

Welcome to our new home learning newsletter. As we near half term I want to start this newsletter with some big thankyou's. My first big thank you is to all of the parents at home with their children trying to juggle life and home learning, you are doing an amazing job. We really appreciate the effort that you are making and want you to know that you are making a difference to your children. Some days will be good, some bad and some great but please know we are all having these days and they are ok. I have included a poster about this below and how we may overcome those days that aren't so great.

My second thank you is to all of the pupils working from home, you are doing an amazing job, logging in to live lessons, finishing portfolio work and finding your own passions. It isn't easy being at home, away from your friends and the routine of school but you are amazing. It will not be long and you will be back with us, keep going.

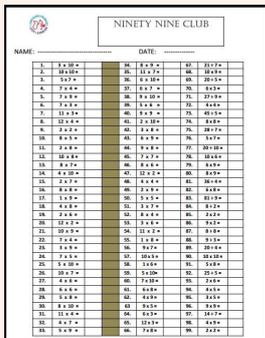
Lastly I want to thank the staff of Lanesend school, as you always do you have stepped up to the challenge, you have devised home learning, live lessons, home learning packs, interventions, supported families, found devices for home, kept our school clean, Taken phone calls, fed us and a million other jobs while still looking after your own families and having your own worries.

What this pandemic has shown us is that we are an amazing community, when we work together we can achieve and get through anything and we will get through this and we will all be stronger as people and appreciate those little things a lot more. Take care, if there is anything we can do to help and support please just contact us.

## The Lanesend Learning Project Overview 05/02/21

EIFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<a href="#">05/02/21</a>						

Here are some extra resources that you can use by clicking the images below.



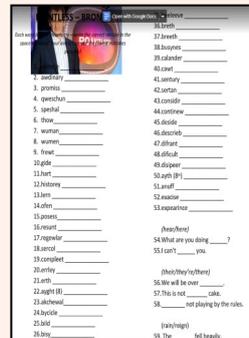
99 Club



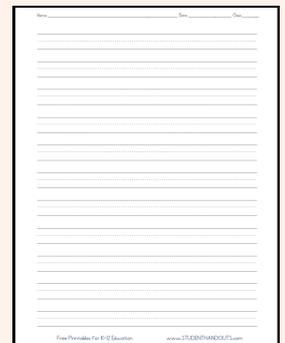
100 Word Challenge



Painting of the Week.



Pointless Spelling.



Handwriting Resources



Get Epic Reading



P.E. Corner



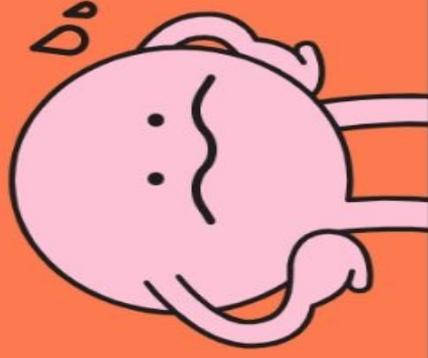
Science at Home.

# GOOD DAYS - BAD DAYS - GREAT DAYS

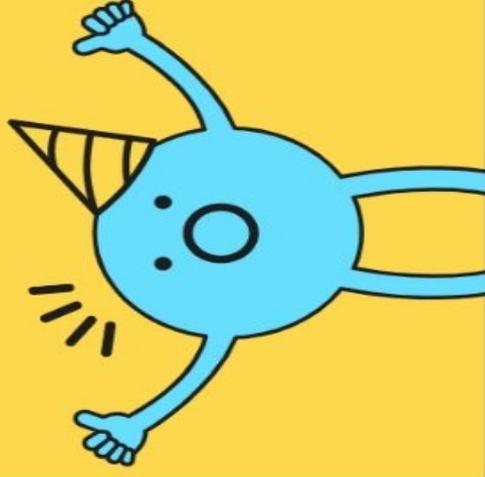
I'm not feeling like myself today. I know it's OK to not feel OK, but I will try and find ways to make myself feel better.



Thinking about why I'm feeling like this rather than ignoring it is helping me to heal and take time for self-gratification.



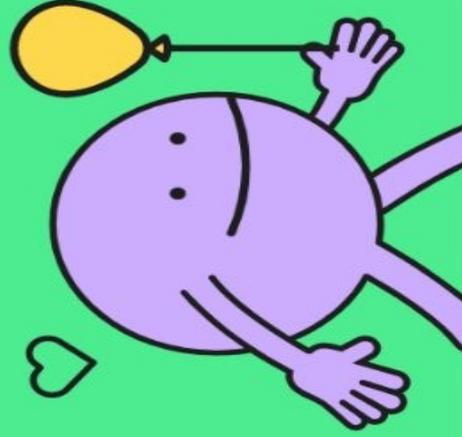
But! I'm slowly learning! Learning to have self-compassion and celebrate the good feelings.



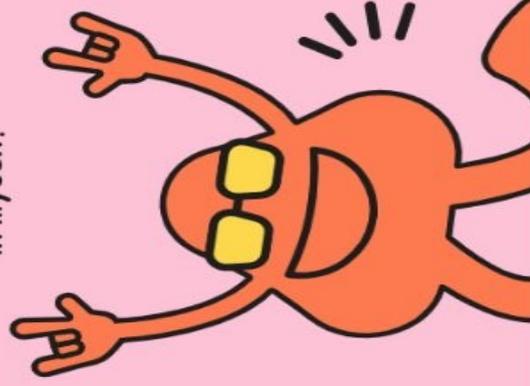
Learning to love all me magical ingredients is a process.



And I know I'll get there! Tomorrow will be a better day.



I've got this. I've found ways to value and believe in myself.



The majority of people are finding these challenging times difficult.

You'll have good days and bad days.

Take time for YOU.

Self-Care is important.

Look after yourselves

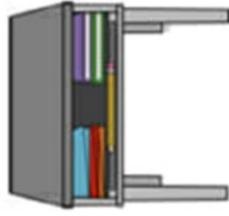
**Super smiles**

**Nina @musicmind**

# Virtual Classroom Rules



**Be on time.**



**Act like you're at school.**



**Sit in 1 spot during class.**



**Keep yourself muted.**



**Turn on your video.**

**Raise your hand to talk.**



**Listen.**



**No eating during class.**



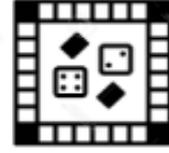
**HAVE FUN AND DO YOUR BEST!**



As a family,  
design outfits  
that express who  
you are  
individually!



Spend time with  
your family – play  
games, go for a  
walk or do  
something  
creative  
together.



Put on your  
favourite music  
and sing your  
favourite song!



Talk to someone  
at home about  
how you're  
feeling.



Spend time doing  
something that  
makes you  
happy!



Draw/paint your  
emotions – what  
colour are the  
different  
emotions to you?

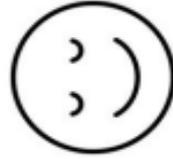


Draw a picture  
of yourself and  
write on it the  
things that you  
like about  
yourself:



## Children's Mental Health Week – Express Yourself

Spend time doing  
something that  
helps make you  
calm.



Dress up in your  
favourite outfit!



Create (draw or  
build) a place  
you'd like to  
visit!



## Good News Story



Bournview Care Home in Birmingham put these photos on Facebook this week and in a day there were over 20,000 responses!

People commented that the pictures of the elderly people enjoying the snow cheered them up. Here are some of the comments people made:

“With everything going on in the world, all the bad news... Everyone needed to see this”

How lovely, there is still fun and laughter in them old bones, everyone still has a kid inside! We just have to help it out !

Absolutely brilliant to see all having fun no matter what age people are.

- What is a care home, who lives there?
- What do you have in common with an elderly person?
- What is your image of a care home and its residents? What do you think life is like in a care home?
- What do these photos show about life in a care home?
- Why do you think the photos went viral?
- What do the photos show about elderly people.
- The comments were interesting; “with everything going on in the world, all the bad news, everyone needs to see this” why does everyone need to see this?
- “There is still fun and laughter in them old bones. Everyone has a kid inside” is this true? How can elderly people have a kid inside them?
- As you grow old and leave your childhood behind, how do you think people change? Do they stop having fun? If so, why?
- What do these photos show about growing old?
- What can we learn from these photos?
- Why is this a story of hope?
- Why is this about no outsiders? (even if they are ‘outside’!)

## Good News Story 2



<https://www.bbc.co.uk/news/av/world-55804860>

A concert by a band called The Flaming Lips was held last week in America. It is the first time a concert has been held where all the audience were socially distanced in bubbles. Last year the band played a concert to a small audience in bubbles but this time there were lots more people and the bubbles were special designs.

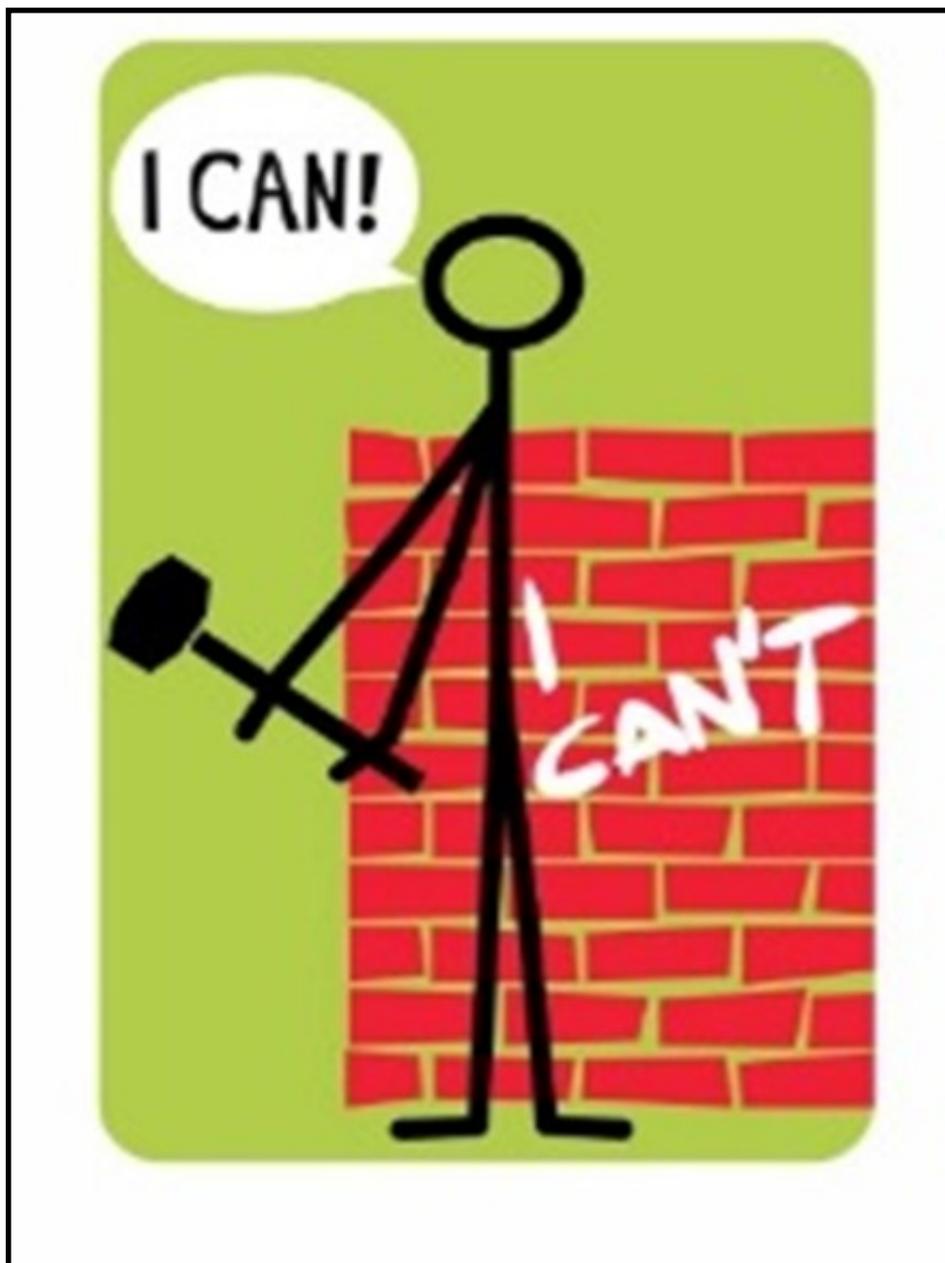
Each bubble could hold up to three people. Inside each bubble was a cooling fan, a speaker and water. People inside the bubbles had sign, "I have to pee" to hold up if they wanted to go the toilet and a crew member would come and let them out. They also had a sign to say it was getting too hot, and the crew would pump fresh air into the bubble.

Band member Wayne Coyne said the fans were up for something "a bit different."

- Why were bubbles needed?
- Is there any other way an audience could attend the concert?
- How do you think the audience members felt to be in their bubbles?
- What are the advantages and disadvantages of seeing a concert this way?
- Two signs were given to each bubble – can you think of any other signs that might be needed?
- What else could the band put in each bubble?
- Do you think all concerts might be like this in future?
- Most artists are waiting for Covid to be over before performing live. Why do you think the Flaming Lips decided to do this instead of waiting?
- What can we learn from the Flaming lips?
- Why is this a story of hope?

## Trick of the Week: Break Through

- ❖ Revisit Green Trick Box tricks, linking to creativity.
- ❖ Our beliefs affect our thoughts and our thoughts affect our bodies and behaviour.
- ❖ As thoughts travel through our brains, it is neurons that help to develop solution thinking and creativity.
- ❖ Share video [How Neurons Communicate - YouTube](#)
- ❖ Talk about what we might say to ourselves when things are challenging (negative thoughts). To develop positive beliefs what do we need to say to ourselves instead?
- ❖ Share Break Through trick. Have *I can't do it* on a large piece of paper. Have children physically break through this. Repeat in partners with negative thoughts written on A4 paper.
- ❖ Share The Note video: [Andrea López | Anuncio "The Note" de Quaker | YOU'RE AMAZING :\) - YouTube](#)



‘Let’s Talk About  
Mental Health’



# A Parent's Toolkit for Wellbeing.

 2simple

Written by Nina Jackson and Kelly Hannaghan.

Day 1	<p>Look out of your window (or perhaps at a photograph) and try sketching some wildlife, paying close attention to all the details you may not have noticed before.</p>	<p>Day 2</p> <p>Try some winter photography - whether it's a beautiful snowy scene or simply a frosty cobweb, see if you can take a photograph that sums up nature in winter.</p>	<p>Day 3</p> <p>Get creative and make some fat cakes for the birds <a href="https://www.rspb.org.uk/birdcake">rspb.org.uk/birdcake</a>. Remember not to put out anything containing raisins if you have a dog.</p>	<p>Day 4</p> <p>Use Google street view to find a beautiful wild area and spend a moment taking in the view. Perhaps you could try drawing what you see or researching the area?</p>	<p>Day 5</p> <p>Take a moment to listen out for robins. They are one of the only birds to sing in winter and can be heard in both urban and rural areas.</p>	<p>Day 6</p> <p>Engage a friend or family member in nature - phone a friend to discuss some of the nature you have seen recently, or plan a video call with a family member.</p>
Day 7	<p>See if you can make a start on some nature-themed art. You could draw, paint, sew, knit, crochet, model - whatever works best for you. See if you can unleash your creativity.</p>	<p>Day 8</p> <p>Make a nice, warm drink and take a moment to relax and look out the window - what can you see/hear?</p>	<p>Day 9</p> <p>See if you can bake something nature-themed, for example cupcakes decorated with flowers, or animal shaped gingerbread biscuits! <b>#bakeformature</b></p>	<p>Day 10</p> <p>Look up the song of your favourite bird and take a moment to listen to it carefully. See if you can remember it and try to recognise it on any future walks.</p>	<p>Day 11</p> <p>Time to marvel at nature's best bits! See if you can find a nature documentary to watch and take some time to relax. You can't beat a bit of David Attenborough.</p>	<p>Day 12</p> <p>Take a moment to notice the weather outside. Perhaps think about what wildlife might enjoy this weather, or how it might affect them?</p>
Day 13	<p>Day 13</p> <p>Take some time to work on your nature-themed art project.</p>	<p>Day 14</p> <p>Take a moment to re-visit a wonderful memory involving nature. See if you can immerse yourself in this memory, enjoying all the feelings associated with it.</p>	<p>Day 15</p> <p>Wrap up warm and go on a frosty winter walk. Can you spot any key signs of winter, such as berries, snowdrops and robins?</p>	<p>Day 16</p> <p>See if you can come up with a wildlife-related word for every letter of the alphabet. You could even try picking a category, for example birds, flowers, or British wildlife.</p>	<p>Day 17</p> <p>Looking forward to the spring, think about what plants you might like to grow and make a plan. If you don't have a garden, focus on indoor potted plants and herbs instead.</p>	<p>Day 18</p> <p>Take 5 minutes to listen to <b>RSPB Birdsong Radio</b> and immerse yourself in the sounds of nature.</p>
Day 19	<p>Day 19</p> <p>Start a nature journal and write down one thing each day relating to nature. This could be a fun fact, something you've spotted, or something you're hoping to see.</p>	<p>Day 20</p> <p>Take some more time to work on your nature-themed art project.</p>	<p>Day 21</p> <p>Notice the changing light of a sunrise at the start of the day, or the soft dimming of light at sunset.</p>	<p>Day 22</p> <p>Take a moment to be mindful. Find a natural soundscape online (perhaps the sound of rain, the sea or woodlands), close your eyes and go on a nature journey.</p>	<p>Day 23</p> <p>List all the different things you enjoy most about wintertime, for example things you see, hear, smell and touch.</p>	<p>Day 24</p> <p>Notice the first star appearing in the night sky.</p>
Day 25	<p>Day 25</p> <p>Go on a walk or look out of your window and see if you can see any signs of nature, for example fallen feathers, prints, or fur. Try to figure out what might have left them!</p>	<p>Day 26</p> <p>Spend 10 minutes looking at a wildlife webcam and see what you can spot.</p>	<p>Day 27</p> <p>Look for some fascinating animal facts online and get lost in the wonders of nature.</p>	<p>Day 28</p> <p>Open a window and experience the fresh air mindfully - feel it on your face, skin and hair. Now take a slow, deep breath.</p>	<p>Day 29</p> <p>Open a window and experience the fresh air mindfully - feel it on your face, skin and hair. Now take a slow, deep breath.</p>	<p>Day 30</p> <p>Open a window and experience the fresh air mindfully - feel it on your face, skin and hair. Now take a slow, deep breath.</p>



## Connecting to nature

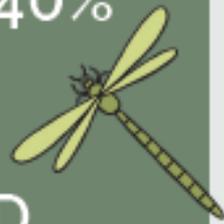
Some of these ideas have been inspired by our Nature Prescriptions project in Shetland, and our pilot project in Edinburgh, [rspb.org.uk/naturesremedy](https://www.rspb.org.uk/naturesremedy). For more ideas visit [www.rspb.org.uk](https://www.rspb.org.uk) and don't forget to take part in our annual Big Garden Birdwatch 29-31 January 2021



# the bug building competition

Mattinson  
associates.

**MORE THAN 40%**  
of insect species are  
**DECLINING**  
And a third are  
**ENDANGERED.**



This January, in collaboration with Mattinson Associates Ltd and The Young Designers Award, we're running a small competition for those 16 years old and under to win some great prizes.

With new government restrictions in place, we know times are challenging and are hoping this competition will help get children outside and enjoying nature and architecture this winter!

Once we have received all your incredible bug building entries, a selection of them will be short-listed in age groups. Then, our expert panel will choose a winner who will be contacted directly by a member of the Mattinson Associates Team.

You could win

**AN ECO-FRIENDLY  
BUNDLE**

full of exciting activities to do and an

**UNDERSTANDING  
ARCHITECTURE**

book written by award winning architect Lindsay Mattinson.



@youngdesignersaward

www.mattinsonassociates.com



## THE CHALLENGE: DESIGN AN INSECT HOTEL

Bug buildings are great hideaways for not just insects but hedgehogs, frogs, creepy crawlies, and even small mammals too! We're asking you to use waste from your garden or house to design an exciting, creative insect hotel based on your favourite building! It could be in the shape of your house, a tower or even the shard! We would love to see something creative and more importantly, suitable for insects to inhabit over chilly months. Follow our social media pages if you need some inspiration.

## HOW TO ENTER:

There are two ways to enter. Either, draw a picture of your dream bug building or make a model and submit a maximum of three photographs of it. Write a maximum of 200 words about the model or drawing. Then either yourself, a teacher, parent or carer can email your entry to [yda@mattinsonassociates.com](mailto:yda@mattinsonassociates.com) with the subject line 'The Bug Building Competition'. This competition closes **midnight 28th February 2021**. Be creative, courageous and quirky! Good luck!

## Terms & Conditions:

1. The competition period will start at 9am on Monday 11th January and end at midnight on 28th February 2021. After this date no further entries to the competition will be permitted.
2. To enter, entrants should email their entry with their name and age to [yda@mattinsonassociates.com](mailto:yda@mattinsonassociates.com) with the subject line 'The Bug Building Competition'.
3. The Competition is open to children aged 16 and under.
4. The Competition is only open to entrants in the UK.
5. Any contact information will only be used if you are selected as a winner. All entrants data will be kept until the winner has received their prize and within 30 days of the winners being confirmed, the data will be destroyed.
6. Entrants will be judged on their bug buildings only and not the supporting words about the work.
7. The winners will be notified via email or by phone. If the winner cannot be contacted or does not claim the prize within 7 days of notification, the Organiser reserves the right to withdraw the prize from the winner and pick a replacement winner.
8. By submitting your entry, you are giving permission for the images only to be used on social media platforms - no personal details will be shared.
9. By entering the Competition, you accept these terms and conditions.

Click for the interactive versions.

# Our Healthy Year Calendar

## Reception/KS1



Try one of these fun activities every week to help your class eat well and move more! Then click to reveal fun facts, jokes and challenges.

**Weekly challenges to build healthier habits.**

**Week 1** How many steps?

Count how many steps you need to take to walk around your home or playground. Try with big and small steps.

Class challenge!

[Click to reveal](#)

**Week 2** Action rhymes

Create your own healthy rhyme or song with actions. Share it with the class!

Class challenge!

[Click to reveal](#)

**Week 3** Number jumps

Do activities like jumping, hopping and touching your toes in sets of ten, five and three.

Can a kangaroo jump higher than the Eiffel Tower?

[Click to reveal](#)

**Week 4** What does your nose know?

Can you use your nose to guess what different foods are without looking? You could try this at lunchtime.

Class challenge!

[Click to reveal](#)

**Week 5** Time for teddy

Choose a teddy or toy from home and draw a picture of them eating something healthy or doing a healthy activity.

This is a fruit that you might eat at lunch, it's small and it's round and it comes in a bunch.

[Click to reveal](#)

**Week 6** What's the difference?

Think of an apple and an orange (or your teacher might show you pictures). What is the same about these foods? What is different?

What is the strongest vegetable?

[Click to reveal](#)

**Week 7** Rainbow plate

How many different colours can you see in your lunch? Can you name the different fruit and veg on your plate?

What did the hoopay say after lunch?

[Click to reveal](#)

**Week 8** Motion maths

Dance on the spot to music. When the music stops, balance on one leg or touch down on one leg. How long can you hold your balance?

Class challenge!

[Click to reveal](#)

**Week 9** Fruit and veg

We should try to eat at least five different fruit and veg every day. Can you and 3 partners name five different fruits and vegetables?

Class challenge!

[Click to reveal](#)

**Week 10** What's on the menu?

Think about what you like to eat. Is there anything new you would like to try?

Class challenge!

[Click to reveal](#)

**Week 11** Energisers

Each day, one person in the class thinks of an energiser activity or routine. Everyone else must follow for five minutes before settling down to work.

How do you light up a football stadium?

[Click to reveal](#)

**Week 12** Food labels

What do you think the red, orange and green could mean on this food label?

Why don't eggs talk jokes?

[Click to reveal](#)

**Week 13** How much fruit and veg?

Rhyma has eaten one apple and a portion of spinach. How many pieces of fruit and veg hits the eaten altogether? How many more does she need to eat today?

Class challenge!

[Click to reveal](#)

**Week 14** We love fruit and veg!

Find out which fruit and veg are being served every day at lunchtime, and keep a whole-class fruit and veg diary.

Why did the banana go to the doctor?

[Click to reveal](#)

**Week 15** High fives

In pairs, one person does an exercise five times. They then 'air high five' their partner who does it five times. Repeat with different activities.

What can you serve but never eat?

[Click to reveal](#)

**Week 16** Playing shops

Set up a healthy food 'shop' and get scales and bags of vegetables to practise weighing and measuring.

Class challenge!

[Click to reveal](#)

**Week 17** Drink smarter

Use the Food Scanner app to scan some popular drinks (provided by your teacher). Can you count how many sugar cubes are in each one? Unscramble the letters to find the name of a healthy drink choice.

[Click to reveal](#)

**Week 18** Favourite snacks

Think about your favourite snacks. Can you choose or set a different healthier snack for each day of the week?

Class challenge!

[Click to reveal](#)

**Week 19** Stretch and bend

Touch your toes and stretch, stand tall and stretch or lean to the side with your arm over your head. Can you think of other stretches?

Why are gymnasts the most generous sportspeople?

[Click to reveal](#)

**Week 20** Tea party time!

Plan a healthy tea party. Make invitations for guests and tell them what the healthy menu will be. You could even bring a souvenir toy to the party!

I am orange and long, and I come in a bunch. I can be in a table, or eaten at lunch. What am I?

[Click to reveal](#)

**Week 21** Active travel day

Can you bike, scoot or walk today? Maybe with an adult outside or on your journey to school?

Class challenge!

[Click to reveal](#)

**Week 22** Hold a stretch

Can you hold different stretches for 5, 10 or 15 seconds? Use counting to help you measure the time.

What is harder to catch the faster you run?

[Click to reveal](#)

**Week 23** Active phonics

Your adult will play phonics sounds around the room or playground when they shout out a sound, walk, run, hop, skip or jump to that sound.

What subjects do flowers like best?

[Click to reveal](#)

**Week 24** Action sports

With a partner or in a team, can you act out different sports in an outdoor learning city games what they are?

Class challenge!

[Click to reveal](#)

**Week 25** What's in your food?

Use the Food Scanner app to find out how much sugar is in some breakfast foods (provided by your teacher). Can you suggest healthier choices for foods that have lots of sugar?

Did you know?

[Click to reveal](#)

**Week 26** Breathe

Breathe in through your nose and out through your mouth. Try to focus on your breath for a few minutes and let go of any other thoughts.

Class challenge!

Did you know?

[Click to reveal](#)

**Week 27** Shake and wake

To start your day, choose a theme like sport, dance or animal moves. The teacher can call out a related action and everyone joins in.

Why couldn't the bicycle stand up on its own?

[Click to reveal](#)

**Week 28** Where does our food come from?

Look at the labels on the packaging of several food types. Whereabouts in the world are they from? You can make a display using pins, labels or drawings on a world map.

Class challenge!

[Click to reveal](#)

**Week 29** What's on your shopping list?

Draw a shopping list of healthy foods you would like to buy.

What did the berry say when he had a problem?

[Click to reveal](#)

**Week 30** Eating out

What are your favourite healthy foods? Write or draw your own menu for a healthy cafe that serves your favourites.

Which vegetable is always in a hurry?

[Click to reveal](#)

Click 'Sign up' at Change4Life/schools to be the first to hear about new resources!

# Our Healthy Year Calendar

## Key Stage 2



Try one of these fun activities every week to help your class eat well and move more! Then click to reveal fun facts, jokes and challenges.

**Weekly challenges to build healthier habits.**

**Week 1** Our healthy pledge

Decide as a class on five ways to be healthy this year.

Which vegetable is always in a hurry?

[Click to reveal](#)

**Week 2** Stretch and flex

Touch your toes and stretch, stand tall and stretch or lean to the side with your arm over your head. Can you think of other stretches?

Why are gymnasts the most generous sportspeople?

[Click to reveal](#)

**Week 3** Sugar smart

Can you order these drink items from lowest to highest sugar content?

Let's find out!

[Click to reveal](#)

**Week 4** Morning movement

Try making an 'activity zone' to use each morning. Why not do a different activity each day?

What is harder to catch the faster you run?

[Click to reveal](#)

**Week 5** Healthy mind

Plan a timetable for the week that includes eating well, moving more, taking time out and having fun!

Class challenge!

[Click to reveal](#)

**Week 6** Great moves

Make up a dance. You could base it on a theme such as different types of animal or dances from other countries.

Why aren't dogs good dancers?

[Click to reveal](#)

**Week 7** Food labels

Why does some food have traffic light labels? Do you think this label shows a healthier or less healthy choice?

What do you call a peanut in a spacesuit?

[Click to reveal](#)

**Week 8** Game day

Invent a new game that involves movement. Then teach others how to play.

What is the national sport of Japan?

[Click to reveal](#)

**Week 9** Favourite snacks

Think about your favourite snacks. Can you choose or set a different healthier snack for each day of the week?

Class challenge!

[Click to reveal](#)

**Week 10** What's on the menu?

Think about what you like to eat. Is there anything new you would like to try?

Which vegetable am I? You can throw away my outside, cook my inside, then eat my outside and throw away my inside!

[Click to reveal](#)

**Week 11** Jump to it

Jump 10 times in one way, then tag your friend who jumps 10 times in a different way. Keep going until the whole class has finished.

Unscramble the letters to find a sport that needs good jumping skills.

[Click to reveal](#)

**Week 12** Rainbow plate

How many different colours can you see in your lunch? Can you name the different vegetables or fruits on your plate or in your lunchbox?

What did the hoopay say after lunch?

[Click to reveal](#)

**Week 13** Foodie frenzy

Choose a healthy food. Can you think of a different type of food that starts with the last letter of the previous word? How long can you go for? eg apple - egg - grapes etc.

Which of these are NOT fruits? tomatoes avocados carrots

Why should you go to a party with a meatloaf?

[Click to reveal](#)

**Week 14** Healthy recipes

Search Change4Life/recipes and choose a recipe that you would like to eat. Start a class recipe book or visit for a healthy recipe of the week.

Unscramble the letters to find the name of a fruit.

[Click to reveal](#)

**Week 15** Get moving

Write an obstacle course. Time yourself - can you beat your personal best?

Marcus is getting active by climbing stairs. He starts on the fourth floor, climbs up five stories, down seven, up six, down three, and up four again. Which floor is he on now?

[Click to reveal](#)

**Week 16** Snack attack chardes

Prepared to be your favourite healthy snack, fruit or vegetable without talking? Can your friends guess what you are?

What did one snowman say to the other?

[Click to reveal](#)

**Week 17** Drink smarter

Use the Food Scanner app to scan some popular drinks. Can you count how many sugar cubes are in each one? Quick! Name two healthier drink choices.

[Click to reveal](#)

**Week 18** Fantastic fruit bowl

Your teacher will give you each a name of a fruit and an action to go with it. When your fruit is called, can you race to stand up and do your action?

Quick! Name two healthier drink choices.

Why did the banana go to the doctor?

[Click to reveal](#)

**Week 19** Active travel day

Can you bike, scoot or walk today? Maybe with an adult outside or on your journey to school? You are in a race. You overtake the person in second place. What position do you finish?

[Click to reveal](#)

**Week 20** Drink more water!

Measure how much you are drinking by having a water bottle go with you. Can you reach your daily 15 - 2 litres?

Did you know?

[Click to reveal](#)

**Week 21** A balanced diet

A balanced diet includes fruit and vegetables, carbohydrates, protein and dairy. Can you name two examples from each of these food groups?

Why should you go to a party with a meatloaf?

[Click to reveal](#)

**Week 22** Sleep well

Plan a calming bedtime routine that would help you get a good night's sleep.

Did you know?

[Click to reveal](#)

**Week 23** Energisers

Each day, one person thinks of an energiser activity or routine. Everyone else must follow for five minutes before settling down to work.

How do you light up a football stadium?

[Click to reveal](#)

**Week 24** High fives

In pairs, one person does an action like jumping or touching their toes five times. They then 'air high five' their partner who does it five times. Repeat with different actions.

What can you serve but never eat?

[Click to reveal](#)

**Week 25** Food choices

Think about broccoli and mushrooms. How are they similar? Pick a strip and do the activity. You rather be and why?

I can be brown or white but I'm not bread. I can be sticky but I'm not a glue stick. Originally I came from China but I'm not a panda. What am I?

[Click to reveal](#)

**Week 26** Pick a strip

Write exercises on strips of paper such as 'high knee' or 'star jump'. Pick a strip and do the activity. How many can you do in 10 minutes?

What is the only city to have hosted the Olympics three times?

[Click to reveal](#)

**Week 27** Shake and wake

Before starting the day, choose a theme like sport, dance or animal moves. The teacher can call out a related action and then everyone joins in.

Why couldn't the bicycle stand up on its own?

[Click to reveal](#)

**Week 28** Sugar swap

Choose a meal, breakfast, lunch, or dinner. Can you suggest two swaps that mean you are eating less sugar?

Class challenge!

[Click to reveal](#)

**Week 29** Lap it up!

Do laps of your home or playground before school.

What is an insect's favourite sport?

[Click to reveal](#)

**Week 30** Celebrate!

Put on some music and have a class dance to celebrate reaching the end!

Two fathers and two sons sat down to eat eggs for breakfast. They ate exactly three eggs. Each person had an egg. How is this possible?

[Click to reveal](#)

Click 'Sign up' at Change4Life/schools to be the first to hear about new resources!



## MOVE IT MONDAY: SIT DOWN STAND UP

How many times can you sit down (crossed-legged) and then stand up in a straight shape (arms straight up above your head)?

Make sure you sit down in a controlled manner on to a clear floor.

How many can you do in 1 minute?

- Harder - Do the challenge without using your hands to get up off the floor.
- Easier - Go to a crouch position instead of sitting down

#HSGDAILYCHALLENGE

## TRY IT TUESDAY: SIDE PLANK



We have tried the Plank before; this week we are 'trying' the Side Plank – start on your side with feet together, one arm bent on the floor ready to support the body.

Push through your feet and elbow to raise your knees, hips and torso so you are in a straight line.

Time how long you can hold the plank without dropping your hips.

Harder - Do a straight arm side support  
Easier - Place your knees on the floor and just raise your hips and torso



#HSGDAILYCHALLENGE

## WELL-BEING WEDNESDAY: BEAN GAME AND HEALTHY EATING

Today you should try to eat more fruit, vegetables and drink more water.

KS1 Task- Draw a plate and draw what a healthy meal should look like

KS2 Task- Draw a plate and separate the plate into sections for fruits and vegetables, protein, carbohydrates, and fats. After you have created this write down a healthy meal containing each of the food groups.

To keep you active today, How about playing the bean game. Ask someone to be in charge of calling out the names of the beans. Make sure you do the actions! This should get your heart pumping. Then swap the caller!



### BEAN GAME

- String bean - stretch up as high as you can
- Broad bean - make yourself as wide as you can
- Runner bean - run on the spot
- Jumping bean - jump on the spot
- Jelly beans - shake your whole body like jelly
- Beans on toast - lie flat on the floor
- Chilli beans - shiver as though you're very cold
- Mr. Bean - shrug your shoulders and make a confused face
- Beanie baby - pretend to suck your thumb
- Bean bags - huddle in a ball on the floor
- French bean - wiggle your hips and say 'Oh La La' in a French accent



#HSGDAILYCHALLENGE

## TRAIN IT THURSDAY: ALTERNATE BALL ROLL

Crouch on the floor 1m from your wall, with one ball in each hand.

On 'go' you need to roll one ball at a time to rebound back off the wall, into your hand. Alternate your hands.

When you receive the ball back in your hand you get 1 point.

How many points can you get in 1 minute?

Harder: Stand up and throw the ball, use one ball but use alternate hands.

Easier: Use one ball, but still alternate your hands.



## FEEL GOOD FRIDAY FREESTYLE DANCE

Choose a piece of music that makes you feel happy. Dance with your family and choose who has been the most creative or active.

Tick the box to let us know you did it. If you want to send in a picture too that would be great!

Try: 1 minute, 1 minute rest, 1 minute, 1 minute rest, 1 minute.

Challenge yourself by Dancing for longer or changing your speed!



#HSGDAILYCHALLENGE

# ISLE OF WIGHT SCHOOL GAMES HEALTHY HEART WEEK SKIPPING CHALLENGE

Welcome to the Isle of Wight School Games Virtual Skipping Challenge

Competition Intention: To Develop Physical Skills



During Healthy Heart Month in February 2021, Andy and Tony (IW School Games Organisers) are challenging you to see how many times you can jump over a rope.

- KS1 – how many skips can you do in 30 seconds.
- KS2 – how many skips can you do in 60 seconds.
- Teachers – how many skips can you do in 120 seconds. (just for fun)

The challenge takes place between Monday 8<sup>th</sup> Until Thursday 11<sup>th</sup> February 2021.  
Results will be published on Friday 12<sup>th</sup> February.

Why not have a go each day and try to beat your score!

It can take place at home or at school. As an individual or as a class; in a PE lesson or at lunchtime!

Please can you send your **TOTAL** score for your top 5 boys and 5 girls highest scores in KS1 and KS2 to be entered into the Isle of Wight Schools Skipping Challenge for the chance to be crowned Island Skipping Champions!!!

All results **MUST** be sent to [sgoiw@hotmail.co.uk](mailto:sgoiw@hotmail.co.uk) by 3pm on Thursday 11<sup>th</sup> February



**GIRLS' FOOTBALL**  
**SCHOOL PARTNERSHIPS**  
 Supported by **BARCLAYS**



**YOUTH  
 SPORT  
 TRUST**



## FA Shooting Stars Inspired by Disney Virtual Training Events

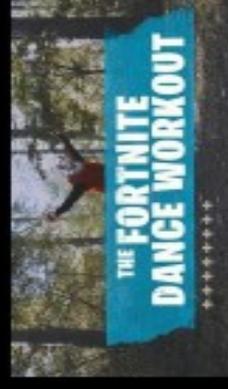
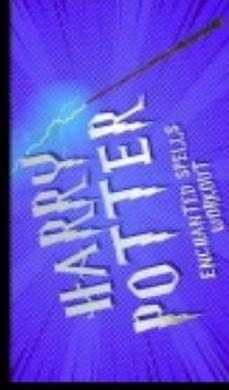
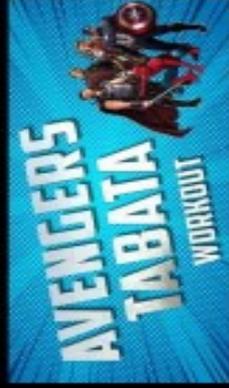
COHORT	MONTH	DATES	TIMINGS	REGISTRATION LINK	REGISTRATION CLOSING DATE
1	October	7th October 8th October 14th October	3:30 - 5:00pm	We are no longer accepting registrations for this cohort.	Closed
2	October	22nd October 27th October 29th October	3:30 - 5:00pm	<a href="https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rr1N">https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rr1N</a>	21 <sup>st</sup> October
3	November	3rd November 5th November 10th November	10:30 - 12:00pm	<a href="https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rr38">https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rr38</a>	30 <sup>th</sup> October
4	November	3rd November 5th November 10th November	3:30 - 5:00pm	<a href="https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rr3q">https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rr3q</a>	30 <sup>th</sup> October
5	November	17th November 18th November 24th November	10:30 - 12:00pm	<a href="https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rr9t">https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rr9t</a>	13 <sup>th</sup> November
6	November	17th November 18th November 24th November	3:30 - 5:00pm	<a href="https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rrH9">https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rrH9</a>	13 <sup>th</sup> November
7	December	7th December 9th December 14th December	10:30 - 12:00pm	<a href="https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rrKU">https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rrKU</a>	3 <sup>rd</sup> December
8	December	7th December 9th December 14th December	3:30 - 5:00pm	<a href="https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rrKZ">https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rrKZ</a>	3 <sup>rd</sup> December
9	January	12th January 14th January 19th January	10:30 - 12:00pm	<a href="https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rrLZ">https://youthsporttrust.force.com/YST_EventRedirectUpdate?id=a4O3z00000rrLZ</a>	8 <sup>th</sup> January

# NETFLIX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind

## Themed Workouts



## Stormbreak Mindfulness



Self-Worth

Hope and Optimism

Resilience

Relationships

Self-Care