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| If you can, log onto the Tate Art Website. There are lots of interesting things to find out about art and lots of activities to do.<https://www.tate.org.uk/kids/make/art-technology/draw-sound-creature> | **Design a Sports Day for your family.**Think about:* Games to play - races, hoola-hoop challenge, balloon fight
* Equipment you will need - hoola-hoops ropes, balls, balloons
* Prizes
* Refreshments – sandwiches, biscuits, juice

I have attached some ideas to help. To help with the refreshments, here are some ice lolly recipes for you to try:* **400g ripe**[**strawberries**](https://www.bbcgoodfood.com/glossary/strawberry)  **200ml semi-skimmed milk**
* **405g can light condensed milk**
1. Hull strawberries and blitz in a food processor until smooth. Mix in milk and condensed milk.

Pour the mixture into 12 ice-lolly moulds and attach the tops. Freeze for a minimum of 4 hrs until solid. Warm the moulds with your hands or under warm water to release the pops. Will keep in the freezer for up to 2 months. | **5 large carrots Juice of 3 large oranges****Zest of 1 orange 1 satsuma, peeled then chopped.**Finely grate the carrots and place in the middle of a clean tea towel. Gather up the towel, and squeeze the carrot juice into a jug, discarding the pulp. Add the orange juice and top up with a little cold water if needed to make up 360ml liquid. Stir in the orange zest and satsuma pieces, if using. Pour into lolly moulds and freeze overnight.**50ml apple juice 25m blackcurrant cordial****250ml lemonade lemon zest pack of gummy bears** For these lollies, you'll need to create three layers. This may take a few days depending on your freezer. For the first layer, mix the blackcurrant cordial with 50ml of the lemonade. Share equally into all of the moulds, this will create a little purple tip on the lollies. Leave this to freeze for 4 hours, or overnight if you prefer.When the lime cordial layer has frozen, it's time to make the creepy crawly layer! Mix together the remaining 200ml of the lemonade and the lemon zest, and pour into the lolly moulds. Add the gummy bears. Be careful not to add too many, as gummy sweets have the tendency to float to the top of the liquid, and you only want a thin layer rather than a lump of jelly goo! Again, leave to freeze 6 hours or overnight. Finally, use the apple juice it to fill up the mould and add more gummies. Why not put a snake at the bottom and gummy bears at the top for a bit of variety? |

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| Choose**Choose** your event, these are just a few ideas:* [**Quick Start**](https://www.youtube.com/watch?v=NuHv4wDK14c) – How fast can you react from different starting positions to sprint a set distance?
* [**Speed bounce**](https://www.youtube.com/watch?v=3cKdMXvBDnQ) – this will certainly get your heart racing. How many times can you jump side to side in 60 seconds?
* [**Right Way Wrong Way**](https://www.youthsporttrust.org/sites/default/files/Right%20Way%20Wrong%20Way%20The%20Race.pdf) – in 60 seconds, can you challenge someone to turn everything the right way, as you turn everything the wrong way? You could play this in teams, or as a relay.
* [**Running cards**](https://www.youtube.com/watch?v=1UppX476yMw) – race against the clock and an opponent to reveal the Ace to the King in a suit of cards. How quickly can you complete the challenge? Can you improve your time?
* [**Nutty squirre**ls](https://www.youtube.com/watch?v=WFaoEe9xxK8) – as a team or individually, how many items can you collect before they are all gone?
* Can you create your own Wacky race? Add obstacles, find different ways to move and compete against the clock? Challenge someone in your home, or virtually to take part too.
 | Challenge**Challenge** yourself, your family, your …* How far could you run with all your

quick start attempts * How many people could you challenge to

do speed bounce at the same time? * Have fun with it – you could wear fancy-dress
* Can you support each other to improve your personal best?

• Have a parents’/guardians’ race | **Capture****Capture** it, create memories and celebrate. Why not?* Create a journal or scrapbook about your week to capture these memories.
* Take photos, videos - make memories
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