

Discovery Focus



Random Acts of Wildness

Sign up for the Wildlife Trust's 30 Days Wild challenge and do one wild thing a day throughout the whole month of June: for your health, wellbeing and for the planet.

<https://action.wildlifetrusts.org/page/57739/petition/1>

Random Act of Wildness

01

Feel the wild between your toes

Squeech your toes in grass, sand or mud



Random Act of Wildness

02

Look up at the clouds

What shapes can you see?



Random Act of Wildness

03

Find a creepy crawly

Be gentle. Get close and watch the way it moves



Current Affairs

Watch CBBC Newsround and explore the Newsround website to keep up with the latest news!

<https://www.bbc.co.uk/newsround>



Connect 4

Have a go at this physical activity Connect 4 game! There's a bigger version on the next page. Who will be the champion?!

Physical Activity **4** Connecting families through physical activity
Connect #StayHomeStayActive

Complete P.E.

YOUTH SPORT TRUST

25

Believing in every child's future

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 game of tables	Find 5 weeds 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 Bounces 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.



Music

Each week, we will upload lessons sent by Mr Shepherd as part of your Music Sound Start program you would normally get in school.

The files and videos are available here:

<https://drive.google.com/drive/folders/1XqJWq08wxEg8UEdgWkvX2Nv5WVxOlP3F>



There are also activities on Charanga Yumu here:

<http://www.croydonmusicandarts-soundworks.co.uk/yumu/login>

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

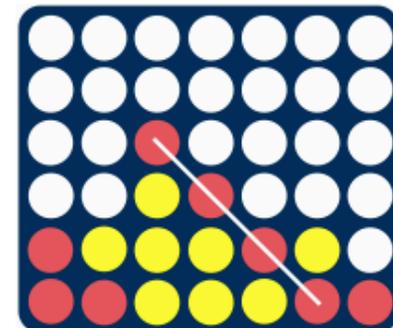
Perform
25 **star
jumps**

**Speed
bounce**
for 60
seconds

**Hop /
Lift Knee**
for 60
seconds

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Here is your distance learning menu of activities. I have included our current home learning menu as you may have some left to try. If you have a great idea and do something that isn't on the menu, send it to me too and I will add it to your points! This menu will stay up on the website and you can pick and choose when you do them. If you have any questions, or when you have completed your work, email me at: Beech@newvalleyprimary.com



2 Points	4 Points	6 Points	8 Points	10 Points
<p>Complete a Duolingo language lesson (Google 'Duolingo' to set up a free account).</p>  <p>duolingo</p>	 <p>Write a thank you letter to someone you appreciate. If you can't give it to them, try and send them a photo of it! I'm sure it will make their day.</p>	<p>Using things you can find at home, create some potions! Which materials dissolve? Which materials don't? Can you get the materials back to their original form? How?</p>	<p>Create a review of a book you are reading, program you are watching or album you are listening to. Who would you recommend it to, why? What do you like about it?</p>	<p>Plan a 15-30 minute PE workout/game that would help keep you fit and healthy...and then do it! Get your family involved too...</p> 
<p>Write a list of things you would like to get out of this time at home. It might be a hobby or skill you would like to learn, or promises of things you could do to help your family.</p>	<p>Explore reversible (e.g. making ice cubes) and irreversible (e.g. toasting toast) changes. How many examples can you find at home?</p>	<p>Can you create a musical instrument using things you can find at home? Do you have your school brass instrument at home? Practise using online tutorials!</p>	<p>Design something using Tinkercad. Explore the 'learn' section to develop your skills and get some inspiration. If you have forgotten your password – ask me!</p>	<p>Could you be creative with objects available in your house e.g. balloon and spatula tennis?</p>
<p>Do something creative! Doodle, draw, paint, create a model of something...</p> 	<p>You are likely to be spending a lot more time online over the next few weeks. Sit down with your trusted adult and write a list of 'ground rules' for keeping safe and healthy when using technology.</p>	<p>Creative an indoor obstacle course. Who out of your family can complete it quickest? Use a timer to measure and compare your times. What was the difference between the longest / shortest time?</p>	 <p>Become a news reporter and research some 'good news'. What exciting, funny or heartwarming things are happening around the world that will put a smile on people's faces?</p>	<p>Create your own podcast about something that interests you. Record it, if you can, or write the script. I can't wait to hear them!</p> 

2 Points	4 Points	6 Points	8 Points	10 Points
<p>Ask someone at home to give you a quick fire multiplication and division times tables test. You could even compete against one of your family members.</p>	<p>Research different methods of seed dispersal in plants.</p> 	<p>Make a revision poster about one of the units we have looked at in maths.</p>	<p>Internet safety day is coming up. Create a poster with some top tips on how to stay safe online.</p>	<p>Design and make a healthy snack that we could eat at snack time. Remember, no nuts!</p>
<p>Create a timeline to show when the Victorian period of history was.</p>	<p>Can you find out 10 words or phrases in Spanish? Write down the English translations. You could draw a comic strip to show how to start a conversation in Spanish!</p>	<p>Create a word search with hidden scientific words relating to the topic of life cycles.</p>	<p>Research Victorian toys. Could you create your own toy? We can give them to our Reception book buddies!</p>	<p>Many vegetable leftovers can be regrown into new plants using just water. Have a go at experimenting with your food scraps to find out what will regrow!</p> 
<p>Create a maths word problem for someone to solve. Write the solution upside down below it!</p>	<p>Go outside for a walk in nature or sit and have a go at doing 'mind time'. What differences do you notice in your body and mind?</p>	<p>Draw and label an invention that was created in the Victorian times.</p>	<p>Draw and label the life cycle of a mammal, amphibian, insect or bird. What are the differences between their life cycles?</p>	
<p>Find out at least 5 facts about what life was like for children in the Victorian times.</p>	<p>What was the industrial revolution? What impact did it have on the UK?</p> 	<p>How can you keep your mind and body healthy? Present your thoughts in any way you like! It could be a comic strip, a poster...</p>	<p>Write a diary entry in role as a Victorian child.</p> 	<p>Create an illustrated story book to give to your Reception book buddy.</p> 