

<b>Be Well Planned</b>	<ul style="list-style-type: none"> <li>● <b>Plan your day</b> - What do you want to achieve? Are your plans manageable? Have you got a balance of different types of learning?</li> <li>● <b>Keep a diary</b> - Record what you've done and how you got on. A list of tasks with short comments would be fine – e.g. Reading - found easier to remember how to read 'because...' Maybe you'd like to keep a record of what you're thinking about and how you are feeling each day – it's up to you!</li> </ul>		
	<b>EYFS &amp; KS1 (Reception, Years 1 &amp; 2)</b>	<b>Lower KS2 (Years 3 &amp; 4)</b>	<b>Upper KS2 (Years 5 &amp; 6)</b>
<b>Be Healthy</b>	<b>Healthy Body -</b> <ul style="list-style-type: none"> <li>● Dance to your favourite piece of music</li> <li>● How many jumps does it take to get across the room - what about if you hop?</li> <li>● Create an assault course in the garden</li> <li>● Visit BBC Supermovers KS1 - <a href="https://www.bbc.co.uk/teach/super-movers">https://www.bbc.co.uk/teach/super-movers</a></li> </ul>	<b>Healthy Body -</b> <ul style="list-style-type: none"> <li>● Find a piece of rope and skip - How many skips can you do - try to beat your personal best. Can you skip on one leg? Can you spin the rope twice for one jump?</li> <li>● Practice throwing/kicking a ball at a target - run as fast as you can to retrieve it.</li> <li>● Visit BBC Supermovers KS2 - <a href="https://www.bbc.co.uk/teach/super-movers">https://www.bbc.co.uk/teach/super-movers</a></li> </ul>	<b>Healthy Body -</b> <ul style="list-style-type: none"> <li>● Set up a circuit of physical activities. Try to improve your strength, speed and stamina by setting personal goals. Eg. Best time for 20 star jumps or how many star jumps in 30 secs/1 min?</li> <li>● Turn your music up and dance like no one can see you - use your whole body.</li> <li>● Visit BBC Supermovers KS2 - <a href="https://www.bbc.co.uk/teach/super-movers">https://www.bbc.co.uk/teach/super-movers</a></li> </ul>
	<b>Healthy Mind -</b> <ul style="list-style-type: none"> <li>● Share a story</li> <li>● Play with your favourite toys</li> <li>● Have a cuddle</li> <li>● Help do a job around the house</li> <li>● Draw a picture for someone you love.</li> <li>● Do some Yoga (see Cosmic Kids)</li> <li>● Colouring</li> </ul>	<b>Healthy Mind -</b> <ul style="list-style-type: none"> <li>● Do something that makes you laugh</li> <li>● Colouring</li> <li>● Read your favourite story</li> <li>● Share a happy memory</li> <li>● Say thank you for something you are grateful for</li> </ul>	<b>Healthy Mind -</b> <ul style="list-style-type: none"> <li>● Talk to your friends (ask parent's permission to use phone or messaging)</li> <li>● Draw</li> <li>● Listen to music</li> <li>● Help your family</li> <li>● Do something you're good at</li> <li>● Tell your parents why you appreciate them</li> </ul>
<b>Be Creative</b>	<ul style="list-style-type: none"> <li>● Draw, paint or collage to illustrate your favourite stories</li> <li>● Make a sculpture out of some recycling</li> <li>● Create a character out of Lego</li> </ul>	<ul style="list-style-type: none"> <li>● Create a hedgehog home in your garden</li> <li>● Make a bird feeder for feeding apple cores to the birds.</li> <li>● Write a song, story or poem</li> <li>● Create a picture for your wall showing what your family mean to you</li> <li>● Apply for one of the Blue Peter Badges.</li> </ul>	<ul style="list-style-type: none"> <li>● Make a "story in a jar" - see google.com for ideas</li> <li>● Bake some Easter cookies</li> <li>● Keep a journal of your experience at home - we are living through an unusual time in our history and your journal could become a historical source for the future</li> <li>● Create a picture for your wall to remind you of a favourite memory</li> <li>● Apply for one of the Blue Peter Badges.</li> </ul>

<p><b>Be Inquisitive</b></p>	<ul style="list-style-type: none"> <li>Find out what's growing in your garden. Take photos or draw what you see.</li> <li>What wildlife is in your garden? Can you make a home for a woodlouse? What kind of homes do woodlice like?</li> </ul>	<ul style="list-style-type: none"> <li>See how many different things you can find in your home that are magnetic.</li> <li>What can astronauts see from space? Why? What would you like them to be able to see from space in the future?</li> <li>Why do some countries have more people living in them?</li> <li>How did poorly people get medical treatment before the NHS?</li> </ul>	<ul style="list-style-type: none"> <li>Keep a daily diary to track the phases of the moon</li> <li>Where in your garden are you most likely to find woodlice? Why?</li> <li>How quickly do shadows grow or shrink on sunny day? Is this the same every day?</li> <li>What animals visit your garden over 24 hours?</li> <li>Who makes decisions in our country? How does this compare with other countries? Why do different countries make different decisions about similar things?</li> </ul>
<p><b>Be Collaborative</b></p>	<ul style="list-style-type: none"> <li>Write a story together and act out as a family</li> <li>Play board games</li> <li>Play card game</li> <li>Help to cook a meal</li> <li>Help sort and fold laundry</li> <li>Go on the RSPB Fun &amp; Learning section of the website for lots of ideas you can do together in the garden.</li> </ul>	<ul style="list-style-type: none"> <li>Design and make your own board game to play with your family.</li> <li>Spring clean your garden and get ready for the growing season</li> <li>Make puppets and a puppet theatre for a show</li> <li>Work on a Lego creation with a family member.</li> <li>Make a wormery to recycle food waste</li> <li>Go on the RSPB Fun &amp; Learning section of the website for lots of ideas you can do together in the garden.</li> <li>Make a map of the area where you live. How has the area changed over time? Why?</li> </ul>	<ul style="list-style-type: none"> <li>Design and make your own board game to play with your family.</li> <li>Create an annotated photo album or scrapbook to celebrate a special time with your family.</li> <li>Collaborate on a story with friends or family (using the phone or internet).</li> <li>Make a home documentary of your family's experience of being at home</li> <li>Go on the RSPB Fun &amp; Learning section of the website for lots of ideas you can do together in the garden.</li> </ul>
<p><b>Keep Practicing – Reading</b></p>	<ul style="list-style-type: none"> <li>Reading books daily</li> <li>Phonics cards and activities (Phonics Play website)</li> <li>Key words and High Frequency words in reading record books</li> <li>How many words can you read in one minute?</li> <li>Find your choice of 'Desert Island' book Practice reading Alien and Real words. Can you put the sound buttons underneath?</li> </ul>	<ul style="list-style-type: none"> <li>Daily reading for at least 20 mins</li> <li>Follow a recipe or other set of written instructions</li> <li>Find out what is happening across the world by reading the news on Espresso</li> </ul>	<ul style="list-style-type: none"> <li>Daily reading for at least 30 mins</li> <li>How many different types of text can you find/name? Which types of text do you enjoy reading the most? Why?</li> <li>In your opinion what is the best book of all time? Does everyone you ask agree with you? Does this surprise you?</li> <li>Word hunter! Take a book and search it for words that you don't know the meaning of, then find out what they mean and finally use it in a conversation over the next three days (at least once a day!)</li> <li>Create your own short story and read it to someone.</li> </ul>
<p><b>Keep Practicing – Writing</b></p>	<ul style="list-style-type: none"> <li>Forming letters correctly to write lists, messages for your family and stories to act out. Upload onto Tapestry so that we can reply!</li> </ul>	<ul style="list-style-type: none"> <li>Research and write out your favourite poem in your best handwriting and draw/paint pictures around it. E.g. Michael Rosen</li> <li>Write a story, poem or prayer</li> <li>Create a comic</li> </ul>	<ul style="list-style-type: none"> <li>Watch a short film/clip together and practice describing it and tell the story in your own words</li> <li>Use some words you've discovered during "Word Hunter" in a story, poem or prayer you've written</li> </ul>

	<ul style="list-style-type: none"> <li>• Make a mini-book about a subject of your choice. What facts can you write?</li> </ul>	<ul style="list-style-type: none"> <li>• Write and post a letter to someone who might be feeling lonely.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to cook a family recipe and start to create your own recipe book of favourites.</li> <li>• Write and post a letter to someone who might be feeling lonely</li> <li>• Write clues for a mystery.</li> </ul>
<b>Keep Practicing - Numbers</b>	<ul style="list-style-type: none"> <li>• Games which involve subitizing (knowing how many without counting), number recognition and simple addition and subtraction such as snakes and ladder</li> <li>• Online interactive maths games</li> <li>• Number bonds for ten and twenty</li> <li>• Look for shapes in the environment, name them and recognise their properties</li> <li>• Arrange objects in order of size - can you measure them in some way?</li> <li>• Which is heavier - 20 pencils or 5 forks? How do you know?</li> <li>• Counting in 2s, 5s and 10s.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn your tables by dancing along to BBC Super Movers KS2 Maths</li> <li>• Practise your times tables using <a href="http://www.timestables.co.uk">www.timestables.co.uk</a> or 'rockstars'</li> <li>• If a spider walked around the perimeter of every room in your house how far would it have walked?</li> <li>• What does 1 000 000 (one million) look like?</li> <li>• Would you prefer 100g of Marshmallows or 10 squared centimeters of smarties? Why?</li> </ul>	<ul style="list-style-type: none"> <li>• Practise your times tables using <a href="http://www.timestables.co.uk">www.timestables.co.uk</a> or 'rockstars'</li> <li>• Personal Best Challenge: How quickly can you complete writing out the times tables?</li> <li>• If you practice every day, how many seconds can you knock off your time over one week</li> <li>• Practice telling the time on an analogue clock or watch</li> <li>• How heavy is your bedroom and everything in it combined?</li> <li>• If you started with one friend and doubled your number of friends every day - how long would it take you have more than 100 friends? If you started with one friend and you tripled your number of friends every day would you get to more than 100 friends in a third of the time? Can you predict how long it would take to have more than 500 friends?</li> <li>• How many grains of rice would it take to fill your bath? (don't try this for real or your block the drain and have a very hungry family!)</li> </ul>
<b>Keep Practicing - Other</b>	<ul style="list-style-type: none"> <li>• Use scissors to cut interesting shapes - try making snow flakes or a row of people holding hands.</li> <li>• Create a tweezer or tongs challenge - How quickly can you pick up all the rice using tweezers?</li> <li>• Thread interesting things from your home or garden onto a string to make a necklace</li> <li>• Learn how to tie shoelaces and polish or clean your shoes</li> <li>• Add percussion to a piece of music</li> </ul>	<ul style="list-style-type: none"> <li>• Use a typing tutor and learn to use all your fingers on the keyboard</li> <li>• Practice a musical instrument: Can you play a simple tune without music ('Twinkle twinkle little star)? What if you start on a different note?</li> <li>• Practice a piece of music - notice the line, bar or phrase that you want to improve and work on it until you can play it perfectly 3 consecutive times then play the whole line/piece again to hear how you have improved</li> <li>• Learn to knit, sew or tie knot</li> <li>• Learn to iron (if an adult can help you)</li> <li>• Learn how to sow different seeds</li> <li>• Learn how to use the washing machine, help with household chores and clean the bathroom if you are allowed to</li> </ul>	