









East Stour Learning Activities w.b 10/05/21



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

This week's activities have a 'world' theme

	English	Maths	Topic	Daily Challenge
<p>Monday</p>	<p>Put the names of these countries into alphabetical order. Write or say your alphabet first.</p> <p>When you have finished your list add some more of your own.</p> <p>England Greece Canada Thailand France Norway Wales Belgium Poland Sri lanka Denmark India</p>	<p>Tell someone about a number. Choose a number. Say everything you know about that number – Is it even or odd? What can you add or subtract to make it?</p> <p>Multiply or divide? (harder) Can you halve or double it? What would it be multiplied by 10 or 100? Is it more or less than 10, 20, 100? What would be 1, 10 or 100 more than it – or less than it?</p> <p>Is it a square number? Is it a prime number?</p> <p>Think of as many ways to describe your number as you can. Perhaps you could give clues about your number and ask someone else in your house to guess it.</p>	<p>Yoga Yak Get warmed up by raising your arms and stretching up to the sky for a count of 10, then touch your toes for a count of 10. Repeat 3 times.</p>  <p>1  ^{repeat} 3x</p> <p>2 Now make the Butterfly pose by sitting and placing the soles of your feet against one another. Hold your feet for a count of 10. Repeat 3 times.</p>  <p>2 ^{repeat} 3x</p> <p>3 Next is the Camel pose! Kneel down, stretch your arms up over your head and reach back to your toes. Hold it for 10. Repeat 3 times.</p>  <p>3 ^{repeat} 3x</p> <p>4 Dolphin pose is next – from standing, bend over and rest your elbows on the ground, keeping your legs straight. Tuck your head in and hold for 10. Repeat 3 times.</p>  <p>4 ^{repeat} 3x</p> <p>5 Finally, it's the Tortoise pose. Sit in a kneeling position, fold your body over and on to the floor, arms stretched out over your head. Hold for 30 seconds. Now repeat the circuit for 10 minutes.</p>  <p>5</p> <p>For a demo - https://www.nhs.uk/10-minute-shake-up/shake-ups/yoga-yak</p>	<p>Be mindful – it would be good every day to have a calm time focusing on your breathing and your thinking. Sit down or lie down. First take a deep breath in and breathe it out slowly – repeat 5 times. Get completely quiet and calm.</p> <p>Body Squeezing Lie down or sit down in a comfortable position. You are going to squeeze some of your muscles in turn, hold the squeeze for 5 seconds and then relax the muscle noticing the difference in how it feels afterwards.</p> <ol style="list-style-type: none"> 1. Curl your toes like you are picking up a pencil with your feet. 2. Tense your legs by pretending you are going on tip toes to look over a fence. 3. Suck in your stomach as if you are trying to squeeze through a narrow opening. 4. Make fists with your hands like you are trying to squeeze the juice out of an orange. 5. Pretend a bug has landed on your nose and you are trying to get it to fly away without using your hands. 6. Scrunch your eyes and face and move your jaw to make it move.

Tuesday

Practice some handwriting today.

Write each letter forming it correctly. You could do this with pencil and paper but you could also use your finger in sand, chalk on a board or pavement, paint, colours or even sky writing, showing someone how you form the letters.

If you have started to join your letters, use the list of country names from yesterday and write each country three times in your neatest joined handwriting.

Continue these number sequences

0, 2, 4, -, -, -,
2, 3, 4, -, -, -,
6, 5, 4, -, -, -,
5, 6, -, -, -,
10, 9, -, -, -, -, -,

Harder

0, 2, 4, -, -, -, -, -, -, -, -, -,
0, 3, 6, -, -, -, -, -, -, -, -, -,
0, 5, 10, -, -, -, -, -, -, -, -, -,
30, 25, 20, -, -, -, -,
1, 4, 7, 10, -, -, -, -, -, -, -, -,

Harder

8, 6, 4, -, -, -, -, -, -, -, -, -,
1, 2, 3, 5, 8, -, -, -, -, -, -, -, -, -,
1, 2, 4, 8, -, -, -, -, -, -, -, -, -,
49, 56, 63, -, -, -, -, -, -, -, -, -,
120, 112, 104, -, -, -, -, -, -, -, -, -,

Make up some sequences of your own.

Can you name the continents of the world?

Here is a map to help.



How many are there?
What continent do we live on?

By looking in an atlas or using the internet find the name of at least one country in each continent.

Draw some pictures and ask those at home to guess what you have drawn.

If you have a game like Pictionary, you could make teams, use the cards to tell you what to draw and see if your teammates can guess what you are trying to draw.

The pictures can be quite funny so make it fun - not too serious and don't get upset if someone cannot guess.

Wednesday

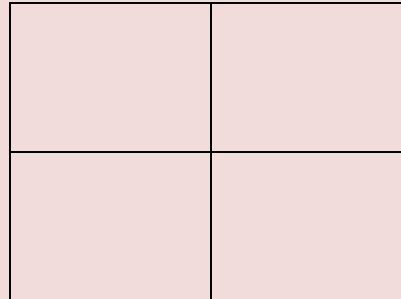
The cat flew on the mat.

Make this sentence better by adding words and phrases to make it longer and more interesting. You may need to add more punctuation too.

For example-

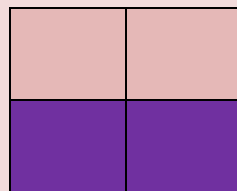
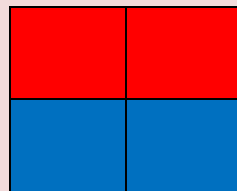
The ancient, mischievous, ginger tom-cat flew silently over the hills, mountains and seas on the magical, flying, silken mat to the wonderfully sunny country of Jamaica where he landed gently on soft, white sand in between tall palm trees that were swaying in the warm breeze.

Symmetry



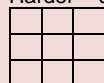
Draw some grids of four squares. Colour the squares as many different ways as you can but keep the whole shape symmetrical. That means that if you fold it in half, the colour on one side will touch the same colour on the other side. (Like butterfly wings – what is on one wing is on the other wing but flipped over so if they are closed the patterns will touch each other.) If you put a mirror on the fold the grid will look the same as your pattern.

For example



You could use a vertical fold like here, or a horizontal fold or even a diagonal fold.

Harder – use a 3 by 3 grid.



Now draw some butterfly wings.

We eat using a knife and fork.

Some cultures prefer to use their hands.

Chinese cultures use chopsticks.

Practice picking things up with a knife and fork, chopsticks (or two pencils if you don't have any chop sticks) and your hands.

For example

A building brick or piece of Lego

Some dried pasta

Grains of dry rice

A clean tissue

Which is the easiest?

Which is the hardest?

Why do you think we do not use hands for all eating?

Go for your Wednesday walk

Do you notice anything different as you are walking?

Are there more leaves?
What kind of green are they?
Do you see any blossom – do you know what kind of trees it is on? Can you find out?

Can you see any animals – are any of them young animals or babies?

What about flowers – do you see any in peoples gardens?
Do you know what kind of flowers they are?
Can you find out?

What is the weather like?

<p>Thursday</p>	<p>Think of a country you would like to find out about. It could be any country , even England where we live.</p> <p>Write some questions you would like to ask about that country.</p> <p>Do not forget to put question marks at the end of your sentences.</p> <p>If you have books or internet access, see if you can find the answers to those questions.</p> <p>The questions could be about the weather special places to visit the capital city other large cities or towns what they make or grow whether here are beaches, mountains, lakes etc what people can do in the country why people go there what kind of food they eat are there any customs</p> <p>or anything ese you might like to know.</p>	<p>Pick a pair Pick a pair Choose from these numbers. 2 4 8 1</p> <p>1 Pick a pair of numbers. 1. Add them together. Write the numbers and the answer. 2. Pick a different pair of numbers. 3. Write the numbers and the answer. 4. Keep doing it. How many different answers can you get?</p> <p>2. Now take one number from the other. How many different answers can you get now?</p> <p>Harder Choose from these numbers</p> <p>6 12 15 18</p> <p>Harder Choose from</p> <p>8 14 22 17 25</p> <p>Harder Choose from</p> <p>36 23 49 28 57</p>	<p>Find out how to say hello in different languages</p> <p>Here are some to start you off – can you guess which language they are in</p> <p>Zdravstvuyte. Nǎn hǎo. Ciao Konnichiwa. Guten Tag /Hallo Olá</p> <p>See if you can pronounce them too! Some are very tricky – the internet will help you find out how they should sound. This you-tube link will help https://video.link/w/tf8rc</p>	<p>Think about what makes you happy and make a list or draw the things that make you happy.</p> <p>Before you go to bed, think of all the things that made you happy today and check with your list to see if those things are on there.</p> <p>Add them if they are not.</p> <p>Tick them off if they are.</p>
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Friday

Make as many words as you can from the letters in these words

Round the world

Eg
On
Out
Row

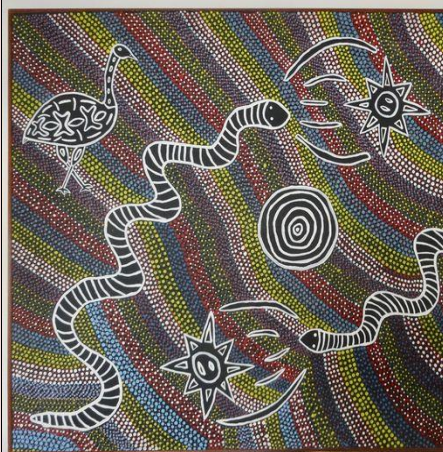
Practise your addition number bonds or times tables using the games on Top Marks.

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/maths-games/mental-maths-train>

Australian Aborigine art is often painted in dots on a dark background.



Have a go at some dot painting using cotton buds as the paint brushes. One for each colour. It would be good to use bright colours on black art paper but white paper will be fine. Perhaps you could create a butterfly like this.



Or something else that is a simple shape, like a fish.

Do some cooking or decorate biscuits with icing and sweets.



Some ideas to make - you can find simple recipes online

Crispy cakes
Brownies
Cookies
Scones
Jam tarts
Cup cakes
Fairy cakes

Additional Information/Useful Websites:

BBC bitesize daily lessons - BBC bitesize daily lessons. All sorts of interesting and engaging lessons covering all ages and subjects.

<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](#) – lots of physical activities to do at home.

[Times Tables Rock Stars](#) – Multiplication table practice for years 1 -6

[Maths Whizz](#) – Maths Learning for years 1 - 6

[I See Maths](#) – video maths lessons for years 1 -6. A new Maths lesson will be shown every day.

[White Rose Maths](#) – online video lessons which support our school maths work – new lessons will be published each day

[Extra White Rose from Amazon](#) – 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://readingeggs.co.uk/> - Reading Eggs

<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](#) – daily phonics lessons