|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Fitness-Create 5 exercise for a family PE session. Remember you do not need any specialist equipment for this. You could do burpees, planks, sit ups, star jumps and high knee jogging on the spot. Be as creative as you can! Spend 1 minute at each stations and repeat 4 times.  | Health and well beingCreate your own mindfulness colouring for an animal of your choice. Draw the outline of the animal and fill it with lots of different lines and patterns before colouring.  | RE- Read the story of Easter with someone at home. Create a prayer of thanksgiving reflecting on Jesus’ sacrifice.Investigate how other countries celebrate Easter around the world. Create a news report or newspaper article to share this. | STEM Challenge – Create a freestanding tower using any materials in your house. Measure your tower and see how tall it is. You could have a competition with a family member and see who can make the tallest tower. Remember it must be able to stand freely and not be attached to anything.  | Arty science- Using sticks or straws design a human skeleton.Extra challenge- Can you label the different parts of the skeleton and describe their function? |
| Baking Discuss with someone at home your favourite meal or cake. Cook or bake this food with someone at home. Extra challenge- Create a recipe for someone else to use to recreate the meal or cake. Remember to include a list of ingredients and the method you sued to cook or bake it. | Science experiment- Investigate materials which dissolve.Method- 1. Gather some solids to try and dissolve eg sugar, salt or coffee. 2. add a teaspoon of whichever solid you are testing to a glass of cold water and a glass of hot water. Stir and observe what happens.3.Repeat for all solids.4. Design a chart to record your results. |  Easter ArtWith adult supervision boil an egg. Leave it to cool. Now create your own Easter Egg superhero. Extra challenge- Create an advert for your superhero explaining why he/she is better than all the other superheroes. | ArtMake your own colourful McCoo character. You could draw or paint or use materials around your house to create a collage. | Spend 10 minutes playing in your garden or take a walk with your family. Using different materials around your house. Make a collage of any living things you saw outside or of the view from your window. |
| DanceIn class we created a dance using our birthdays eg the 5th of June 2011 would be 050611. Create a move to be performed for each digit from 0 to 9. E.g. 0- a star jump, 1- a half turn, 2- strike a pose and so on. Now create a dance using these moves for each of the 6 digits of your birthday. Now ask a family member to join in and help them create the dance for their birth date. Can you combine them? | Create a game for your family to play. Spend some time playing some existing games you have at home first and then use some of the aspects of these to create your own original game. Think carefully about how you win the game and strategies you can use as you play.  | STEM challenge-Build a fort. Use blankets, chairs and other materials to create a fort. When you finish use your fort to read a book or have some relaxation time with your family.  | Make an instrument- use recyclable materials to make a musical instrument. For example rice in a jar would make a good percussion instrument. Could you make up a tune to sing your times tables along to, using your instrument? | Personal research Choose a topic of your choice. Spend some time researching this and document your information in any way you wish. Be as creative as you want. You could make a mini book, a power point, a song or a video clip. |