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| **HWB** | | | |
| **Online**  **Games and Activities will still be available on Education City and Giglets.** | **Mindful Monsters or Mindful Activities Choose any of the Activity Cards to try out.** | **P.E**  **Take part in Joe Wicks morning workouts**  **(see our class blog for link)** | **Virtual Sports Day Friday 22nd May**  Join the Fenwick Staff and take part in 1 or more of the suggested activities. (see power point cards and demo video)  Wear your house colour and take a video/photos of you participating.  **Sports Day Planning**  Make a number to pin on your t shirt.  Create a timetable of events for the day (use the activity cards to help you**)**  Create a poster advertising your sports day and persuade some family members to join in.  Gather equipment for your sports day and set up your activities ready to take part.  Design medals for the winners of your events. |
| **Maths –** Make 20 card game.  Set out a deck of cards and gather cards that add to make 20. For each group of cards, you get 1 point. Count aces as 1. | **RRSA/Global Goals**  Ask a Parent to help you with this activity: The LORAX  [**Lorax-Health & Well-being /**](https://blogs.glowscotland.org.uk/ea/learningoutdoorssupportteam/the-lorax-health-and-well-being-activities/) | **Outdoor Learning**  Go outdoors and try some of these challenges:   1. Garden Birds I-dial 2. Bird Seed Feeder 3. Woodlands Olympics |
| **Wellbeing Craft Jar**  Create a jar of activities that you are looking forward to doing.  (See the activity link on blog) | **Food and Health**  \***Create a healthy snack to eat at your Sports Day event.**  **Challenge** : research the kinds of foods athletes eat to give them energy. Watch this bbc bitesize clip :Sports Nutrition DYW2 | **Wellbeing diary**  It is important to think about how we are all feeling during these strange and different times. Choose as many days as you would like to complete from the wellbeing diary below. |
| **Fitness Activity**  Make a trail and follow it.  Roll a dice and do that number of jumps. | **Gymnastics**  How long can you hold a balance for? Compete with someone in your home to see who can hold it the longest. | **PATHS**  Read a story/ book and complete the Story Feeling Cards attached below. |