


















# East Stour Learning Activities

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

**This week's activities have a food theme!**

	Activity 1	Activity 2	Activity 3	Daily Challenge
<b>Monday</b> 	<b>The cost of cans</b> How many tin/can food items can you find in your cupboards? <b>Harder</b> If half the tins cost £1.00 and the other half cost 50p, what would be the total cost? <b>Hardest</b> Choose another two coins and do the same pricing half and half. Can you do the same with different notes: £5, £10, £20, £50?	<b>Use your senses</b> Think about your favourite meal/thing to eat. Describe it for someone who has never eaten it! What does it look like, smell like, taste like? How does it make you feel? Use adjectives and adverbs to help you. Can you persuade them why it is the best meal?  <b>Harder</b> Write it!	Do something that you all enjoy together.	<b>Nature</b> Go for a walk. How many different types of tree do you notice? The Woodland Trust has a brilliant tree identifying app.   <a href="http://www.woodlandtrust.co.uk">woodland trust</a>
<b>Tuesday</b> 	Have you had your five a day? Make sure you are counting five fruit and vegetables a day and keep count of each family member.  <b>Harder</b> For all of your family members to have 5 fruits a day for a week, how many fruits and vegetables would you need?	<b>Where does it come from?</b> Choose 4 ingredients/packages in your cupboards. Have a look at the packaging. Where does the food come from? If you have a map or atlas can you find the countries?  <b>Harder</b> Make your own style of map to show where it comes from and how it might have had to get to your home..	Share and talk about feelings. All feelings are OK!	Go for a walk. Collect different leaves. Take them home and make a picture  
<b>Wednesday</b> 	<b>Scale it up Pancake recipe</b> -100g plain flour -2large eggs -300ml milk - 1 tablespoon of oil (serves 6 people). Try making this recipe - whisk all the items together. Add a spoonful to a frying pan. Cook on both sides.  <b>Challenge</b> If I want to make pancakes for 12 people how much of each ingredient would I need? What about 3 people?	<b>Be a foodie poet!</b> Can you write a poem about food/favourite meal(s)? It could be ... An acrostic poem, A rap, you could write a poem about all the food you like or dislike. Each line starts with I like .... But I don't like ... Try to keep the line length and rhythm the same. Think about the syllables/alliteration, onomatopoeia and other poetic techniques.	<b>Cricket skills.</b> <a href="#">Super Striker</a>  Activities are also described in the pdfs below	Create a magic potion from what you can find around the house or garden.

<p><b>Thursday</b></p> 	<p><b>Times table practise</b></p> <p>Grab some pasta shells or other small objects eg coins, paperclips, raisins. Put them into groups of two. Practise counting in twos.</p> <p><b>Harder</b></p> <p>Groups of 3s, 4s, 5s, 6s, 7s etc</p>	<p><b>Inspired by Warhol</b></p> <p>Choose a packet of food from your kitchen. Can you draw it with all the detail Try using different colours.</p> 	<p>Run the daily mile wearing something blue to show your support for the NHS</p>	<p>Play the “who am I game”. Stick the name of a person (famous or family) on someone’s head. They have to ask questions to find the name of the person on their head.</p>
<p><b>Friday</b></p> 	<p><b>Going Shopping</b></p> <p>Use items from the food cupboard, label them with prices. Use coins to play ‘shopping indoors’.</p> <p><b>Harder</b></p> <p>buy 2 or 3 items to add up.</p> <p><b>Hardest</b></p> <p>Change from £5 etc</p>	<p><b>It's a wrap</b></p> <p>Look through the kitchen. How many foods can you find that are in different packages. Can you group them into different materials? What categories will you use?</p> <p><b>Harder</b></p> <p>Write a brief explanation about why the packages may be different. Which one will work best and why? Could you group the contents into solids/liquids/gases?</p>	<p><b>ANIMAL WORKOUT</b></p> <p>A short fun work out for children and parents! No equipment needed. If possible set a timer for 45 seconds for each activity.</p> <ul style="list-style-type: none"> <li> <b>Frog Jumps</b> Hop back and forth like a frog</li> <li> <b>Bear Walk</b> Hands and feet on the floor, hips high - walk right and left.</li> <li> <b>Gentle Shuffle</b> Sink into a low squat, with hands on the floor, shuffle you room</li> <li> <b>Starfish jumps</b> Jumping jacks as fast as you can with arms and legs spread wide.</li> <li> <b>Cheetah run</b> Run on the spot as fast as you can. Just like the fastest animal in Africa.</li> <li> <b>Crab Crawl</b> Sit and place your hands flat on the floor behind your rear hips. Lift up off the ground and crawl!</li> <li> <b>Elephant Stomps</b> March on the spot, lifting your knees as high as you can and stomp the ground as hard as you can!</li> </ul>	<p>Pick 5 kind things you can do today for each other. And carry them out!</p>

**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

[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 week

## CHANCE TO SHINE WEEKLY SESSION: WEEK 3 - SUPER STRIKER INDIVIDUAL ACTIVITY



### LEARNING OUTCOMES:

- Develop an effective and consistent striking action for hitting the ball.
- Develop accuracy and placement for hitting.

### EQUIPMENT:

- A bat (or if you don't have one, try a broom or a frying pan, be creative)
- Tennis ball or rubber ball (of any size)
- Cones to make the planets (or any objects you have around your house)

### SPACE RACE CHALLENGE:

- Mark out the planets by placing sets of cones on the floor
- Visit as many planets as you can by dribbling the ball with the bat (you can visit the planets in any order!)
- See how many planets you can visit in one minute

### STRETCH ACTIVITY:

- Bounce the ball on your bat as you visit the planets

### COACHING POINTS:

- Watch the ball really closely
- Watch where you are going



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THE SESSION ON OUR SOCIAL MEDIA CHANNELS!



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