

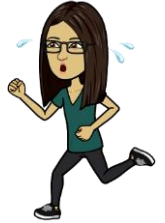


## Lockerbie Lockdown - Day 4

### Activity 1: Long Walk/Cycle

Usually at Lockerbie we would be heading out to the hills for a long walk, learning all about the forest and vegetation as we go. Today, I'd like you to head out for a long walk or cycle around your local area or to a nearby park. Track your distance using an app on your phone such as Strava or Map My Run and share your routes. Remember to

look up and around instead of down at the ground (or your phone!) - You'll be amazed at what you can spot when you are paying attention! If you're walking around the streets, you might like to look for art in windows (there's lots of lovely positive art around right now) or try to spot old shop signs and street signs. Take photos of anything interesting you see and share them on Seesaw with us.



### Activity 2: Obstacle Course

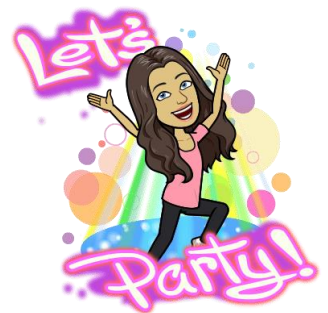
We would also normally get a chance to take part in an obstacle course or a night-line outside, usually blindfolded and someone else guiding you! Try to create one of these at home or in your garden using things you find in the house (chairs, boxes, cushions, balls, skipping rope etc.). You could ask members of your family to take part or you could try it yourself! You might like to film or take pictures of this as well.



### Activity 3: Disco

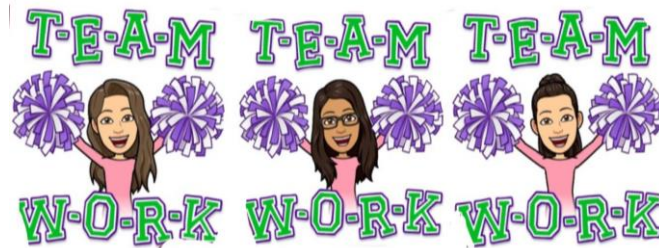
Thursday is usually disco night so try to recreate this at home! You could plan a disco for your family by making a playlist, organising games and making snacks. Or, you could organise a virtual Just Dance party with your friends. I miss seeing you all doing Just Dance at school so I'd love to see some videos!

Remember to put on your best party outfit too!



## Daily Challenge: Socks

One of the worst things about Lockerbie is having to put those really long socks on under your boots or taking off your wet socks after a day in the water! So, I thought we could have a go at trying to break the world record for the number of socks put on one foot in 30 seconds, which is currently 28!



### Team Building

At Lockerbie you would normally take part in lots of team building activities to strengthen your relationships across the stage before going to high school. Each day I'm going to set you a team building activity to complete either with your family or virtually with your friends.

For today's team building you are going to take part in: **Radioactive Field**.  
The skills involved: critical thinking, listening skills, communication, risk taking, evaluating, resilience and physical activity.

You need: wellington boots

- The goal is to transfer the entire group across an open area using one pair of "magic welly boots" – no body part can touch the ground except for the feet wearing the magic boots.
- The boots cannot be thrown across the space, they can only be carried and passed.
- Each foot on each person can only wear a boot for one trip across.
- After that foot is used, it cannot be used for any more trips. Good Luck!



Please remember to ask an adult before doing some of these activities.