**East Stour Learning Activities** **w.b 19/04/21**

**Things to practice/do every day: Reading, exercise, phonics/spellings, times tables, number bonds.**

**This week’s activities have a ‘Kings and Queens’ theme**

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|  | **English** | **Maths** | **Topic** | **Daily Challenge** |
| **Monday** | Listen to the story of ‘The Queen’s Handbag’ by Steve Antony.  <https://www.youtube.com/watch?v=YNFhazQY708>  Make a list of all the movement words from this story – all the different ways the Queen went from place to place.  Then add some more of your own to the list. You could use a thesaurus (book or online) to help you. | Get a pack of cards out, shuffle them and place them face down in the middle.  Each person turns over a card and add its value to their running total. First person to reach 100 without going over wins!  (use these values: Jack-11, Queen-12, King-13, Ace-0.)  Remove picture cards and higher numbers for younger players and set a lower target – 10, 20 or 50. | Lion King - dance with Nala and Simba  How to play…  1 Start playing some music or put the radio on.  https://digitalcampaignsstorage.blob.core.windows.net/change4life/production/content_module/image/5243/d9d3e6d6c06b71b93abe629ecc479618.png  2 Take 2 sideways steps right and tap the toes of your left foot on the ground in time with the music. Then do the same to the left.  https://digitalcampaignsstorage.blob.core.windows.net/change4life/production/content_module/image/5244/add1d385042e5e52d81dcf97aa09741e.png  3 Now add some arm moves! As you step each way, wave your arms side to side above your head!  https://digitalcampaignsstorage.blob.core.windows.net/change4life/production/content_module/image/5245/329c6a683ab89c430ed5f95497adbb91.png  4 Finally, after your 2 steps in each direction, do a special dance move. Try a star jump, dabbing, flossing or swivelling your hips like you have a hula hoop. It can be anything – make the most of your agility!  https://digitalcampaignsstorage.blob.core.windows.net/change4life/production/content_module/image/5247/ec27cae0fd6a3bf10350aec6b1710beb.png  5 See if you can keep dancing for 10 minutes. | Be mindful – you could do every day to have a calm time focusing on your breathing and your thinking.  Sit down or lie down.  First take a take a deep breath in and breathe it out slowly – repeat 5 times. Get completely quiet and calm.  Mindful steps – 10 minutes  This activity is best completed outdoors and if suitable, you may like to walk barefoot.  Selects a small area where you can walk in a line for about 5 or 6 steps and back.  Begin this practice with three deep breaths.  Take 5 or 6 steps in one direction, turn slowly and then take 5 or 6 steps back to where you started.  While walking, answer these questions in your head –  What does the ground feel like under your feet?  Which part of your foot touches the ground first when you take a step?  Does your body feel heavy or light today?  Are you slouching when you walk?  Or, is your back up quite straight?  Try not to change the way you walk, but instead just notice how your body naturally moves. |
| **Tuesday** | The Queen zooms off to all sorts of places in the country, chasing the swan who has stolen her handbag.  Think of some other places the Queen could go in this country. Say how she would get there (run, walk , hop, fly , drive….) and what she would see/  What would she see if she came to Ashford?  What about Folkestone, Canter bury or Dover?  Somewhere by the seaside?  Somewhere with a football stadium?  Somewhere with a bridge?  A shopping centre?  A theme park? | Remove the tens and picture cards from a pack of cards.  Deal three cards to each player – they do not show their cards to anyone.  Each player secretly decides the highest three-digit number they can make.  Then, each player has a turn to stick with the cards they have, swap with one from the deck, or steal one of the other player’s.  All players then lay down their best number to see who wins.  You could make H T O grids on A4 paper to lay the cards on.  Easier – use only TO  Harder – use 4 or 5 digits  TTH TH H T O or  use decimals –  TO . 1/10  Or O. 1/10, 1/100  If on your own - take 3 cards each time and make the highest 3 digit number you can and the lowest you can each time. | Find out about Henry VIII.  How many wives did he have?  What happened to them?  How long ago did he live?  What changes did he make to this country? | Make a kindness crown.  Design a crown - use card, colours, stick on jewels, glitter, sequins, - whatever you have.  Each day award the kindness crown to someone at your home – the one who has done the most kind things or the kindest thing in the day. |
| **Wednesday** | A sneaky swan swooped – is a great example of alliteration when each word starts with the same letter.  Think back to your movement words that you found on Monday.  See if you can use an adjective, noun and the movement verb to make up some alliterations  Eg. Rode  A rotten rat rode  A revolting rodent rode  Drove  A daring dragon drove | **Closest To** Remove the 10s and picture cards – Ace is 1. Starting with two digit numbers, deal out two cards per player. Each player takes the cards in their hand and rearranges the digits to create a number that is closest to 50. The players show each other their hands and the player who is closest to 50 wins the set of all of the players’ cards. Deal another two cards to each player and keep going until the deck is exhausted. The player with the most number of sets at the end of the game wins.  Change it up:  Easier target 20 Do it for three digit numbers: Deal out three cards to each player on each turn and players are trying to create numbers closest to 500. Four digit numbers: Deal out for cards to each player and the target number is 5000. Go as high as you can!  Change it up again: Pick different target numbers rather than 50, 500, 5000, etc. Try unusual numbers, such as 92, or 348, or 6,381.  Or use cards to make number bonds to 10 or 20. | Look for a portrait of Henry VIII online or in a book it you have one.  If you prefer choose another King or Queen from our history.  Look carefully at the style of clothes they are wearing.  Think about what is different and what is the same as today?  Re-create the portrait and colour it any way you like – pencil crayons, felts, paint, pastels or collage. | Make as many different faces that you can using things that you find around your house. Try to make the four basic emotions - happy, sad, angry and worried.  For example out of  fruit and veg  Lego  Clothes  Socks  Shoes  Paper and card  Try to give your faces a crown or a tiara to show they are kings and queens. Even kings and queens get sad, cross and worried! |
| **Thursday** | Imagine you could be King or Queen for a day.  Write about your day and say what you would do on your day in charge.  What would you do?  What would you eat?  What clothes would you wear?  Would you pass any new laws?  Would you get rid of any old laws?  What would you buy?  What places would you visit – and how would you get there?  Who would you choose to come and spend the day with you? | What is the greatest number of squares you can make by overlapping three squares of the same size?  3 squares  Cut out squares to help you or there is an online tool to help you move the squares at  https://nrich.maths.org/143 | Make a model of a home for a king or queen.  It could be a castle or a palace. Perhaps a tower or huge mansion!  Collect together any junk materials you have around or lego or other building items and make a residence fit for a king or queen. | Look at the sky in the day and watch the clouds. Can you spot different patterns? Draw a picture of the clouds or imagine that you can see pictures in the different shapes.  If it is cloudy and raining, find some puddles to look in and stamp in (wellies on first though).  If it is just a grey day with a cloudy sky, look for some brightness in the world – like flowers and birds. |
| **Friday** | Make as many words as you can from the words  Buckingham Place  EG  Ham  Ace  in | Practise your addition number bonds or times tables using the games on Top Marks.  Choose your age group and then choose the topic – counting, addition, times tables.  Then choose the game that will help you to practice the skill you need to work on. Eg Mental Maths Train game  https://www.topmarks.co.uk/mat hs-games/mental-maths-train | Listen to this monarch’s song from Horrible Histories.  List all the names of Kings and Queens you hear.  It goes quite fast so you may have to listen several times or keep pausing!  If you cannot get online see if you can find the names of as many of the Kings and Queens as you can by looking in books or asking your adults who they can remember.  This is the ink to the song  https://video.link/w/XZkgc | The planting season has begun.  Dig over a plot in your garden, if you have one, or use plant pots and containers with compost in.  Plant some seeds and look after them as they grow.  They need water and warmth and later sunlight and perhaps some feed. |

**Additional Information/Useful Websites:**

[**BBC bitesize daily lessons**](https://www.bbc.co.uk/bitesize/dailylessons) **-** BBC bitesize daily lessons. All sorts of interesting and engaging lessons covering all ages and subjects.

BBC Bitesize daily lesson now daily on CBBC from 9am each morning

<https://pehubportal.co.uk/> - PE great ideas which require little or no equipment

<https://www.thebodycoach.com/blog/pe-with-joe> - Live workout with Joe Wicks on Monday Wednesday and Friday. Lots of past workouts on his YouTube channel too.

[Change for life](https://www.nhs.uk/change4life/activities/sports-and-activities%20) – lots of physical activities to do at home.

[Times Tables Rock Stars](https://ttrockstars.com/) – Multiplication table practice for years 1 -6

[Maths Whizz](https://www.whizz.com/) – Maths Learning for years 1 - 6

[I See Maths](http://www.iseemaths.com/home-lessons/) – video maths lessons for years 1 -6. A new Maths lesson will be shown every day.

[White Rose Maths](https://whiterosemaths.com/homelearning/) – online video lessons which support our school maths work – new lessons will be published each day

[Extra White Rose from Amazon](https://www.amazon.co.uk/s?k=free+maths+books+white+rose&crid=S7EVMKV5U44R&sprefix=free+maths+%2Caps%2C184&ref=nb_sb_ss_ts-a-p_3_11) – some extra white Rose maths work delivered as an e-book but questions can be viewed and done on paper.

[Maths Games – lots of maths games for maths practice.](https://www.topmarks.co.uk/maths-games/)

[*https://readingeggs.co.uk/*](https://readingeggs.co.uk/) *- Reading Eggs*

[*https://www.thenational.academy/*](https://www.thenational.academy/) Lessons for all ages on all curriculum subjects

<https://www.twinkl.co.uk/home-learning-hub> - lots of activities and worksheets to print out, for all subjects and ages

[Read Write Inc](https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIg9GdxtQ?mc_cid=71ef745098&mc_eid=c9705b8c67) – daily phonics lessons