



Lanesend Home Learning 09/07/20



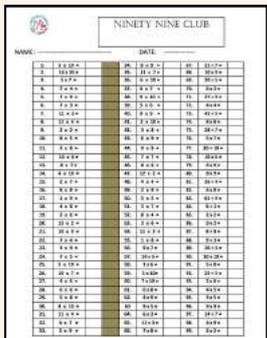
Welcome to our latest home learning newsletter, we are really looking forward to you all being back in school for transition next week but for the days that you are not we have created some super home learning plans. We will continue to create home learning plans for the final week of term and will be creating something for during the summer break, for those that want to continue their learning. Again we have a packed home learning newsletter with a new trick from Mrs. Napier 'Ask How.' I really like this one as instead of looking on the negative side by saying 'Why am I rubbish at drawing?' It asks you to think 'How can I get better at drawing?' We have some new sport challenges from Miss Westbrook and two 'Good News' stories this week, I hope you enjoyed the story about the plants last week. Our computing guides this week look at apps and those appropriate for children of different ages. Technology can be an amazing tool if used correctly and there are so many apps out there, I hope that these guides helps a little.

We do hope that you are finding these home learning plans useful, the staff have worked hard to create them each week and I have really enjoyed looking at them and teaching some of it! Take care, we look forward to seeing your children next week for transition.

The Lanesend Learning Project Overview 13/07/20

EIFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
13/07/20	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.

Light Bulb

Ask How

Why?

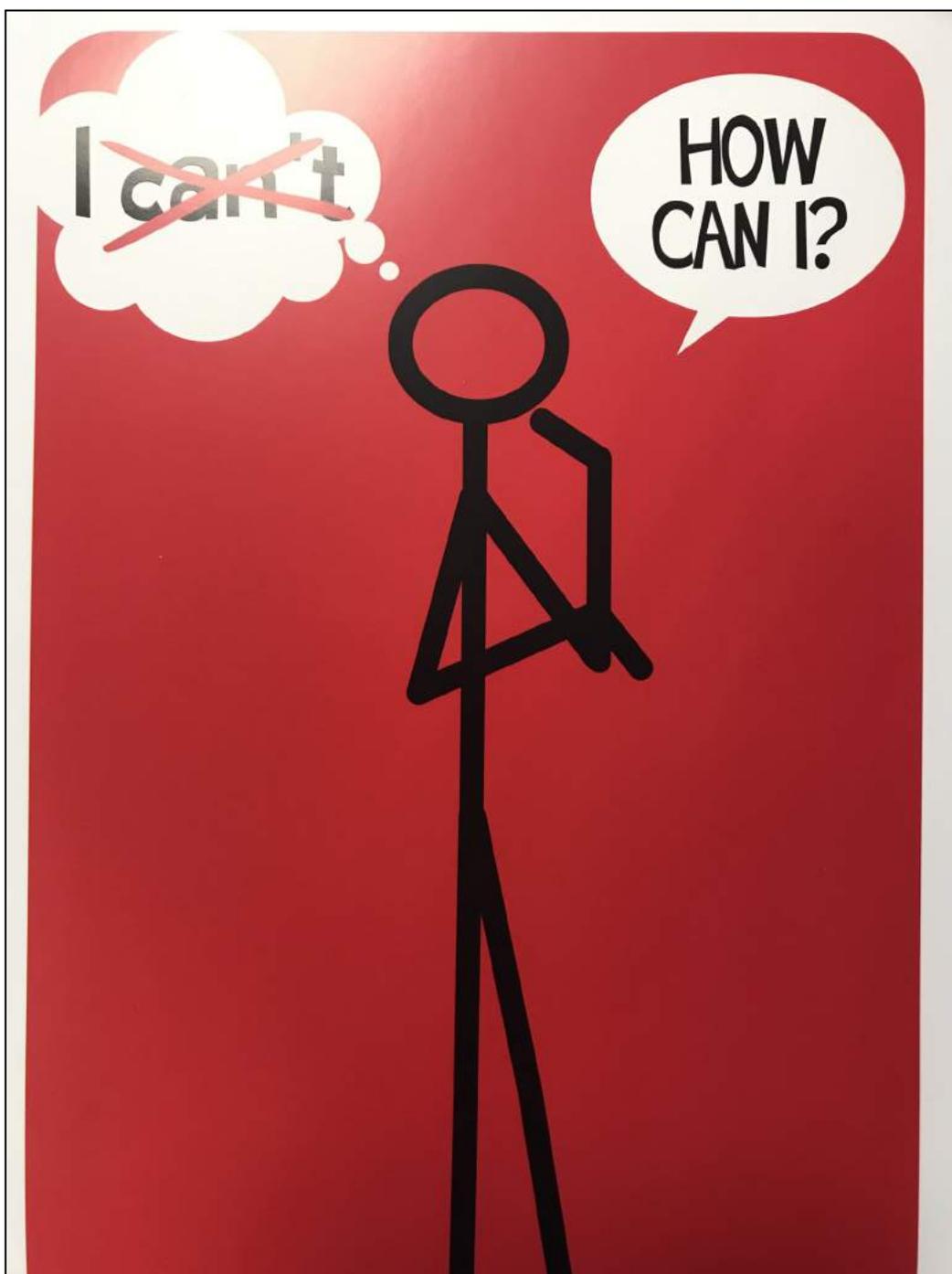
Research shows us that self talk is critical to positive thinking. If we ask questions like “why am I so useless?” our brain tries to find evidence and answers to that question. We need to ask empowering questions instead and let our brains find the answers to these! We need to ask “how can I do this?” Or “how can I do better?”

How?

Do you ever say to yourself “I can’t do that?” Or “I am rubbish at that?” Does that make you feel good? Do you remember any tricks that make you feel better about yourself ? What about Mirror Mirror or Big Voice?

If you think something like “why am I so rubbish at cooking?” your brain remind you of all the times you have made mistakes and you will feel worse . But if you think to yourself “how can I get better at cooking?” your clever brain will give you lots of ideas about how to get better and you will feel good too!

Give it a go! Let us know how you get on !



Sports Week Home Learning Challenge.

#stayhomestayactive
@PEatHome1

EXPLORE

Turning in football is essential to move away from an opponent.

In order to perform an effective turn, you need to make sure that the ball is close to your feet.

How many different ways can you think of to turn with the ball so that you move in a different direction? Find any ball to use with these activities.

Bright Ideas:

- Can you turn using the inside of your foot?
- Can you turn using the outside of your foot?
- Can you use the bottom of your foot to turn in another direction?
- Can you turn at different speeds?
- Can you do your turns with your left foot and then right foot?

Cruyff Turn
Yohan Cruyff famously invented this turn - fake to pass the ball and drag the ball behind your standing leg!
<https://www.youtube.com/watch?v=UJK7DQa8F5s>

Ronaldo Chop
Run at speed, jump onto one foot and chop the ball with the opposite foot behind the standing leg.
<https://www.youtube.com/watch?v=7z7hc7n79e0c4>

@KESSPB
@whitehousePE
@SarahLayPE

Where can I find out more about Football?
<https://www.bbc.com/sport/football>
<https://www.fifa.com>
<https://www.uefa.com>
<https://www.fifa.com/france/2018>

PRACTICE

You will need one ball for your challenge.

Make sure you have a clear space.

Get a family member to time 30 seconds for you. How many turns can you do in your space in this time?

Repeat the challenge - this time, how many **different** turns can you do in 30 seconds?

Can you invent your own turn?

Physics Challenge!

Galileo was an Italian scientist who first measured the speed of light waves in the early 1600's. What are the differences between light waves and sound waves?

- What type of waves are they?
- Can they travel through solids, liquids and gases?
- Can they travel through a vacuum?
- Can they be reflected?
- Can they be refracted?

Can you explain the law of reflection?

PSHE and Citizenship Challenge

David Beckham and Lionel Messi are both UNICEF Goodwill Ambassadors. Both give millions of pounds to charity every year.

- What does UNICEF stand for?
- What are the aims of UNICEF?
- What projects have David Beckham and Lionel Messi been involved with?
- Why is it important to give to charity?
- What local charities could you support?

Make sure you have enough room to complete the tasks.

DEVELOP

Find 2 cones or a goal if you have one and a family member to help.

One player will be the attacker, the other the defender.

The attacker tries to get away from the defender and score a goal within 20 seconds. If successful, they score one point. If the attacker uses a turn to get away from the defender and scores a goal, the attacker gets 2 points. Swap over if the defender intercepts the ball. The first player to 7 points wins!

Argentina have won the Men's World Cup twice in 1978 and 1986 when they were captained by Diego Maradona. He invented the 'Maradona Turn'. Can you practise this turn and use it in the game above?

https://www.youtube.com/watch?v=k_tch7vsk_UJNMe1Psk

Parent's Tip!
Make sure that you practise your turns slowly at first until you have perfected them. Put more pressure on the turns by adding defenders into the practices.

KS3

Sequence Champions

Home Physical Education

Can you perform your sequence and ask for feedback?

How to play:

- Use a dice to create a movement sequence.
- You are going to add 3 movements together.
- Roll the dice 3 times to see which 3 movements you will need to perform:

Roll a 1 = A star jump
Roll a 2 = A roll
Roll a 3 = A turn
Roll a 4 = A twist
Roll a 5 = A tuck jump
Roll a 6 = A balance

- Think of creative ways to link the movements.
- Practice your sequence and then perform!

Can you keep practising to improve your sequence?

Top Tips
Link your movements
When you finish your first movement try and move into the next movement smoothly without pausing.

Let's Reflect
What did you find difficult about linking your movements together?
Did you manage to complete the sequence without stopping?

Complete P.E. | YOUTH SPORT TRUST | 25 YEARS | Believing in every child's future

WEEK 10

HAMPSHIRE SCHOOL GAMES SECONDARY PERSONAL BEST CHALLENGES

JUGGLER: DO YOU HAVE THE PERSISTENCE TO LEARN TO JUGGLE?

Challenge

Can you juggle 2 objects consistently over and over?
Can you juggle 3 or more objects consistently?
How long can you keep those objects up in the air?

SPACE: Make sure you have enough space to 'walk' as you try to juggle

TASK: Can you juggle 2 objects, the 3, then more?

EQUIPMENT: Use juggling balls, tennis balls, rolled up paper or socks. Try empty or full plastic water bottles. Even scarves can be juggled. (Make sure your area is safe and clear of hazards and that you don't break anything valuable!)

PEOPLE: You can do this alone or challenge your family and friends. If you are in a wheelchair or walker, have a go too.

Fact File

- Juggling is associated with the circus.
- The earliest depiction of juggling was painted in Egypt in 2000BC.
- Ancient Chinese warriors would try to intimidate their enemies by juggling.
- Enrica Rastelli (1896-1931) is often considered the best ever juggler, juggling 18 balls at once.

WEEK 15

HAMPSHIRE SCHOOL GAMES PRIMARY WELL-BEING WARM UP: 6th-10th July

About Me

START Let's GO!

1. I had a good day today.

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FINISH

Well-being Week- This week is all about being positive, think about your own physical and mental well-being and making your own choices

Equipment: A dice

How to play:

- With a friend or family member play the game.
- Take Turns and if they answer the question wrong they must do a fitness challenge set by you.
- Ideas could be star jumps, mountain climbers, jogging on the spot, jumping, tuck jump, chair sit, sprinting

This week's challenges all focus on the School Games Values of Determination, Passion, Honesty and Self Belief



Creative Skills - Focus for the week: "I can create my own ideas and my own versions of activities/tasks. I can use variety and creativity to make tasks fun and challenging"

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 Memory Moves Equipment: 4 Markers/cones	<ul style="list-style-type: none"> Make a square using four markers. Start on one marker and hold a balance of your choice for 5 seconds. Once finished, move to the next marker. You must then hold your 1st balance for 5 seconds, and then hold a different balance for another 5 seconds. Move to the next spot; repeat your 1st and 2nd balance, and then hold a 3rd balance. Go to the fourth marker and repeat, 1st, 2nd, 3rd and hold a 4th balance. Keep moving around the square. Remember you must hold each balance for 5 seconds. How many balances can you remember and hold without losing control? Hold your balance for 7 seconds. Hold your balance for 3 seconds. 					
TRY IT TUESDAY Aim for the Goal Equipment: Be creative	<ul style="list-style-type: none"> You will need to build 3 goals. Be creative and use what you can, plant pots/cones/chairs etc. Each goal must be different and must be big enough for a ball to fit through them. Place three markers in a line and then put your 3 goals at different distances away from the start – one at 2m, one at 4m, and one at 6m. Record how many times can you roll/throw/kick a ball through your first goal. Collect the ball after each try and move back to the start before you try again. After one minute, have a little rest and move onto the second goal. Repeat and then the third goal. Make your goals small to make them more challenging, or move them further away. Make your goals larger, or move them closer to your start line 1m, 3m, 5m. 					
WORK OUT WEDNESDAY Animal Moves Equipment: 2 markers/cones	<ul style="list-style-type: none"> Place two markers, 5 metres apart On 'Go' move like an animal of your choice between the markers Move for 30 seconds, how many times can you move between the cones. Have three attempts – write down your highest score. Also write down which animal you were. Try to be as creative as possible! Be an animal that moves using four legs, i.e. a dog, frog etc Be an animal that moves using 2 legs, i.e. chicken, gorilla etc 					
TRAIN IT THURSDAY Tip Toe Around Equipment: 4 markers/cones	<ul style="list-style-type: none"> Mark out a square with 4 markers. You will need a partner stood in the middle of the square with their eyes shut. On 'Go' you must quietly run around the square, touching the markers as you go, you can change direction, but you must keep moving. When your partner says stop you must stop. If you are in between markers, move to the closest marker. The person in the middle will point to a marker. If they point to the marker where you are standing, you must do a crazy dance on the spot for 20 seconds. Complete the game for 5 minutes, how many times will you get caught? That is your score! You partner can call 'sprint', 'hop', 'walk', 'jump' etc to make it easier or harder. 					
FRIDAY FINISHER and/or INCLUSIVE CHALLENGE Boccia Skittles Equipment: 6 items, chair, ball	<ul style="list-style-type: none"> Find 6 items that become skittles to knock over (empty plastic bottles, cans, plant pots etc) Find a chair to sit on and place the skittles in a line 3m – 4m away from the chair. Using a ball or create your own missile, have six goes to try and knock as many skittles over as possible. Have a few goes and record your scores Increase the distance between your chair and the skittles/decrease the distance. 					

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

#HSGDailyChallenge

MOVE IT MONDAY: YOGA



Complete the Yoga routine with some relaxing music on. Hold each pose for up to 20 seconds.

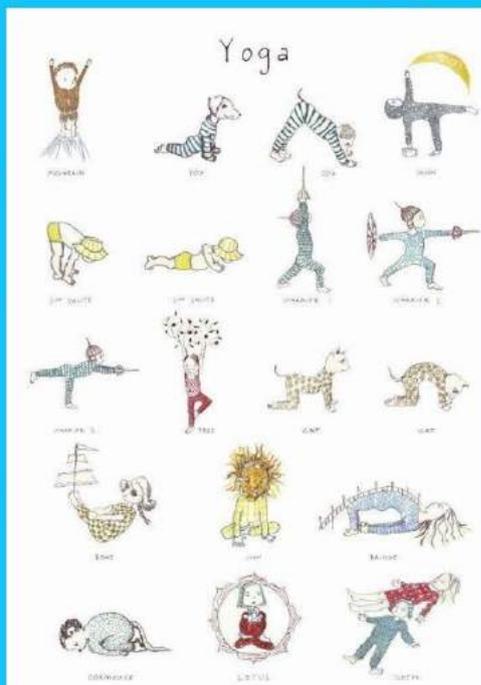
Complete each move slowly and try to relax and breathe.

Complete it once and write down something great about a family member.

Repeat the poses second time and write down

something great about a friend and finally repeat it a third time and write something great about yourself.

Challenge- Tell us one great thing about yourself. Write it on this weeks worksheet.



Good News Story



<https://www.pri.org/stories/2013-01-18/iv-n-fern-ndez-anayas-kindness-reaffirms-faith-athletes-some-video>

This photo shows the end of a cross country race in 2012. People have been talking about it on twitter this week because it shows compassion and kindness. At the end of the race Abel Mutai of Kenya was nearing the finish line. Abel thought the race was over and that he had won so he stopped running. Coming up behind him was Ivan Fernandez Anaya from Spain. Ivan realised Abel had stopped running because he thought the race was finished. Ivan shouted at Abel to keep going, pointing at the finish line ahead, but Abel didn't speak Spanish and didn't understand. Ivan refused to overtake Abel, instead he guided Abel in front of him so that Abel would go over the finish line first. Abel won the race.

Afterwards Ivan was interviewed and asked why he let Abel win. Ivan said, "I didn't let him win, he was going to win. I didn't deserve to win it. I did what I had to do. He was the rightful winner." The journalist said, "But you could have won!"

Ivan replied, "But what would be the merit of my victory? What would be the honour of that medal? What would my Mom think of that?"

Ivan's coach did not agree; he said, "It makes him a better person but not a better athlete. He has wasted an occasion. Winning always makes you more of an athlete. You have to go out to win"

- Why do you think Abel thought the race was over?
- What do you think Ivan thought when he saw Abel had stopped running?
- Why didn't Ivan overtake Abel and win the race?
- How do you think Abel felt after the race?
- How do you think Ivan felt?
- "I didn't let him win, he was going to win" is this true?
- "What would be the merit of my victory? What would be the honour of that medal?" what does Ivan mean?
- What do you think Ivan's Mom would have said?
- What do you think of the comments from Ivan's coach?
- What can we learn from Ivan?

Good News Story 2



A family in Tewkesbury always leave food out for hedgehogs to snack on at night. They noticed the food was disappearing more quickly than normal and thought neighbourhood cats were eating it.

The family kept watch and saw a mother fox and her three cubs come along and share the food with the hedgehog, who didn't seem to mind. Now the hedgehog shares the dinner every night with the foxes.

You can see a clip of the two animals here <https://www.youtube.com/watch?v=fpyaHA01kKQ>

- What do you see in the picture?
- What are the animals?
- How are they different, how are they similar?
- Where do you think they live?
- Why are they eating at night? Why aren't they in bed?
- Why doesn't the hedgehog push the fox away?
- Why doesn't the fox push the hedgehog away?
- Do you think the two animals like to share?
- What can we learn from these two animals?
- Why is this story about No Outsiders?



Suggested Apps and Games For EARLY YEARS



Learning



FISH SCHOOL HD

This app teaches young children (age 2-5) about important things like letters, shapes, numbers and more, all set in a colourful underwater setting with adorable sea creatures. The basic idea has fish and sea creatures forming the shapes of letters, numbers etc that your little one can identify. Developers Duck Moose have a lineage of creating family friendly apps and games with 21 top-selling apps since 2008. Fish School HD has over 50,000 downloads and offers a rounded package of activities, but many other apps by this developer are highly rated and offer a few twists on the formula. As always it's worth checking a few out to see which best suits your child's interests. Fish School HD is available for free on iOS and Android.



GREEN EGGS AND HAM - DR. SEUSS

The classic Dr. Seuss book has been reworked into an interactive adventure for modern day devices, with an emphasis on encouraging literacy learning in younger children. Within the app, there's a few different options on how to enjoy the story; you can read it aloud together, have the app read the book and follow along, or just play the story through automatically. You can even tap on words to hear them individually to practice vocabulary. While the app will set you back £3.79 on Android (£3.99 on iOS) it has an excellent rating and over 10,000 downloads, with many noting how much their young children have enjoyed the story. It speaks volumes about the quality of the work, too, that a book from 1960 can still be read and loved by children some two generations after its initial release.



TOCA LAB: ELEMENTS



Toca Lab is the app of choice in encouraging little scientists to get to grips with elements, our world and how physics and chemistry work. This one might be a little advanced for younger kids and, though it has a PEGI 3 rating, it does recommend ages 6-8 in the description. All 118 elements are present in Toca Labs and kids are encouraged to find and test them all. Experimenting with things like Gold, Neon, Hydrogen and more, it gives a better grasp of how everything in our universe is formed. Bear in mind though that it's not meant to be a scientifically accurate account of how elements react, but to build curiosity in young minds. The app is available on iOS and Android for £3.99.



BAREFOOT WORLD ATLAS

What's the next best thing to travelling the world? Well, for kids with access to an iPad or Apple phone, Barefoot World Atlas could be a close second. In this app available only on iOS for £4.99, kids and adults can explore the globe from the comfort of their own homes and learn all about our planet. The app, which is rated 4+, only appears on Apple devices but the sheer amount of information contained in here will keep curious kids busy for hours on end.



SKETCHBOOK - DRAW AND PAINT (AUTODESK SKETCHBOOK ON IOS)

Encouraging artistic ability at an early age can often be invaluable in letting kid's imaginations loose and there are many apps that allow them to unlock that passion. SketchBook comes highly recommended with over 300,000 reviews. Essentially, the app comprises a blank canvas and a host of "fast and powerful creative sketching tools" like pens, pencils and paint brushes to let those creative juices flow. SketchBook is rated PEGI 3 so even younger children should be able to get to grips with it. However, it could prove a little too complex for some and the large collection of tools and crisp graphics would suit a larger screen like an iPad, over a mobile phone. Despite this, the ability to simply mess around and doodle, coupled with more advanced accessibility later down the line, should make it a must own for all age ranges. The app is free to download on both Android and iOS.



LITTLE FRIENDS: CATS & DOGS

If you're looking to introduce pets into the family home but aren't sure about how your children might react, a good way to get your younger ones acquainted with an animal before a big commitment is a game like Little Friends: Cats & Dogs. This Nintendo Switch game tasks players with feeding, playing with and loving their own virtual cat or dog. Much like Nintendogs or even Tamagotchi of the 90s, Little Friends is a fun way to build up confidence to owning a real animal. While only a 1 player game, Little Friends: Cats & Dogs is suitable for all ages and entirely offline, so there's nothing at all to worry about when they're enjoying it alone.



YOUTUBE KIDS

YouTube Kids takes the popular YouTube format and curates a more specialised environment for children to search through. While any age range can benefit from YouTube Kids, the 'Preschool' Mode is specifically designed for kids aged 4 and under. According to the app's description, 'Preschool' Mode promotes creativity, playfulness, learning and exploration through its channels. The inclusion of parental controls (limited screen-time, video blocking and flagging) and strict advert monitoring by YouTube means the experience is incredibly safe for younger kids. It should be noted that in the app description, YouTube say that some inappropriate content can slip through the cracks, but they're constantly implementing updates to stop these. A hugely popular app, YouTube Kids is available on iOS and Android with well over 100 million downloads.



BBC IPLAYER KIDS

This app is designed for kids and lets them watch all their favourite CBBC and CBeebies shows in one place. The simple presentation is super easy to navigate and the app itself is entirely free on both Android and iOS with no adverts whatsoever. BBC iPlayer Kids can download shows to your device's internal storage allowing you to take all the best bits with you when there's no WiFi and multiple profiles mean everybody gets straight to their favourites with minimal fuss. According to the app description, it will ask for your child's name and age to recommend other programmes it thinks they might like.



MARIO KART 8 DELUXE

Mario Kart has been a staple of Nintendo consoles since 1992. It has been a favourite of young and old alike for over 20 years and is always an incredibly fun experience. Now exclusively on the Nintendo Switch with Mario Kart 8, the bells and whistles may have changed, but the enjoyable core gameplay and challenge have not. Suitable for all ages, Mario Kart can be played alone, online or at home with up to 4 players on one screen. The ability to take the Switch out with you into the world and play wherever you like is a huge advantage over other games and means you can always be sure of some quick entertainment.



ROCKET LEAGUE

The concept behind Rocket League takes teams of jet-fuelled cars zipping around football-inspired pitches in an attempt to knock a giant, over-sized ball into nets. Rated PEGI 3, the challenge of Rocket League is probably more suited to those 5 and up, but anybody can enjoy the bright colours and fun gameplay. Rocket League is available on Windows PC, Mac, PlayStation, Xbox One and Nintendo Switch at various price points. Be warned though, you can spend money in the game for certain items so be sure you know when your young ones are playing and what they're buying.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.





Suggested Apps and Games For 7-11 YEARS



Learning



MAGIC PIANO BY SMILE

While Magic Piano doesn't strictly teach you how to play the piano, it does teach hand-eye coordination and can help spark creativity in young minds. Users can play along to a variety of popular songs on a range of difficulty levels in an attempt to get through the song with as few mistakes as possible, increasing dexterity and reaction times. Free on iOS & Android, the game does contain some ads and in-app purchases, so be sure to check these out before letting younger players unleash their musical side. Magic Piano is PEGI 3 rated but requires slightly more nimble hands to master so older kids will get the most from this.



AZOOMEE

Azoozee houses over 1,000 games, videos and activities for kids of all ages to play, have fun and most importantly, develop their key skills in. The app is award winning, BAFTA nominated, supported by the NSPCC (according to the description on their app page) and comes with a suite of parental controls built in. As well as educational games, activities and kid's favourite TV shows, the app also has a built-in chat feature where they can talk to their friends safely. A nice little touch is that if you buy a subscription to Azoozee for unlimited premium content for £4.99 a month, a portion of the money raised goes towards supporting the NSPCC. The app is available on iOS, Android and Amazon.



POLY BRIDGE

While Poly Bridge could be easily enjoyed solely as a game, it's actually an incredibly clever way to learn critical thinking and engineering skills in a kid friendly way. It's set in a colourful, cartoony world and has extremely simple gameplay. In Poly Bridge, it's your task to get cars, buses, trucks, boats and more safely to their destination by designing bridges that are safe and practical. How those bridges are created is entirely up to you. With over 100 levels, a sandbox mode and almost infinite playability, Poly Bridge is available on PC, Android, iOS and Nintendo Switch at various price points, so be sure to check which is the best option for you.



CROSSWORD PUZZLES (WUBU APPS LTD)

Crossword puzzles might not immediately seem like a learning game for younger kids, but they're incredibly effective at building strong word skills and problem solving. This one by Wubu Apps Limited is exclusive to iOS and constantly changes its roster of daily crosswords and challenges, although there are a whole bunch of apps available out there which do similar things. The app is rated 4+ but would likely be suited to kids a little older as the crosswords are designed for adults as well. As mentioned, Crossword Puzzles is only available on iOS devices and is free to download but does contain in-app purchases.



SCRIBBLENAUTS UNLIMITED

Scribblenauts is a game like few others in that it actively encourages children to use their intuition to solve a variety of puzzles. Armed only with their imagination, players must complete levels by conjuring potentially useful items for main character Maxwell to collect the Starlets and achieve his goal. The game helps create strong vocabulary and word association to a fun 2D backdrop. While any version of Scribblenauts is good, Unlimited is the most readily available, being released on Wii U, PC, Nintendo 3DS, iOS and Android devices, PS4, Xbox One and Nintendo Switch.



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Just for Fun



SUPER MARIO ODYSSEY

Widely regarded as one of the greatest games Nintendo have ever made, Super Mario Odyssey provides family friendly fun and a challenging environment for kids to learn new skills in a video game. Rated PEGI 7, Odyssey can be enjoyed by almost any age range, even those who are young at heart. The caveat is that the game is only available on Nintendo Switch, so some investment will need to be made, but the console boasts a host of other child-safe titles and the ability to play on the go as well as at home.



NETFLIX

As obvious as it may sound, Netflix's children's section is ideal for keeping young ones and toddlers out of trouble on long journeys or at home. The specific profile for kids allows them to only view content appropriate for younger audiences which lets you and them watch their favourite shows and movies anywhere, at any time. Curated playlists, easy navigation through TV series and movies, and no-hassle auto-play means a stress-free guarantee. The only downside to the app is that it requires a Netflix subscription in order to use it but if you're happy to pay the monthly cost, it's an absolute must for any parent.



MINECRAFT

Minecraft is one of those rare, timeless classics that can be enjoyed by every age group. Coming in both a console version and a pocket edition for mobile devices, the sandbox world-building fun in Minecraft can be an amazing place to let your imagination run wild. The game can be played online with friends and supports cross-play, meaning that no matter what device everybody has, it can be played together. While the game isn't free, it will undoubtedly provide hours and hours of fun for the whole family so it's worth the investment of a one-time purchase. As one of the most popular games ever released, it inspires critical thinking, problem solving and above all, fun.



LEGO MOVIE MAKER 2

The LEGO Movie Maker 2 app lets users create their own stop-motion movies and upload them for others to watch online. Kids can create a short LEGO movie in whatever genre they like using a range of easy to use tools and are able to add in sounds and visual effects to make the videos look super realistic. All movies are moderated before they make it online so you can be sure no sensitive information is uploaded or viewed by third parties. The app is free to download on both iOS and Android devices but does require creation of a LEGO account to upload videos. The only information needed for an account is the country you live in, your email address and date of birth. While it's rated for 4+, kids of 8 and up will get the most out of this one.



ADVENTURES OF POCO ECO: LOST SOUNDS

If something more slow-paced and chilled out is on your radar, Adventures of Poco Eco should be on that list. With an emphasis on creating a rich and inviting musical soundscape over hardcore gameplay, the puzzle action is perfect for unwinding young minds, as opposed to challenging them. The single-player game is available on all iOS and Android devices, as well as the Amazon Kindle Store and you can also nab yourself a free copy of the soundtrack with the purchase.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.





Suggested Apps and Games For 11-14 YEARS



Learning



EVERNOTE

If keeping track of things like homework, links, images or basically anything is an issue, then Evernote could be your new best friend. While not strictly a learning app, Evernote does make organising learning so much easier. Used by both professionals and students, this app helps facilitate keeping on top of executive functioning skills, with online planners and notebooks made available across all your devices and computers. With over 1.5 million downloads, Evernote is one of the most popular organisational apps in the world, and is free to download on iOS, Android and the Amazon Store.



DRAGONBOX

DragonBox isn't one singular app, but a series of educational and learning games designed to teach the fundamentals of Mathematics. There are 5 apps in total for learning Algebra, Geometry, Numbers, Big Numbers and Elements. Each app contains a number of mini-games to get kids thinking about getting a head start on the daunting numerical subject, backed by bright and charming visuals. Each app comes in at between £3.99 and £5.99 on iOS and Android making it one of the more pricier investments. However, once you've paid the upfront cost, the entire app is unlocked and free to explore. It should also be pointed out that because most of the DragonBox collection is recommended for children between 6 and 12 year's old, older kids with a decent grasp on Maths might find this a little beneath their skill level.



NSF SCIENCE ZONE

Apps about our world don't come much more official than being created by the National Science Foundation, which is exactly where NSF Science Zone comes in. Featuring a wide array of videos and high-resolution pictures focusing on everything from the far reaches of space to the microscopic organisms that inhabit our planet and everything in between, this is perfect for anybody curious about nature and the world. The app is 100% free on iOS and Android and would be perfect as a visual encyclopedia for anybody doing any science related study. All the information on the Science Zone app has been provided by scientists and universities around the globe so you can be confident of it being the highest possible standard to teach your young ones.



GUITAR COACH CHORDS TUNER TABS

Learning instruments like the guitar has never been simpler thanks to all the modern technology at our fingertips. Learning visually can often be the difference between giving up and persevering to acquire a truly sought-after skill. HD videos, animated fretboards, chord diagrams and more make this app a one stop shop for getting to grips with the basics. Guitar Coach Chords Tuner Tabs is available for a free trial or monthly subscription for unlimited access on both iOS and Android, essentially acting as a pocket tutor for the stringed instrument. If time and money are a factor in taking the plunge into learning guitar, it makes sense that an app like this can help start you on the right path.



DUOLINGO

What's better than mastering one language? Mastering all the languages! DuoLingo is world renowned for being able to teach anybody a new language with its fun and easy to use app. Ideal for kids picking up a second language at school, DuoLingo offers a variety of languages including French, German, Spanish, Dutch, Italian, Irish and more, all for free. You simply choose which language you want to learn, what kind of commitment you can give per day and away you go. The best part about DuoLingo is that it is completely free to download and use and will even send you helpful notification reminders when it's time to learn some new words and phrases. It should be pointed out that there are some in-app purchases, but they're strictly optional and transparent throughout, so no sneaky accidental payments can be made.



National Online Safety
#WakeUpWednesday

Just for Fun



TERRARIA

Much like Minecraft, Terraria has a focus on building and creating anything kids can put their imagination to. Whether they're digging into the earth to seek out treasures, or creating their own kingdoms out of stone, however your young ones like to play, there's guaranteed to be something to keep them busy for hours on end. There are a couple of slight caveats with Terraria though. As the game is so big, it does require more modern (2014 or up) devices to play on. There's also the cost which stands at £4.59 on Android and £4.99 on iOS devices. Arguably though, the game is worth its weight in gold when it comes to creating an engaging world to lose yourself in. It even has multiplayer for up to 7 friends over local wi-fi or online. If that doesn't seal it, nothing will!



THE ROOM THREE

The Room games are all about critical thinking and puzzle solving, offset by a rich atmosphere that has been prevalent throughout the series. The Room Three is the latest in the mobile favourite apps and offers up a uniquely challenging experience for those wishing to flex their logical muscles. The BAFTA award winning series hits its peak with the third entry feeling more like a full-blown adventure game than a mere mobile app. The Room Three is available on iOS and Android for £3.99 and would be well suited to older kids looking for a more challenging game. Be aware though that while the rating is PEGI 7, younger audiences might find the eerie themes a little unsettling. If this sounds like something you or a loved one might enjoy, the whole series of Room games offer much the same experience so there's plenty to get stuck into.



THOMAS WAS ALONE

Thomas is a curious triangle. His curiosity is satisfied simply by exploring his intriguing world and tackling the 100 award winning levels of puzzle solving, head on. Kids can guide Thomas around his world by jumping, and making friends, while the BAFTA award winning game also comes with an enchanting story narrated by comedian and writer Danny Wallace. Perhaps the best things about Thomas Was Alone are its simple control scheme allowing it to be picked up and played by almost anybody, and the fact that it's available on a wide variety of consoles and devices including iOS, Android, PS4, Xbox One and Nintendo Switch. Prices vary though, so be sure to check it out on your preferred medium.



THE SIMS FREEPLAY

Create your Sim and help them live their life the way you want in The Sims FreePlay. Based on the wildly popular games, this mobile version brings all the fun of The Sims into the palm of your hands, while losing none of the charm of the originals. As anybody who's ever played a Sims game will tell you, hours melt into minutes once you start playing this lifestyle simulator and with good reason - it's incredibly addictive fun. While the game is, as the name suggests, free to play on iOS, Android and Amazon, please be aware that in-app purchases can be made of up to £99.99 so it's essential you keep an eye on whoever is playing and set strict boundaries if necessary. Over 10 million downloads of this game can't be wrong though - The Sims is back, and it's better than ever.



HEADS UP!

Heads Up! is an incredibly fun game that the whole family can play together. The basic premise is that one person holds the phone to their forehead with a character, place, object, etc on screen and tries to guess it from the clues the rest of the players give them. There's a whole host of categories to choose from so it never gets dull and there's even the option to record the other players trying to give clues, so you can watch it back later for more laughs. Rated PEGI 3, it's suitable for pretty much everyone but can really help hone quick thinking and reaction times in more developed kids. The game comes in at 99p on iOS and free on Android devices but does offer in-app purchases from between 58p and £9.49 per item for things like extra categories.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



Words for Writing - July

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

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>	