# Thursday 30th April 2020
## Daily Activities

Below is a list of some 'celebrity classes' which you can engage with each day.

| 9:00 | PE with Joe Wicks | Youtube.com/thebodycoach |
|---|---|---|
| 10:00 | Music with Myleene Klass | Youtube.com/myleenemusicklass |
| 11:00 | Science with Maddie Moate | Youtube.com/maddiemoate |
| 11:30 | Dance with Oti Mabuse | Youtube.com/otimabuseofficial |
| 13:00 | Maths with Carol Vorderman | Themathsfactor.com |
| 14:00 | History with Dan Snow | Tv.historyhit.com |
| 15:00 | English with David Walliams | Worldofdavidwalliams.com |
| 17:30 | Food Tech with Jamie Oliver | Channel4.com/keepcookingandcarryon |

Below you will find each curricular area Numeracy/Literacy/Across the curriculum. Each has two activities for you to complete!

## Numeracy

1. Shape – Tangram Problems https://mathigon.org/tangram
2. BBC Bitesize – Addition and Subtraction Problems

   https://www.bbc.co.uk/bitesize/articles/zf3r47h

## Literacy

1. Volcano challenge – Please see the file for your volcano story writing challenge. Lava! Lava! It's ready to blow!!!
2. Speech marks -  https://www.bbc.co.uk/bitesize/articles/z4rbgwx

# Across the Curriculum

1. Digital learning – choose from the choice grid and try something out! Share with us on teams.

## Digital Technology Challenges P5-7

| CODING | LITERACY | MATHS & NUMERACY | ART AND DESIGN | OTHER |
|---|---|---|---|---|
| **Tynker** Get coding on the Tynker website. You can create games, skins, animations and more! | **WordArt.com** Create beautiful word cloud art about someone or something. | **Sumdog** Visit 'Sumdog' for lots of fantastic, skill-based activities | **FotoFlexer** Visit this online drawing editor and photo editor | **Chrome Music Lab** Experiment with creating your own songs and tunes. |
| **Scratch** Get onto Scratch – explore and edit games. What can you make? | **Typing Club** Learn touch typing skills with this excellent resource. | **Microsoft Excel** Can you create a table with data and a graph? Access via Microsoft Teams app in GLOW | **PhotoPea** Similar to Photoshop, but free– want to enhance your skills? This is the place to go! | **A Google A Day** Can you solve the puzzle using Google? |
| **Code.org** Visit code.org. Have a go at the Hour of Code Challenge. | **Epic!/Audible** Sign up for a free trial of Epic! Books or Audible. Free audio books for a limited time. | **Mecabricks** Visit this Lego-like website. Use the workshop tab. to build different creations. | **Pivot Animator** Download a free copy and create your own stick man animation. | **Minecraft** Download/install Minecraft Education Edition. Take part in some of the challenges. |
| **Kodu** Visit this excellent coding website to download software and create your own game. | **Microsoft Publisher** Create a poster, flyer, newsletter and much more. Access via Microsoft Teams app in GLOW | **Top Marks** Lots of fantastic games for free. | **Poster My Wall** Create an amazing poster about any subject. | **www.typerush.com/** Compete against others to type as fast as you can! |

**Please check with an adult before downloading or installing any software onto home devices.**

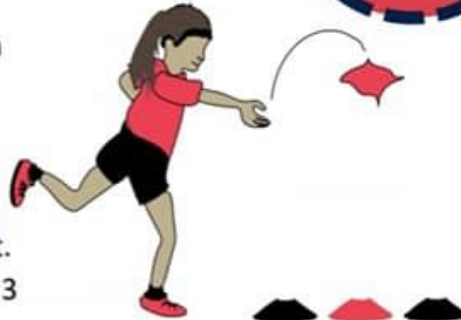PE – Try some of the challenges below!

# Climb the Ladder
## Home Physical Education

Can you be honest and only try target 2 when you've hit target 1?

### How to play:

- Place 3 targets on the floor in a line, 1m away from each other.
- Using a small object can you throw the object and hit the first target.
- When you have hit the first target, only then can you move onto the next target.
- How many throws does it take to hit all 3 targets?
- If you are playing against a partner, the first player to hit all 3 targets is the winner.

Can you keep trying even if you miss the target?

### Top Tips

**Throwing Underarm**

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

### Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

# P5-7

# Physical Education Bingo

⏱ Be active for at least 60mins every day!

| B | I | N | G | O |
|---|---|---|---|---|
| 40 Jumping Jacks | 40 High Knees | 40 Toe Touches | 40 Butt Kicks | 20 Squats |
| 40seconds Plank | 20 Mountain Climbers | 20 High Jumps | 2 minute Dancing | 20 Shoulder taps |
| 10 Burpees | 10 Knee Push ups | 1 Good Deed | 15 Sit ups | 2 minute Meditation |
| 2 minute Jump rope | 20 seconds Crab Walk | 20 Star Jumps | 20 Lunges | 20 seconds Bear Walk |
| 20 High Kicks | 30s each Side Tree pose | 30 seconds V-sit Hold | 1 minute Wall Sit | 1 minute Running on spot |

# Go Dragons!