

Monday 11th May

Good morning all!

Hope you are well and have had a lovely weekend.

We have had a lovely time pottering round the garden, reading our books and walking the dog.

We also had a barbecue on Saturday night.

How about you?

What did you get up to over the bank holiday weekend?

Any new games; any lovely walks; anyone do something amazing for VE Day.

Let us know, send some pictures.

Thanks for all the work you sent me on Thursday whilst I was in school; you did some amazing stuff and cooked some lovely looking grub!

Anyway, new week and guess what.

This would have been the start of your SATs week...but you have escaped them!

But Alverton is like Maths Mansion - no leaving without learning!

So, let's get on to today's work.

Firstly, Joe Wicks anybody?

Go on. give it a go...you know it makes sense.

### English

I want you to go to SATS Boot Camp (message me if you have forgotten your log in) and complete Reading Test No 10. I will be watching to see how you do. Remember to spell answers correctly as it is marked by computers who do not understand incorrectly spelt words.

After that, I want you on Read Theory for 20 minutes doing at least two assignments. I want you to message me telling me the titles of the assignments you have completed. Don't make me come after you!

### Maths

Standard procedure

### PE

**Hand eye coordination** is such an important life skill and this afternoon I'd like you to test yours out and hopefully make some improvements!

Below are some different drills that you could try. Have a go at a few of them or all of them and let us know how you get on!

For some of them you might need a partner - a parent or sibling!? But many of them you can do on your own.

### **Drill 1 - balloon tossing.**

This fun partner exercise has you catching and bumping the ballon back and forth with each other using your hands, heads, and other body parts. This fun partner exercise has you catching and bumping the ballon back and forth with each other using your hands, heads, and other body parts. You'll see, this game can be a lot more challenging than it looks.

Perhaps make up a few of your own rules? We have played a lot of ballon tennis in our house!

### **Drill 2 - juggling.**



Juggling is a great way to develop rhythm and timing. Start with slow circles with just two balls, finding your pacing and coordination between both hands, then add the third ball. It's amazing how the addition of that extra ball can make you speed up too much and lose your rhythm.

The benefit of this exercise is in the repetition and the awareness of how off-beat you can be when you are flustered.

If you get stuck - there are loads of youtube tutorials!





### **Drill 3 - Small ball throwing (if you don't have a ball, use anything that you can find - a piece of fruit!)**

Another partner exercise, this time with a small ball, this drill allows for faster speeds than with balloons.

Change up the speeds, angles and throwing patterns for endless variations. Also work on facing away, then your partner tells you to turn as she tosses the ball over. This requires a quick orientation of direction that you don't get from simply watching the ball as you catch it.



### **Drill 4 - skipping rope**

A classic conditioning on hand/foot/implement beyond two foot hopping.

### **exercises.**

exercise, jumping rope also works coordination when you progress

Running in place, one foot multiple hops, and crisscrossing are all options you can play with. Keep the rope moving at a steady pace while you get fancy in your footwork, and jumping rope can be an incredible coordination drill that teaches you how to maintain rhythm and control whilst getting more and more tired!

### **Drill 5 - target practise.**

A staple hand/eye drill, target practice involves the complex but very natural skill of throwing and accurately sighting and aiming that throw.

It's both surprisingly difficult and addicting to practice hitting at a target.

Start close to the target and progressively move further away from it, and also play with standing at different angles rather than directly in front of it. You can add another level of difficulty by turning away, then quickly turning and aiming for the target. Your target can be absolutely anything! Something you've cut out from a piece of paper, a plastic cup, a toy..... etc.

### **Drill 6 - Ball throw from different positions.**

Back to the ball throw, you can vary your orientation and positioning to add even more variety to the activity.

Try on both knees, moving in a squat, lying on your back or stomach or side, lunge positions- whatever feels most challenging and fun.

This is a great chance to incorporate some mobility work into your coordination drills.

### **Drill 7 - wall ball bounce.**

When you don't have someone available to toss around a ball with you, all you need is a solid surface in front of you and bouncy ball. When you switch up how you toss the ball, and the angles from which you aim for the wall, there's little predictability in the way the ball returns to you.

Work on throwing the ball from different distances and aiming for different points on the wall, or aim for the floor so that the ball bounces off the wall.