

Lawmuir Primary School

Second Level

Home Learning Pack



Mental Maths

<p>Bingo - Write out nine times tables. Get someone to call out the answers to the times tables. Whoever gets all theirs first wins.</p>	<p>Flash Cards - Write out the numbers 0 to 9 on paper and cut them up. Turn them all over and choose two at random. Multiply these together.</p>	<p>Buzz - Choose a times table to practice e.g. 5 times table. Start at 1 and count up when you get to a number in that times table say BUZZ. See how high you can count.</p>	<p>Flash Cards - Write out the numbers 0 to 9 on paper and cut them up. Turn them all over and choose two at random. Double this number. Partition this number.</p>
<p>Number Clues - Write any number. Create up clues for that number and see if someone can guess the number. E.g. The number is even, the number has four digits. The ten digit is six.</p>	<p>Number Talks - Create a number talks question. E.g. 13×6. Think of as many different strategies as possible to answer this question. How many can you think of?</p>	<p>Around the House - Go to each room in your house and get someone to ask you a multiplication question. If you get it right move to the next room. If you get it wrong you need to answer another question right before you move on.</p>	<p>Jumping Jacks - Recite your times tables starting with the two times tables as you do jumping jacks. Can you focus on your tables and complete this activity.</p>
<p>Tweet some pictures of you completing some of these tasks.</p>			



Maths - Number Talks Posters

Teachers of Lawmuir need your help to make sure our classroom displays are looking fresh and up-to-date when we return back to school. We have been learning about lots of different strategies in number talks. Choose one and create a poster on how to use it. We will display these when we return to school!

Addition: $131 + 124$	Subtraction: $104 - 67$	Multiplication: 21×6	Division: $81 \div 9$
Partitioning	Partitioning	Partitioning	Skip Count
Friendly Numbers	Friendly Numbers	Repeated Addition	Repeated Subtraction
Empty Number Line	Think Addition	Doubling & Halving	Partitioning
Near Doubles	Empty Number Line	Friendly Numbers	Make Groups

Make sure to have the following:


- *Name of the strategy*
- *Example of you using the strategy*
- *Explain the strategy*
- *Colourful & bold writing*
- *Pictures if necessary*

Outdoor Maths Challenges

Give some of these outdoor challenges a go!


Outdoor Maths ★★★

Estimate how many leaves there are in this picture.
How many shapes can you see on the gate?




Outdoor Maths ★★

Using sticks and string, can you make your own kite?
What could you use to make the bows? Can you decorate your kite design?




Outdoor Maths ★★★

Using a camera, see how many mathematical photos you can take. Can you explain what you can see to your partner? Can you think of a mathematical question you could ask?



Outdoor Maths ★★


Find 4 sticks and arrange them in a pattern like this:



Collect natural objects to use. Put different amounts of objects in each row and column. Can you make each row and column total 10?


Outdoor Maths ★★

Collect a variety of different natural objects. Using chalk, make a tally chart using the objects that you have found.
Which object did you find the most of? Which object was hardest to find? Could you show your findings in another way?



Outdoor Maths ★★★


Give your partner a magic number (e.g. 100). Estimate how far you will walk to if you walk 100 steps. Count it out and find where you finish. Were you right? Did you go further than you thought you would?
Is it possible to go 100 steps in every direction from where you are standing? Why?



Take pictures of your work and post to your numeracy group's channel on TEAMS or twitter!

Outdoor Maths ★★★

Using two sticks and some string, make an angle measurer. Can you find different angles using natural objects? Which angles can you see on a leaf? Do trees have any right angles?



Money Challenges

Make a shop in your house

Write price labels for your items. You can create coins and notes from paper. Take turns with your family to buy items remembering to count out your money to the right amount.

Budget

Set yourself a budget between - £20 - £150 can you buy yourself an outfit for different events? The outfit must come under budget. E.g. Outfit for a disco, Sports Event

Pretend you own a cafe

- You must make a menu?
- How much would it cost for you to make each item?
- How much would you sell the item for?
- How much profit would you make?



Make a poster

What are the benefits and risks of using digital payment methods like - apple pay, pay pal, online banking and contactless?

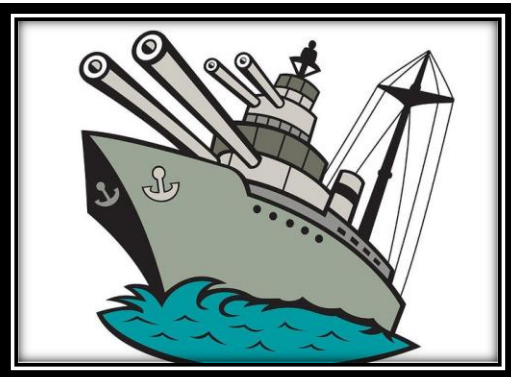
Maths - Coordinates

Battleships

This is a game that most people will be familiar with, but it just so happens to be fantastic practice for coordinates.

What you need to play:

- Some sheets of paper
- Pens or pencils



How to play:

Step 1: Each player draws out a grid with A - J along the bottom and 1 - 10 up the side.

Step 2: They then plot ships of various sizes on the grid by colouring in the squares:

- One ship five squares long (the aircraft carrier)
- One ship four squares long (the battleship)
- Two ships three squares long (the cruiser and submarine)
- One ship two squares long (the destroyer)

Step 3: The first player 'shoots' by calling out a grid reference, e.g. B3. If it hits an empty square, the other player shouts, 'miss!' whilst the first player draws a cross, but if it hits a square with a ship in it, they have to shout 'hit' and the other player draws a dot. Each player keeps track of their hits and misses on a separate grid.

Step 4: Once all the squares for a ship have been hit, that ship then 'sinks'. The winner is the one to sink all the other person's ships first

Maths and Numeracy - Problem Solving

Sudoku

Instructions:

- Each row must be 1-9
- Each column must be 1-9
- Each square must have 1-9

	6		1		4		5	
		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

Suggestion:

1. Create your own Sudoku for a family member to complete.
2. Download the app 'Sudokids' (free) to try more.

Code-Breaker

$$\triangle \div \square = \star$$

$$\triangle + \star = 30$$

$$\square + \square = 8$$

$$\triangle - \star = 18$$

$$\star =$$

$$\triangle =$$

$$\square =$$

Suggestion: Create your own.

What's the Rule?

Finish these patterns...

- a) 9, __, 19, 24, __, __
- b) 48, 44, __, __, 32, __
- c) 99, 90, __, __, 72, __, __
- d) 110, 130, __, __, 170, __, __
- e) 107, 97, __, __, 67, __
- f) 36, 42, __, __, 54, __, __
- g) 24, 36, 48, __, __, __
- h) 235, 233, __, __, 229, __, __

Suggestion: Create your own number pattern.

Maths and Numeracy - Using a Compass

Learning Intention:

To use compass directions.

Success Criteria:

- I can name the compass points.
- I can use the compass points to direct.



Activity:

- 1) Create a treasure map on the grid. Put an 'S' for start and an 'X' where the treasure is.
- 2) You can draw extra things on your grid for example a pirate, a ship, a palm tree, etc.
- 3) Now, write down directions of how to get from 'S' to 'X'.

Example:

1. Start at 'S' and go North-East 3 boxes.
2. Next, go South 2 boxes.

[illegible]

Maths - Emoji Code Breaking

Use the emoji key at the top of the page to create addition or subtraction sums and solve them. Pick a level or complete all three! Can you create your own version?

Emoji Code Breaking

5	2	7	3	4	9	6	8	0	1

$\text{Smiling face with open mouth} + \text{Smiling face with open mouth} = 97$

- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
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- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$

Emoji Code Breaking

5	2	7	3	4	9	6	8	0	1

$\text{Smiling face with open mouth} + \text{Smiling face with open mouth} = 935$

- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$

Emoji Code Breaking

5	2	7	3	4	9	6	8	0	1

$\text{Smiling face with open mouth} + \text{Smiling face with open mouth} = 9725$

- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} - \text{Smiling face with open mouth} =$
- $\text{Smiling face with open mouth} + \text{Smiling face with open mouth} =$

Maths - Times Tables Practice

Multiplication Tables Homework Grid

Write out the times table you are learning below:

_____ × Table

Tables Aloud!

Chant or sing your times table to a rhythm or as the words to our favourite song!



Speed It Up!

Have a times tables speed challenge. How many questions can you answer correctly in 30 seconds? Mix up the table so that you are answering in random order.

Skip It!

Try exercising whilst you say your times tables as you skip, hop or jog.



Look, Say, Cover, Write, Check!

Look carefully at your times tables and say them to yourself. Now cover them up and try writing down as many calculations as you can. Check how many you have correct.

Cut the Cards!

This game practises all the times tables facts. Split a deck of cards between you and a partner. With your cards face down, each player picks a card and turns it face up at the same time. The first player to say the correct product of the numbers on both cards wins the cards. If you pull out a Jack, King or Queen you may ask your partner any times table question. If they are correct they keep the cards, if they are wrong, you keep the cards. Who can gather most cards?



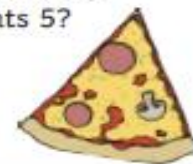
Roll the Dice!

Write out all the answers to your times tables up to x 12. Take two dice and roll them. Add the two numbers you roll together and multiply them by the number of the table you are learning. How quickly can you cross out all the answers?



Event Planner!

Think about how we use multiplication tables facts in everyday life. For example, plan a party for up to or including 10 people. How many napkins will you need if everyone uses two? How many slices of pizza will you need if everyone wants four slices? How many party hats will you need if everyone wants 5?



What's Your Game?

Create a game to help you to practise. Write down the rules and play the game with someone at home.

Literacy - Story Inspiration

Write a short story using these 'story starters' to inspire you...



I dug quickly and then my shovel hit something hard...

There was something in the distance, it was a very faint shadow but I could just make out the shape...

"What have you done!" Yelled the Science Professor, as we all ran out of the classroom.

BEEP! BEEP! BEEP! I slammed my alarm off, jumped out of bed and ran to the window. Today was the day...

Being an astronaut is pretty incredible however I never thought I would experience this...

I looked down at my small village and smiled, they will never find me now!



Literacy - Word Games

Word Creator - Write out your alphabet and cut out each letter individually. Select 7 letters see how many words you can make in 3 minutes. What's the longest word you can make?

Name Game - Write out your name. How many different words can you use using the letters in your name. Why not try someone else's name.

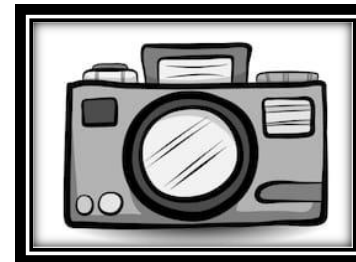
Letter Replace - You start with any word with four letters, and then you replace one letter, to form a new word. E.g. Word, work, fork...

Letter Add - Player one starts by writing a letter, player two adds another letter. The person who cannot add any more letters loses.
E.g.
1: b
2: ba
1: bal
2: balll

I'm Going on a Picnic -
One person starts and says "I am going on a picnic and I will bring some... fruit"
The next person says what the first person said, and adds something of their own. Keep adding and see who has the best memory.

Bulls and Cows - This game, involves one player thinking up a secret word of a set number of letters. The second player guesses a word; the first player tells them how many letters match in the right position (bulls) and how many letters are correct but in the wrong position (cows).

Tweet some pictures of you completing some of these tasks!



Literacy - Setting Description

Read the following setting description.

The Beach

As the sun rises like a giant with a cool breeze, a gentle swish of golden sand blows quickly through the air. In the distance, the puffy clouds run happily enjoying the sunny morning air. As they have fun, they form magnificent pictures as detailed as a rubix cube! Proudly, the lonely palm tree stands, hovering over the never-ending blue. Its long leaves hanging dangerously are ready to fall... One by one, the coconuts on the palm tree fall painfully with a bash and elegantly the golden fairies fly up and land in the mysterious never-ending water with a plop. Underneath your relaxed feet, you feel the warmth of the golden blanket in between your toes and the water splashing in your face like a water gun. You smell the salty water drifting all around the place. Fascinatingly, the silent sea is still and crystal clear. Suddenly, baby dolphins splash through the ocean, creating a fountain. Brightly, the beautiful beach glistens in the blazing sunlight. Often, the tide beckons the glorious water in. Delicately, the sun gives the world a fascinating glow. Enthusiastically, the golden beach makes the world shine and a better place...

- **Find the 10 adverbs** (describes a verb, usually ends in ly)
- **Find 3 similes** (comparing two things using like or as).
- **Find 3 metaphors** (saying something is/does something else).
- **Have a go at drawing this setting!**



Spelling Strategies

Choose words you find tricky to spell or words from a book of your choice or try some of the ideas below:

Months of the Year, Days of the Week, Numbers up to One Hundred, Shape Names, Furniture in your House (E.g. microwave), Colours, Seasons, Animals (E.g. crocodile), Types of Plants (E.g. Geranium).

Complete the spelling strategies:

Pyramid Spell (Write your words in the shape of a pyramid), Fancy Spell (Use your best handwriting), Colourful Spell (Write each letter in a different colour), Definitions (Write what each word means), Silly Paragraph (Try to use as many words as possible in a paragraph), Wordsearch (Create a word search including as many of your words as you can), Uppercase Lowercase Spell (Write your words normally, then write them using capital letters).

Why not try and complete them using any materials you have at home including chalk, pens, pencils, crayons, pasta etc.

b
be
bec
beca
becau
becaus
because



Literacy - Tricky Words

Choose 5 words: Look - Say - Cover - Write - Check

accommodate
accompany
according
achieve
aggressive
amateur
ancient
apparent
appreciate
attached
available
average
awkward
bargain
bruise
category
cemetery
committee
communicate
community
competition

conscience
conscious
controversy
convenience
correspond
criticise
curiosity
definite
desperate
determined
develop
dictionary
disastrous
embarrass
environment
equip
equipped
equipment
especially
exaggerate
excellent

existence
explanation
familiar
foreign
forty
frequently
government
guarantee
harass
hindrance
identity
immediate
immediately
individual
interfere
interrupt
language
leisure
lightning
marvellous
mischievous

muscle
necessary
neighbour
nuisance
occupy
occur
opportunity
parliament
persuade
physical
prejudice
privilege
profession
programme
pronunciation
queue
recognise
recommend
relevant
restaurant
rhyme

rhythm
sacrifice
secretary
shoulder
signature
sincere
sincerely
soldier
stomach
sufficient
suggest
symbol
system
temperature
thorough
twelfth
variety
vegetable
vehicle
yacht

Languages - French

Les Couleurs

a h b l l r i v x
y v l v i o l e t
Z w e b r r d r p
n m u q o a x t l
N a j a u n e x b
G r i s g g d r l
l r o s e e y a a
n o i r i e e z n
m n e w g z r d c

blanc marron gris jaune
vert noir orange bleu
rouge rose violet

Wordsearch

Create a word search for this French vocabulary:

Months of the Year Mois de l'année	
January	Janvier
February	Février
March	Mars
April	Avril
May	Mai
June	Juin
July	Juillet
August	Août
September	Septembre
October	Octobre
November	Novembre
December	Décembre

LUNDI	Monday
MARDI	Tuesday
MERCREDI	Wednesday
JEUDI	Thursday
 VENDREDI	Friday
SAMEDI	Saturday
DIMANCHE	Sunday

Languages - French

1. Find out the name of **10 animals** in French. Write the animals name in both French and English and draw each animal.
2. Find out the name of your **5 favourite colours** in French. Write the colour in both French and English. Can you list things that are your colours. (e.g bleu = blue - sea, sky, blueberries, jeans).
3. Find out the name of **8 countries** around the world in French. Write the country in both English and French. Draw the flag of each country.



IDL - Technologies (Games)

Making a Cereal Box Marble Run

Ever wondered what to do with those empty cereal boxes? Follow these simple instructions to make a cereal box marble run.



1. Start off with your empty cereal box. Tape the lid shut and then cut off the front panel. Make sure to leave a little ledge at the bottom. This will stop the marbles running out everywhere when they reach the end of the run.



You will need:

1. 2 cardboard cereal boxes
2. Glue
3. Sticky Tape
4. Scissors
5. Marbles



2. Then take the detached front panel and cut it into three strips. Bend them at the ends and cut a notch on one side for the marble to be able to run through.



3. Next, take a little extra cardboard from another cereal box and fold the end of it and tape it onto the bottom. The folded end makes the marble run tilt back a little so the marble goes down the holes and doesn't fall out the box.



4. Finally, tape the strips into the box and cut a little hole at the top to drop the marble through. Then go and find some marbles!

Take photos of your creation and upload to TEAMS or Twitter!

Science - At Home

Here are four easy science experiments for you to do at home
Please always ensure an adult is present.



Tornado in a Bottle	<p>You can create your own tornado in a bottle. All you need is two bottles, a tube to connect the bottles, and some water.</p> <p>When you whirl the liquid in the top bottle, it creates a vortex as it drains into the bottom bottle. That's because as the water flows down, air must flow up, creating a spiralling tornado.</p> <p>You can even add glitter, food dye, or lamp oil to the bottle to make the tornado even cooler.</p>
Rainbow in a Glass	<p>This experiment takes advantage of density to create a rainbow in a glass. When you add sugar to a liquid, it causes the solution to become more dense. The more sugar you add, the more dense the solution is.</p> <p>If you have four different solutions that are all different colours and densities, the colours will layer on top of each other — the denser, more sugary solutions will sit on the bottom and the lightest will sit on the top.</p>
Goosey Slime	<p>This experiment takes advantage of density to create a rainbow in a glass. When you add sugar to a liquid, it causes the solution to become more dense. The more sugar you add, the more dense the solution is.</p> <p>If you have four different solutions that are all different colours and densities, the colours will layer on top of each other — the denser, more sugary solutions will sit on the bottom and the lightest will sit on the top.</p>
Instant Ice	<p>This experiment takes advantage of density to create a rainbow in a glass. When you add sugar to a liquid, it causes the solution to become more dense. The more sugar you add, the more dense the solution is.</p> <p>If you have four different solutions that are all different colours and densities, the colours will layer on top of each other — the denser, more sugary solutions will sit on the bottom and the lightest will sit on the top.</p>

Art - Natural Mandala

This activity is based on the work of Andy Goldsworthy and aims to reconnect you with the natural world that surrounds you. It works wonderfully on a beach, in a wood or simply in the school playground and results in stunning art perfect for a pop up gallery.

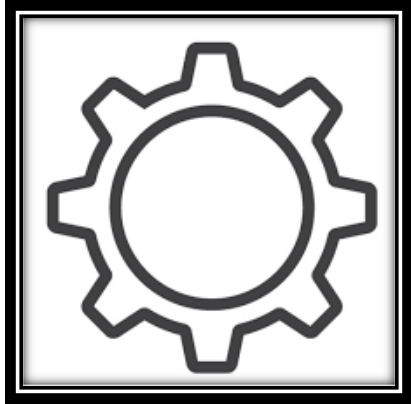
Kit required: Nothing but imagination and a woodland floor & a camera to capture the creations.

How to Create a Natural Mandala: Collect leaves, stones and other natural materials and create beautiful pictures on the woodland floor.



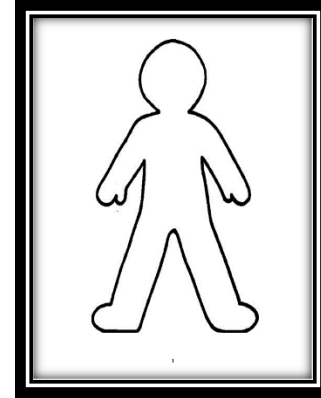
Health & Wellbeing - Body Sensations

A body sensation is what your body automatically does when it feels a specific emotion. For example if you're feeling nervous you may get sweaty palms or shaky knees without realising it is actually happening.



Body Sensations

Fluttery tummy, sweaty palms,
wide eyes, shivers, heart pounding etc



1. Get someone to draw round you outside with chalk or you can draw the outline of a person on paper with a pencil.
2. Choose an emotion from the following: happiness, anger, fear, frustration, hyper or one of your own.
3. Label on the body outline different body sensations you feel when you're experiencing the emotion you chose.
4. Post a picture of your work to TEAMS or TWITTER!.

Health & Wellbeing - PE

Ideas for Physical Education: Find all of these with videos and more activities on <https://www.youthsporttrust.org/pe-home-learning>

Golf: Rolling Home Physical Education

How to play:

- Place 5 targets in different places on the floor (garden or in a room).
- Decide on a starting point and it mark out.
- The aim of the game is for pupils to roll a ball, making it rest against one of the targets in the least amount of rolls possible.
- The winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target.



Can you be honest and keep the score?

Can you keep trying hard even if you miss the target?

Top Tips

Roll Underarm

Step forwards with one foot, bending the knee releasing the ball along the ground using your opposite hand.

Let's Reflect

When did you need to increase the power of your rolls?

Did you use the correct rolling technique?

60 Second Challenge Speed Bounce

The Physical Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.

#StayHomeStayActive



Are you honest?
Only count the jumps that are completed properly.

Equipment

A pillow

If you do not have a pillow, jump over a safe object!

Achieve Gold

80 Bounces



Achieve Silver

60 Bounces



Achieve Bronze

40 Bounces



Bowling Home Physical Education

How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you play fairly and keep the score?

Can you keep focused on the targets and roll accurately?

Top Tips

Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?

Health & Wellbeing - PE



FITNESS CHALLENGE

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BASEBALL TASK CARD	2 5 Push-ups Wall Sits (20 seconds)	3 10 Crunches 10 Arm Circles	4 5 Push-ups Wall Sits (20 seconds)
5 12 Crunches 12 Leg Raises	6 8 Push-ups Wall Sits (30 seconds)	7 12 Crunches 12 Arm Circles	8 BASEBALL TASK CARD	9 8 Push-ups Wall Sits (30 seconds)	10 12 Crunches 12 Leg Raises	11 8 Push-ups Wall Sits (30 seconds)
12 15 Crunches 15 Arm Circles	13 12 Push-ups Wall Sits (40 seconds)	14 15 Crunches 15 Leg Raises	15 BASKETBALL TASK CARD	16 12 Push-ups Wall Sits (40 seconds)	17 15 Crunches 15 Arm Circles	18 12 Push-ups Wall Sits (40 seconds)
19 20 Crunches 20 Leg Raises	20 14 Push-ups Wall Sits (50 seconds)	21 20 Crunches 20 Arm Circles	22 BASKETBALL TASK CARD	23 14 Push-ups Wall Sits (50 seconds)	24 20 Crunches 20 Leg Raises	25 14 Push-ups Wall Sits (50 seconds)
26 22 Crunches 25 Arm Circles	27 20 Push-ups Wall Sits (1 minute)	28 25 Crunches 30 Leg Raises	29 BASKETBALL TASK CARD	30 20 Push-ups Wall Sits (1 minute)		

April Fitness Challenge - Keep students active and practicing their baseball skills during the month of April as baseball kicks off! Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!

- Refer to the Baseball Task Card on Page 3
- For Leg Raises and Arm Circles, repeat for each side

Find the visuals & descriptions for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

Health & Wellbeing - PE



FITNESS CHALLENGE

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			TENNIS TASK CARD	5 Burpees Skip in Place (20 seconds)	5 Bicycles 5 Knee to Elbow	5 Burpees 7 Frog jumps
5	6	7	8	9	10	11
8 Bicycles Skip in Place (20 seconds)	8 Burpees 7 Knee to Elbow	8 Bicycles 8 Frog jumps	VOLLEYBALL TASK CARD	8 Burpees Skip in Place (20 seconds)	8 Bicycles 7 Knee to Elbow	8 Burpees 8 Frog jumps
12	13	14	15	16	17	18
12 Bicycles Skip in Place (30 seconds)	12 Burpee 10 Knee to Elbow	12 Bicycles 10 Frog jumps	TENNIS TASK CARD	12 Burpees Skip in Place (30 seconds)	12 Bicycles 10 Knee to Elbow	12 Burpees 10 Frog jumps
19	20	21	22	23	24	25
15 Bicycles Skip in Place (40 seconds)	15 Burpees 14 Knee to Elbow	15 Bicycles 12 Frog jumps	VOLLEYBALL TASK CARD	15 Burpees Skip in Place (40 seconds)	15 Bicycles 14 Knee to Elbow	15 Burpees 12 Frog jumps
26	27	28	29	30	31	
20 Bicycles Skip in Place (50 seconds)	20 Burpees 18 Knee to Elbow	20 Bicycles 15 Frog jumps	TENNIS TASK CARD	25 Burpees Skip in Place (50 seconds)	25 Bicycles 20 Knee to Elbow	

May is National Physical Fitness & Sports Month! Keep students active with some simple fitness activities, plus Tennis & Volleyball task cards. Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!



Refer to Tennis & Volleyball Cards on Page 3



For Knee to Elbow exercise, repeat for each side

Find the visuals & descriptions for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

11

TASK CARDS

BASEBALL

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher's position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner

3

TASK CARDS

VOLLEYBALL

Equipment Needed: 1 volleyball or beach ball for each student

- Self toss and do 10 forearm passes
- Self toss and do 10 sets
- Toss the ball to yourself and try to hit a spot on the wall 10 times
- 10 forearm passes
- 10 sets to the wall

10

TASK CARDS

TENNIS

- 12 serves
- 10 forehands
- 8 backhands
- 6 volleys
- 4 overhead shots

1

TASK CARDS

BASKETBALL

*Equipment Needed:
1 ball for each student*

- Dribble with right hand: 8 times
- Dribble with left hand: 8 times
- Dribble alternating hands: 5 each hand
- Dribble in a straight line: 10 steps
- Dribble zig-zag pattern: 10 steps

4

TASK CARDS

VOLLEYBALL

Equipment Needed: 1 volleyball or beach ball for each student

- Perform 10 block jumps
- Perform 10 underhand serves to the wall
- Perform 5 underhand serves against the wall, return each serve with a forearm pass
- Perform 5 underhand serves against the wall, return each serve with an overhead pass
- Perform 10 block jumps

Global Citizenship - Electric Cars

In recent years, China has become the car capital of the world. It buys and sells more cars than any other country. That means China has a major influence on the world's car manufacturers, who want to keep supplying this massive market. Which makes China's latest announcement especially beneficial for the environment. In the near future, China plans to fully ban sales of petroleum and diesel powered cars and to replace them all with electric cars.

- Find out as many reasons as you can why electric cars would benefit the environment compared to petrol cars.
- Research electric cars, do they look different or not? Are they expensive to buy?
- Have a go at designing your very own electric car. Remember NO copyright of other car manufacturers (BMW, AUDI, MERCEDES etc).



Fairtrade - Fashion

- What you wear makes an impact not only on you, but on the environment. Ask grown up if you go through your closet. Pick unused clothing to donate to a local charity shop or upcycle into a reusable bag or braided rug!
- The Fairtrade Textile Standards help factory workers understand their rights and work under safer conditions. On your next walk outside, see if you can identify areas where safety rules are being followed. Think about why these protocols are necessary to keep everyone safe and healthy.
- Imagine you are a fashion designer and you have been asked to design an ethically sourced outfit for London Fashion Week! Design your own Fairtrade fashion line. Present your outfits to a grown up, explaining how your fashion line is different from other fashion brands.
- As consumers, we have a lot of power to tell retailers what we will and will not buy. Write a letter to your favourite clothing shop or brand. Explain why using Fairtrade standards and materials in the production process is so important to you, and ask them to consider switching to Fairtrade cotton.



Fairtrade - Tea

- Tea is a drink produced from the leaves of a tea bush. Collect a small collection of leaves that grow in your country. Create leaf rubbings with crayon or a leaf print with paint. Look at the variety of tones and textures. Can you create a repeating pattern?
- Plan your own Fairtrade tea party for your family. Create decorations, a Fairtrade tea party menu and an invitation!
- The Fairtrade Premium is an extra sum of money that benefits the whole community. Think of a way that you could help your community.

