

Exercise:



Start your morning with something active...

There are still lots of links and activities on the school website to choose from. We have heard there are still some of you continuing with Joe Wicks - well done.

Here is a link to Cosmic Yoga which will help your balancing skills and build your strength. Also a great way to start the day and feel ready and relaxed.

<https://www.youtube.com/user/CosmicKidsYoga>

Try to make sure you try a variety of activities. Think about your flexibility and strength as well as aerobic activity to keep your heart healthy! Keep practicing and your balancing skills too!

Story of the week:



This week we have five different reading comprehension activities - again they are all sport related!

It doesn't matter which order you do them in, simply choose a different one each day.

Each text comes with three different levels of questions:

1 Star = bronze,

2 stars = silver and 3 stars = gold.

Choose where you think you should start! Hope you enjoy!

English:

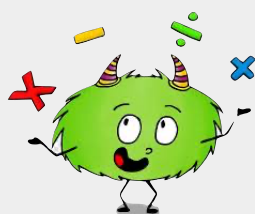


This week, we are basing our writing on a cycling film called The Ridge which is set on a remote island in Scotland.

The theme this week is describing places using interesting vocabulary. Could you use a thesaurus to search for words? Or ask someone else? Challenge yourself this week...

Maybe if you're out and about in our beautiful county, maybe you could describe one of the places you visit?

Maths:



This week we will be using the White Rose Maths resources again. (Please remember - you don't need to print the worksheets unless you feel its easier working on them. We are happy to see just your answers written down if that is easier for you!)

This week we will be working on the activities in the folder named: Summer Term - Week 4 - (w/c 11th May)

<https://whiterosemaths.com/homelearning/>

The worksheets will be in a folder - Maths w/c 8th June on our webpage.

Project:



This week we would like to focus more closely on some of the Sports we are looking at this Summer Term.

Your Tasks this week:

We would like to continue with the project we had planned for this term - 'Take One Sport'. If you haven't already you will find the homework grids we had planned uploaded onto your classes pages, so you can find out more about the learning we have planned for the Summer Term. This week, as well as taking something from the homework grid, here are some project suggestions below from. We have planned to cover three main sports as well as looking at other significant sporting events through the year. You can choose one of the sports for the week and next week there will be new activities for each sport, so you will have the chance to work through each sport if you would like to:

Swimming:

- Design and draw an aerial view (looking down on from above) of your own swimming pool. Try to think about what shape it is going to be, include the measurements (may be an idea to research this first), are there any seats at the side for people to watch?
- Research and create a poster/fact file or video documentary about the Olympic swimming pool that was built for the 2012 olympics. Who was the architect?
- Can you write 5 facts at least about what an Olympic Swimming pool needs to include. Please see below a useful link to an official olympic video all about Olympic swimming pools:
- <https://www.youtube.com/watch?v=bZQ9ylTtBfQ>

Cycling:

- Can you name the four types of Cycling races that take place during the Olympics? Can you then write some short facts about each of these, you may want to include some pictures of the different types of bike they use for each race. Here is a link to a useful website to help:
- <https://www.factmonster.com/olympic-preview-cycling>

Tennis:

- Using the link below to a facts page all about the Wimbledon Tennis competitions, can you pick out your 6 favourite facts you didn't know about already.
- <https://hotshots.tennis.com.au/news/wimbledon-facts-your-kids-will-love/>
- Bearing in mind what you are expected to wear at a Wimbledon match (think about why white is a good colour to wear). Can you design a tennis outfit for school, remember to try to include our logo somewhere.

Exercise:



If you have a bike, be sure to practice your cycling skills safely while the sun is shining!

If you have a ball you can use, practice your throwing and catching skills, which are great for co-ordination and help with your tennis skills.

Or

Enjoy a nice walk in the sunshine - remember to wear a hat and sunscreen!