take pictures of the following items. How quickly can you find all the items?

1. Something beginning with the letter C
2. Something red
3. A family photo
4. A spoon
5. A picture of someone doing a yoga pose
6. Happy faces
7. Something beginning with the letter O
8. Something that makes a noise when shaken
9. Something beginning with R
10. Something soft
11. Something white
12. Something with two hands and a face but has no arms or legs
13. A group balance, where all of you are touching each other, no one can do the same balance
14. Someone doing the floss
15. Something plastic
16. Something hard

Set some Personal challenges!

Stork balance



How long can you balance on one leg.

Now do the do the same balance but close your eyes.

Can you beat your score? Who in the family can hold this balance the longest?

Plank challenge

Who can hold the following plank poses for the longest?



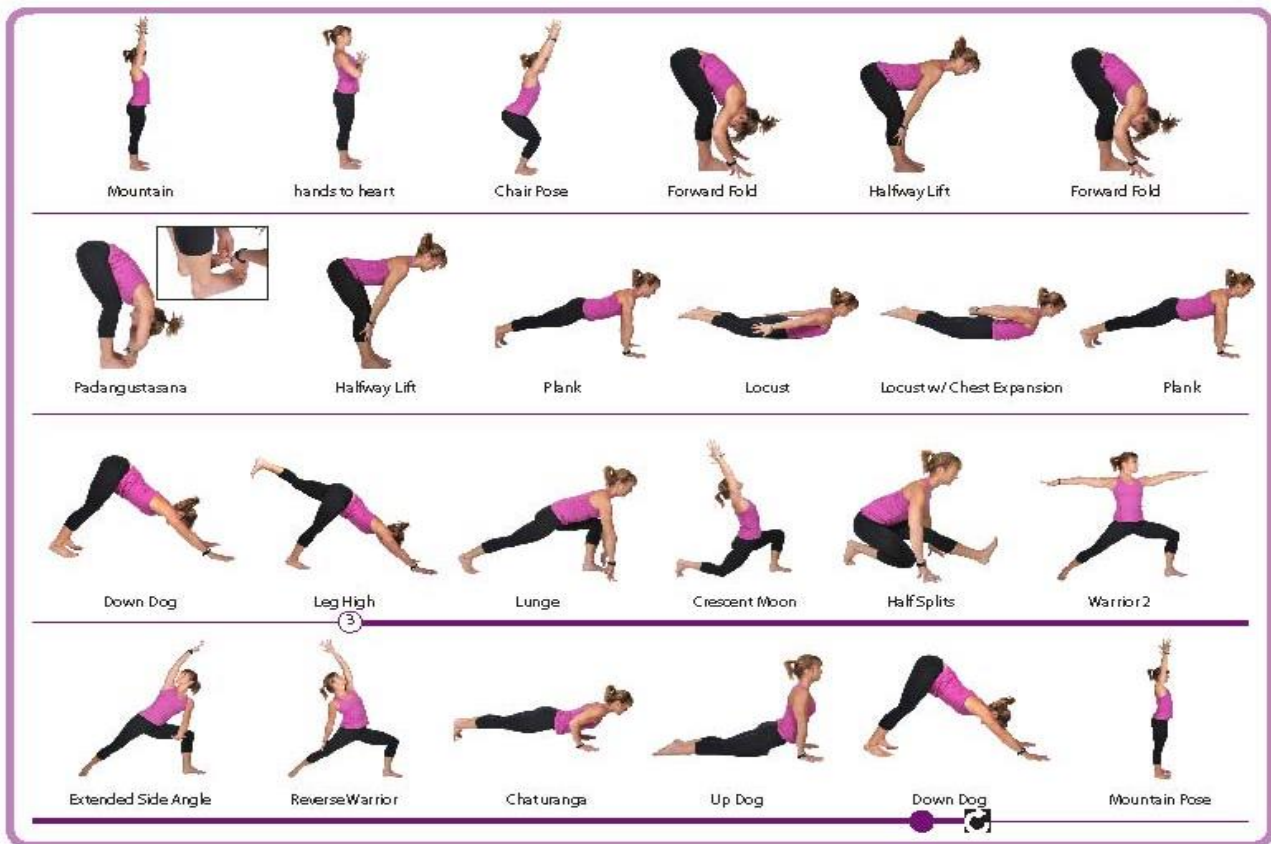
Football Keep ups & Freestyle challenges

<https://www.youtube.com/watch?v=vnfg1u7tX5o>

<https://www.youtube.com/watch?v=J3-h3MV0yNw>

Yoga exercises

Try holding these yoga poses. If you like these poses below, try finding more on line.



There are some great resources online too:

<https://www.unicefkidpower.org/fun-sports-activities-games-resources-kids/>

<https://www.sportsrec.com/5185418/indoor-sports-activities-for-kids>

<https://kids.guinnessworldrecords.com/activities/try-this-at-home-backyard>

<https://www.verywellfamily.com/active-play-4157315>

<https://www.homeschooling-ideas.com/kids-sports-activities.html>

<https://www.homeschooling-ideas.com/homeschool-pe.html>

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

Creative Minds

Illustration tutorial: Rob Biddulph

Rob Biddulph is a children's author and illustrator. Rob is posting daily online tutorials for children (and adults) to learn how to draw some of his favourite characters, including Gregasuras and Sausage Dog.

<http://www.robbiddulph.com/draw-with-rob>

Junior Bake Off

Fun recipes and challenges

<https://www.bbc.co.uk/cbbc/shows/junior-bake-off>

Horrible Histories

Do you know The Monarchs' Song from start to finish?

Horrible Histories superfans often brag about knowing 'The Monarchs' Song' off by heart... well, now is your time to prove it! How many tries will it take you to get all the way to Queen Elizabeth II?

<https://www.bbc.co.uk/cbbc/quizzes/the-monarchs-song-kings-and-queens-quiz>

Wildlife Challenge: How many different birds can you spot and identify in the garden?

Can you spot any birds (or wildlife) that you have never seen before?

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>

Garden Minibeast Hunt: How many can you find and identify?

<https://www.woodlandtrust.org.uk/blog/2019/04/minibeast-hunt/>

100 Best Books to read before you're 14: books for all ages

<https://www.booktrust.org.uk/books-and-reading/our-recommendations/100-best-books/>



Art and Craft Home Learning Egg Box Challenge

What can I make with an egg box?

Task 1:

Have a think about what you could make with your box. Share some ideas on paper and label your diagrams. Come up with a final design. colour and label. List the items you need to make it and go and find them.

Task 2:

Make your creation. Have fun!

You will need these basic items

Egg box
Sellotape/glue
Paint/pens
Card/cereal box

Here are some ideas of the things you could make:

Easter egg
Monster
Fire engine
Spider
Penguin



To make the penguin:

Firstly, cut out two egg sections from a carton and turn one upside down. Add tape to the back to hold the two halves together. Next paint a white tummy. Once dry, paint the rest of the penguin black. From orange card, cut out two feet and stick to the bottom. Cut out a diamond for the mouth and fold in half to make a beak. Add some googly eyes (or cut some out of paper or card) and add black eye balls. Finally, stick them on to finish your penguin.

TIPS: If you do not have orange, you could use paper/card and colour with felt tip or paint. You could use an old cereal box for card.

Let your penguin dry each time before doing the next part. Whilst drying you can make the feet, eyes and beak.

You can make quite a few creatures using this basic shape including monsters.



A single shell (turned upside down) can make a bee, ladybird, spider etc.



Whole boxes can make dumper trucks, fire engines and crocodiles etc.



You can also use the cone part of the box to make things too.



Other ideas to try...

