



Lanesend Home Learning 25/06/20

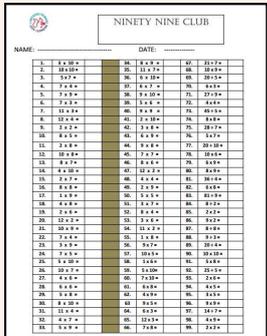


Welcome to our latest home learning newsletter, what a beautiful week it has been. We took part in the #247challenge for 'National Writing Day' yesterday. The children loved doing it as they had to really think about the vocabulary that they used as they were limited to twenty four words plus they only had seven minutes to write it. I think it is an idea that we will revisit in the future. The home learning for this week has some really varied tasks and I am enjoying learning about Japan and its culture through these activities (Did you know that Nintendo were founded in 1889 and had several ventures including a taxi firm before becoming the mega successful gaming company that we know today). We have a bumper edition full of activities again, a new trick from Mrs Napier, more physical challenges from Miss Westbrook and some daily July challenges from Mrs Gangonells. Our internet safety section this week looks at how we can talk to our children about the content that they access on the internet, this is something that isn't always easy but it is so important. We also have a useful guide to the age ratings for film and computer games. I find these guides really useful and I am constantly amazed by what I find out. Please keep sending us your home learning photographs, we love getting them. Enjoy the sun but take care and keep safe.

The Lanesend Learning Project Overview 29/06/20

EIFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
29/06/20	Work A Work B					

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



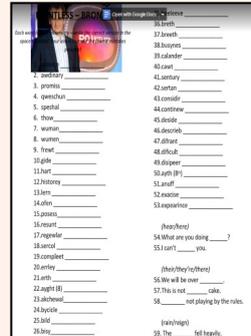
99 Club



100 Word Challenge



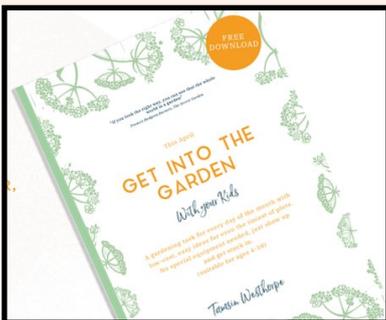
Painting of the Week.



Pointless Spelling.



Handwriting Resources



Projects in the Garden.



Creative Projects.



Cartoon/Comic activities.

Signal change

Why?

We learn habits of thinking through our experiences. In order to change any behaviour, we need to address both the individual and wider social context. We can create a positive cue to help develop positive self-motivated habits through a traffic light system.

How

Think about things that we do to make ourselves feel good and also help others. For example, if I am kind to someone else I feel good inside too. We can make these choices ourselves.

When you make a decision think to yourself, should I keep doing this or make a change to make me feel good and help others too.

Let's try:

Share with others? Keep

Shout to get my own way? Change

Be patient if someone is struggling? Keep Push if I get cross? Change

If we want to make changes we can think about a traffic light... so just as we start to do something we want to change, we can say to ourselves "stop, get ready to do something else" and then do something else that makes you and others feel good.

We all have things it would be good to change, so have a think about all the good things you do that you want to keep and a couple of things you may want to change.

Give it a try! You don't have to tell anyone- you can just do it and you'll notice how good you feel about it.



PE/Sport Home Activities

PE at Home - FOOTBALL

#stayhomestayactive
@PEatHome1

EXPLORE

You will need a football if you have one, if not any type of ball will be fine.

Bright ideas:
Can you dribble the ball using the inside and outside of your foot? Do lots of practising, start slowly and see if you can speed up as you get more confident.

Top Tips:
Whilst you are dribbling the ball, try to look around you, not at your feet. Try to keep the ball close to your feet at all times.

Now ask someone in your family if they can help you. Start dribbling your ball around an area and ask them to shout out a part of the body such as knee, head, right foot, ear, bottom! As soon as they shout a body part you must quickly stop the ball and put that part of the body on the ball.

As you get more confident think about which parts of the body you should stop the ball with. Try dribbling and stopping the ball with your;

- Right Foot
- Left Foot
- Bottom of the foot
- Inside of the foot
- Outside of the foot

@KESSPB
@awhitehousePE
@SarahLayPE

PRACTICE

Ask your family member to help you with this practice. You are going to play CROCODILES!

The aim of the game is to get across 'the river' by dribbling your ball and keeping hold of it without being tackled by the crocodile.

The crocodile has to stand in the centre of the river, they are only allowed to move side to side.

If you lose control of the ball, stop and control it before dribbling again.

Perhaps you can try being the crocodile too!

English Challenge!
The Liverpool FC first team squad has players from 19 different countries including Brazil, Scotland, Egypt, England and Belgium.

Pick your favourite player from the club or country you support and design a fact file all about them. Put the player name and the country and club they play for at the top of your fact file.

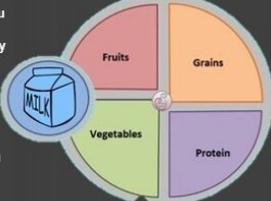
Around your fact file draw;

- A picture of the player
- A picture of the club badge they play for
- The flag of the country the player is from

Write four key facts about your player, make sure you use capital letters, full stops and strong descriptive words.

You might add interesting facts like their age, favourite food and hobbies!

PSHE Challenge!
Footballers have carefully planned diets to ensure that they are as fit and healthy as possible.



This healthy food plate shows the food groups you need for a healthy diet. Can you copy the picture and draw and label as many foods as you can think of which fit in to these groups? Put a star by the ones you like best!

Parent's Tip!
When dribbling a football, the best way to get better is lots and lots of practice!

Encourage your child to use the inside and outside of both feet, keeping the ball close to them when practising.

Taking small, quick steps will help to develop technique and keeping the head up will encourage good body position.

DEVELOP

In this activity you are going to use the new skills you have learnt to play a game with a family member.

Create a square area, as big as you can, mark the area with cones, toys or plastic cups! If you have two balls, you can use one each but don't worry you can also play with one, just have a chaser!

Ask your family member to start on the opposite corner of the grid.

When you shout "GO" you must both dribble around the outside of the grid and try to catch your partner

If you shout "STOP" you must both stop your ball with your feet.

If you shout "TURN" you must both change direction and go the other way around the grid.

REMEMBER; Keep the ball close, look up and use the inside and outside of your foot.

KS1

⚠️ Make sure you have enough room to complete the tasks.

Keep on the Move Home Physical Education

How to play:

- Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space .
- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump 10 times. When a player reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.
- Can you think of your own movement ideas? Can you move at different levels?

Can you make sure everyone is moving around in a space?

Can you keep trying even if you feel tired?

Top Tips

Breathing

Make sure that you breathe in through your nose and out through your mouth when performing the activities.

Let's Reflect

Why did you move around the way you did?

Which way was the most challenging way of moving and why?

60 Second Challenge Climb the Mountain

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive

Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers



Achieve Silver

30 Mountain Climbers



Achieve Bronze

20 Mountain Climbers






YOUTH SPORT TRUST

25 YEARS

Believing in every child's future




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Believing in every child's future

Personal Skills - Focus for the week: "I see all new challenges as opportunities to learn and develop. I cope well and react positively when things become difficult"

ACTIVITY	DESCRIPTION (EACH ACTIVITY TO LAST 5 MINUTES)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
You can make your challenges harder or easier via the highlighted sections. Make sure you do the same version each time so you will know if you have improved						
MOVE IT MONDAY Sit Down Stand Up	<ul style="list-style-type: none"> 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? Do the challenge without using your hands to get up off the floor. Go to a crouch position instead of sitting down 					
TRY IT TUESDAY Side Plank	<ul style="list-style-type: none"> 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. Do a straight arm side support Place your knees on the floor and just raise your hips and torso 					
WORK OUT WEDNESDAY Hopscotch Shuttles 2 markers	<ul style="list-style-type: none"> You will need to lay out two markers about 3-5m apart. On 'Go' you need to do your hopscotch shuttles, continuing back and forth for 3 minutes, with 1 min rest in between. Count how many lengths you do in this time. 1 minute working, 1 minute rest, 1 minute working, 1 minute rest, 1 minute working. Add up your scores from each 'working' minute. Hopscotch backwards instead. Choosing either hopping or jumping, or one length of each etc 					
TRAIN IT THURSDAY Alternate Ball Roll 2 balls & a wall	<ul style="list-style-type: none"> Crouch on the floor 1m from your wall, with one ball in each hand. On go, you need to roll one ball 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? Stand up and throw the ball, use one ball but use alternate hands. Use one ball, but still alternate your hands. 					
FRIDAY FINISHER TREASURE HUNT	<ul style="list-style-type: none"> Find THREE (KS1) OR FIVE(KS2) items of treasure and get your partner to place them in the garden/room, 3m – 5m from a start line Make a blindfold and ask your partner to put it over your eyes Your partner should time how long it takes you to find the treasure and return it to the starting position Your partner should shout out directions to help you find the treasure and keep you safe! 					

Challenges should be done between 9am and 3pm if possible – send your results to us in order to earn a point for your school. You can take a picture and send it to Jenny or Amy via: email jenniferknight9@gmail.com or amy.rodger@solent.ac.uk There is also a Hampshire SGO Twitter and Facebook page @HampshireSGO



National School Sports Week at Home

'Celebrating the power of sport bring people together'

Monday 22nd June: Artistic Activities



HAVE A GO AT ONE OF THE FOLLOWING AND SEND IN YOUR RESULTS

Cheerleading Routine

Either:

Put together a short cheerleading routine that could be used to spur participants on

Or

Create a celebration move that participants can use when they have done well.

Get a member of your household to mark your effort out of 10. Remember, it's about what you look like more than the difficulty.

Can you teach your moves to someone else?

Design a Flag/ Family Emblem or Write a Family Anthem

Design a new flag or family emblem to represent your household.

Make it big enough to show off and stand out in the crowd using any materials you have.

Or

Write an anthem about your family that will make them feel proud. Think about how you can perform it.

Send a picture or a video of your efforts

Rhythmic Gymnastics

Create a short routine of gymnastic or strength moves linked with travels that also incorporates a ball, a hoop, a ribbon or a rope. Try holding the object, throwing and catching it, rolling it or stepping over or around it. Remember to extend and stretch and keep control at all times.

Ask a member of your household to mark you out of 10 for artistic impression.

Can you teach your routine to someone else? Do you have to adapt it to suit their ability?



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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



National
Online
Safety®

#WakeUpWednesday



Conversation starters for parents and carers: ONLINE CONTENT



Trying to start a conversation about online safety with children can be a daunting task. There are many reasons why children may not want to talk to adults about it. One might be that they don't think you'll understand or that you won't know how to help if they came to you with an online problem. It can also be hard to start a conversation about something that you might have limited knowledge about. However, with screen time increasing during the lockdown, it's important now more than ever, to be talking to children about what they are accessing online.

1 ASK THEIR MOTIVATION

Sometimes it's easy to assume we know why children choose certain games or apps. It can seem obvious, like the child interested in football will be enthusiastic about the new FIFA game. But sometimes it can be more subtle than that. It could be that it's an outlet for their creativity or it might be that they like the look of the main character. Learning their motivation and knowing why they like it can help advising them on how to use it safely and help you discuss the pros and cons.



6 MAKE TIME TO LISTEN

When your child can't wait to tell you about their new game, always try and listen to what they say. We always have a lot on our minds, so it's easy for us to drift off onto other things which may be more important. However try to stay involved and ask them more details about aspects of the game/app. Children will appreciate your interest and the more questions you ask, the more you can find out. If you act uninterested, then they are less like to tell you about it again in the future.



2 CULTIVATE A BLAME FREE CULTURE

Children can often blame themselves if they come across something that scares them or makes them feel uncomfortable. There will be times when your child has gone against something that you have forbidden, however, most children do not intend to put themselves at risk. Therefore, it's important that your child is able to come to you with a problem and won't be blamed for it. Try to understand what happened and why and warn them of the dangers once more. Engaging in a 'told you so' dialogue or suggesting they are in trouble for not listening may deter them from reporting any future concerns.



7 ASK THEM TO BE THE TEACHER

Showing an interest in what children are accessing online is a great opportunity for you to learn something new as well. Children on the whole love sharing their experiences so by asking them to teach you how to use an app or play a game is not only a great way to bond, but you will also feel more empowered to talk about it. It is easy to shy away from conversations when the child perhaps knows more about the subject content than you do. This can help to turn this around.



3 SHARE PERSONAL EXPERIENCE

Starting a conversation by sharing something that you've seen or that has made you feel uncomfortable can be a great opener. Talking about your own feelings can help children realise that it isn't just them – adults can be affected too. You can then go into how you coped with it therefore indirectly giving children advice on how they can also cope in uncomfortable situations. You can also explain that the reason that you've chosen to talk to them about it is because talking helps. Children will hopefully be able to see the parallels in the experiences and mimic your behaviour in future.



8 USE SCHOOL MESSAGING

It might be that your child's school has sent out a message about the Childline number or to remind children to use the CEOP button to report content. Ask the children what they learned about these at school. When would they use the Childline number? When would they need to use the CEOP button? What does it look like? Asking the children why the school thought that the information was so important that they sent out a message about it reinforces what they learnt whilst at school.



4 TALK ABOUT THE NEWS

Asking children what their response is to news stories around online safety can be revealing. For example, there has been a recent survey conducted by the BBFC who are currently campaigning for the application of age ratings and content warnings on video sharing platforms. What do they think about this? Can they think of a time when this would have helped themselves or someone they know? Are they against the idea? If so, why? Could they be accessing something they shouldn't be?



9 ASK ABOUT THE RISKS

Many children may know what online risks are and will happily explain the potential dangers. Listen and try not to be overly shocked if they tell you something that disturbs you. This can then lead nicely into you asking the question about what steps they are taking to look after themselves or what help they could seek if something goes wrong. Sometimes it's just nice to know that your children know the dangers and have taken steps to help reduce the risk for themselves – this is the ultimate goal.



5 ASK FOR ADVICE

It could be that you really do have a friend at work who is debating whether or not to let their child do something online, or it could be that you're bending the truth slightly, but hopefully the outcome would be the same. Don't be afraid to ask others for advice. Not only why they should let the child use it, but also what would they tell the child to be aware of. What are the risks? This will help you understand the risks yourself and what to look out for in future.



10 ASK ABOUT RESPONSIBILITIES

Try asking open ended questions about roles and responsibilities online. Who is in control of the internet? Who is looking after you whilst you are online? Who decides what is appropriate for children to see? This can reveal a lot about a child's perception about who is responsible for their online safety. If they believe that it is up to everyone else to keep them safe, then you know you need to have a conversation about how they can reduce their own risk.



Meet our expert

Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding children online and educating them around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.



11 ASK ABOUT SCHOOL ADVICE

Sometimes it's hard to know what to warn children about. If there is a new app or game that your child has come across recently, ask them what they think their teacher would say about it. What advice would school give them? What have they been told about trusting people online or about fake news? Finding this out would be a good way to hear what advice they were given at school and help you reiterate the same message. Quick reminders about what to do if something makes them feel uncomfortable or who their trusted adults are can make all the difference.



Publish date: 06/02/19

What parents need to know about AGE RATINGS



If you have children, it is understandable to have concerns about the films and TV shows they watch, as well as the games they play. In this guide, we take a look at the two official ways you can assess if a particular title is suitable for your child. Both the BBFC and PEGI have search facilities on their websites that can be used to look up individual titles so you can check their ratings.




RATINGS FOR FILMS, TV & MUSIC VIDEOS

Since 1912, the BBFC (British Board of Film Classification) has informed UK residents of the age suitability of films, TV and music videos - providing parents with the information needed to assess whether or not it is appropriate for their child's age. This applies to cinema releases, DVDs and streaming video services such as Netflix.

WHAT ARE THE BBFC RATINGS?

BBFC ratings are broken down into seven age categories:



WHAT ELSE CAN BBFC REVEAL?

Accompanied with the age suitability rating, BBFC also provide an additional warning regarding the content and what to expect, such as swearing, sexual content, violence and anything you may consider to be inappropriate for your child. In addition to this, the content is also rated in three levels: frequent, mild or strong.

LIMITATIONS OF BBFC RATINGS

It's important to note that there is no obligation on streaming video services to use or display BBFC ratings. Due to this, we advise that you check the rating online before your child streams the content. It may also be a good idea to watch the content first yourself or discuss it with other parents to help you decide whether or not it is suitable for your child.

Source: www.bbfc.co.uk

RATINGS FOR GAMES

PEGI (Pan European Game Information) is a content rating system that ensures all video games are labelled with a minimum age recommendation. These age recommendations are based on the types of content featured within a game. With each game, PEGI also provide a content descriptor that indicates the potential issues and concerns, including sex, violence, bad language and drugs.

WHAT ARE THE PEGI RATINGS?

PEGI ratings are split into age restriction and content descriptors. Additional 'content descriptors' help parents and children to understand the type of content featured within a particular game, including sex, fear, bad language, discrimination, gambling, drugs, violence, and in-game purchases. In combination, the two different ratings can provide a good level of information to help make informed decisions regarding the suitability for your child.

PEGI age ratings are broken down into five categories:



PEGI content descriptors are broken down into eight categories:



LIMITATIONS OF PEGI RATINGS

It's possible for young people to buy games online without a required proof of age, opening them up to age-inappropriate content without you knowing. We advise that you regularly monitor your child's gaming activities and maintain a honest and healthy dialogue with them about the online world.

PARENTAL CONTROLS

It is a good idea to put in place parental controls for all online accounts which your child may use to purchase or download online games e.g. The App Store, Google Play Store, PlayStation Store and Microsoft Xbox Store etc.

Source: www.pegi.info

Click on the
math tools
to practice!!!



Words for Writing - July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Let's keep writing in July! Use the daily prompts to come up with your own pieces of writing.						
6 Today's setting: A library	7 Today's story idea: Finding a long-lost twin	8 Today's character: An imaginary friend	9 Today's setting: In a dark cave	10 Today's text type: A postcard	11 Today's story idea: Stepping into a new world	12 Today's character: A pirate
13 Today's story idea: Searching for something	14 Today's story idea: Being magical	15 Today's text type: An acrostic poem	16 Today's story idea: Taking part in the Olympics	17 Today's character: A mum	18 Today's setting: Under the sea	19 Today's character: A friendly ghost
20 Today's story idea: Visiting a new country	21 Today's character: Someone mean	22 Today's setting: In a magnificent castle	23 Today's character: A knight in shining armour	24 Today's story idea: Falling out with friends	25 Today's text type: A newspaper article	26 Today's setting: Inside a snowglobe
27 Today's character: Your favourite animal	28 Today's setting: A BBQ	29 Today's setting: On a rollercoaster	30 Today's text type: A letter	31 Today's character: Your teacher	Dive deep into your imagination and produce some brilliant writing! Share it with your friends and family! Have fun!	

Active July!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Let's get active in July! Try each of these activities with the people you're with!</p>	<p>1 Practise balancing on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>2 Practise balancing on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>3 See how many tuck jumps you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>4 Create your own circuit of exercises you've learned over the past few months!</p>	<p>5 Teach the people at home your circuit and see who impresses you most!</p>	
<p>6 Do some burpees: Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees</p>	<p>7 Practise throwing and catching with someone at home: Bronze: 20 catches Silver: 40 catches Gold: 60+ catches</p>	<p>8 Hopscotch until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes</p>	<p>9 Do some lunges in a minute: (remember to do both legs) Bronze: 10 lunges Silver: 20 seconds Gold: 30 seconds</p>	<p>10 Push ups! Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups</p>	<p>11 Challenge yourself to learning some new yoga posts – watch a Youtube video to help.</p>	<p>12 Practise those yoga skills your learned and see if you can balance for longer than you did yesterday.</p>
<p>13 Try and do some crunches: Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches</p>	<p>14 Do some lunges on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg</p>	<p>15 Step jumps – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times</p>	<p>16 Squat – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats</p>	<p>17 Do some frog jumps: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>18 Go outside and be active with someone from your house. Go for a run or a walk!</p>	<p>19 Use your outdoor time to jump over things, balance along things and move in different ways.</p>
<p>20 Stand up/sit down in a minute: Bronze: 10 times Silver: 15 times Gold: 20+ times</p>	<p>21 Do some shuttle runs: Bronze: 15 runs Silver: 30 runs Gold: 50 runs</p>	<p>22 Practise leaping without stopping: Bronze: 10 leaps Silver: 25 leaps Gold: 40 leaps</p>	<p>23 Practice dribbling a ball: Bronze: 1 minute Silver: 2 minutes Gold: 5+ minutes</p>	<p>24 Toe touches – touch a ball with your toe for a min. Bronze: 10 times Silver: 20 times Gold: 30+ times</p>	<p>25 Find a song on Youtube to dance along to! See if you can dance so hard you get sweaty!</p>	<p>26 Ask someone at home to choose a song on Youtube to dance along to and have a dance party!</p>
<p>27 Try hurdling over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>28 Catch a ball with your OTHER hand: Bronze: 15 catches Silver: 25 catches Gold: 35 catches</p>	<p>29 Do some sit ups: Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups</p>	<p>30 Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>31 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</p>	