



Lanesend Home Learning 16/07/20

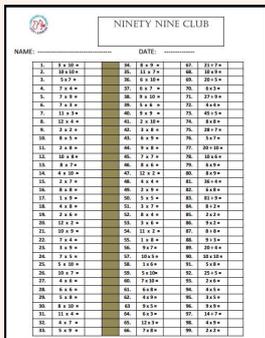


Welcome to our latest home learning newsletter, our transition week has been a big success, it has been so lovely to see the children that haven't been in school and how quickly they have settled in. This week is our last week for home learning during term time but we are looking to send something out to you for during the summer break, we are not sure what this will look like yet but keep checking your in-box for details. We have received some good news from Miss Westbrook this week, the school have received a 'Virtual Sports Award' for continuing to support and engage our children during lockdown. A well deserved award Miss Westbrook. We have the usual features in the newsletter including a story about a man that creates animals from pictures of clouds (maybe something you might like to do) and our online safety guide looks at mobile phone safety tips. It is amazing how many of our children now have mobile phones (I used to have to run to the local phone box with a pocket full of 10p pieces when I wanted to phone anyone) so it is important that the security settings etc. are correct. Lastly we are doing our end of year '[Learning Review](#)' with the children in school, looking at our successes this year, including our favourite lockdown memory. It would be wonderful if the children at home could do the same and share photos with their class teacher. Thank you all again for your support during this strange time, it has been amazing seeing the different learning going on at home, your photos have brightened our days. Stay safe.

The Lanesend Learning Project Overview 20/07/20

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



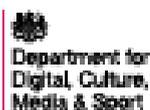
Lanesend Primary School

has been recognised for their support,
commitment and engagement of virtual programmes
during the Summer Term

Awarded by

Tony Harris

School Games Organiser



Light Bulb

Win-Win

Why?

As we grow, we become more aware not only of our own feeling, thought and motives but also the feelings and emotions of others. These experiences shape our mindset and motivate o behaviours. Effective communication requires an ability to be aware of how things might be from another person's point of view as well as our own.

How?

Imagine this example. I have a pen. I like using it. Mr Andre wants to use my pen but I don't want to share it. I want Mr Andre to be happy but I want to be happy too. What could I do? How could be both be happy? How can we both win? We could find another pen, let him borrow it for a bit or get myself another pen.

If we can both be happy, that's a win-win.

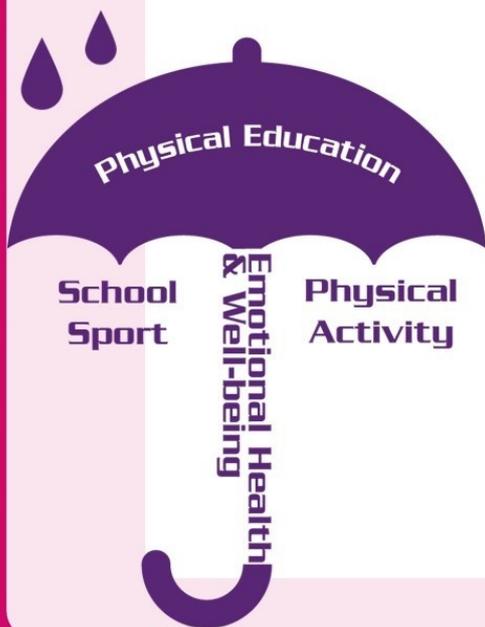
We don't always think in the same way as someone else or want to do the same things but we can often find a way to make sure both people are happy and both people feel like they have won.

We might not always agree with someone about everything but we can find a way for us both to be happy. We can both find a way to win. That's the win-win way. Give it a go!



Sports Week Home Learning Challenge.

PUTTING PHYSICAL EDUCATION AT THE HEART OF SCHOOL LIFE



Definition of Physical Education, School Sport & Physical Activity*

Physical Education, School Sport and Physical Activity are similar in that they all include physical movement, but there are important differences between them as outlines below:

Physical Education

Physical Education is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance.



Physical Activity

Physical Activity is a broad term that describes bodily movement, posture and balance. All require energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening.

School Sport

School Sport is the structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within school settings; this is sometimes referred to as out-of-school-hours learning. Again, the context for the learning is physical activity. The 'school sport' programme has the potential to develop and broaden the foundation learning that takes place in physical education. It also forms a vital link with 'community sport and activity'.



*Extracted from afPE's Health Position Paper



www.afpe.org.uk @afPE_PE

In the Box Home Physical Education

How to play:

- Lay out 3 boxes in a row.
- Players must throw 3 steps back from the first box.
- If you throw an object into the nearest box you score 1 point, if you throw it in the middle box you score 2 points, if you throw it into the end box you score 3 points.
- Each player has 3 throws. The player with the most points at the end of the game is the winner.



Do you keep trying your best even if you miss?

Can you challenge yourself to use the right technique?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the object from low to high using your opposite hand.

Let's Reflect

How did you change your technique for the different distances?

How did you stay motivated to keep trying?

Continuous Battleships Home Physical Education

How to play:

- With a partner, each player places six targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is taken by the thrower and added to their battleships.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships.



Can you play fairly and keep the score?

Can you keep trying even if you miss the target?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?



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60 Second Challenge

Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

#StayHomeStayActive



Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps



Cross the River

Home Physical Education

Can you work out a method for successfully crossing the river?

How to play:

- Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- Can you complete the challenge and cross the river without touching the floor!



If you fall in, can you keep trying to cross successfully?

Top Tips

Place the Pillows

Place the pillows down on the floor. If you throw them you may over stretch and fall in.

Let's Reflect

What was the best method for crossing the river?

How did you feel when you crossed successfully?



YOUTH SPORT TRUST



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#StayInWorkOut

Throwminton

Primary challenge card

The aim of this game is to land a shuttle in your opponents half of the court. Play to 15 points and see who the champion is.

Space

- Mark out a court and divide it in half
- Make sure your boundaries are clearly marked

Time

- Play to 15 points, the first team to reach this score wins
- For a quicker game, play some music and play until the song stops

People

- You need at least 2 people to play this game, but you can also play in teams, if you are playing in teams you might need to make your court bigger
- If one team is continually winning, consider stacking the teams (3 v 5) to make it more even

STTEP

Ideas on how to adapt the activity in a national lockdown.

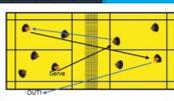
Task

- Start the game with a thrown 'serve' diagonally across the court
- Your opponent must catch the shuttle and throw it back into an empty space from where they caught it
- Continue to 'rally' by throwing the shuttle back and forth
- Play each point until either someone drops the shuttle, the shuttle touches the floor, or the shuttle is thrown 'out'
- If the shuttle lands on your half of the court, your opponent scores a point and gets to serve, if they throw it out, then you win a point and get to serve

Equipment

- Markers for the court boundaries.
- If you have a net, then you can use this to split the playing area. Alternatively, you can use a rope or any other item that will make a clear, safe dividing boundary
- This game is best played with a shuttle, but can be played with a soft ball to make it slower

In action



Activity video link:
For more challenge ideas go to:
www.yourschoolgames.com



#StayInWorkOut

Snowball Fight

Primary challenge card

The aim of this game is to try and clear your area of 'snowballs' by throwing them in to the other players zone. The winner is the player with the least snowballs in their court when the timer stops!

STTEP

Ideas on how to adapt the activity in a national lockdown.

Space

- This game can be played outside or inside (if you are playing inside make sure the space is clear and free from any breakable objects)
- Mark out a playing area and split it evenly down the middle.

Equipment

- Cones or other markers to show the playing area.
- If you have a net, then you can use this to split the playing area. Alternatively, you can use a rope or any other item that will make a clear, safe boundary between the zones.
- This game is best played with shuttles, but if you do not have any, you can use any other type of ball. Alternatively, you can try using bean bags, crumpled up paper or rolled up socks if you need more equipment!

Task

- Scatter as many shuttles as possible evenly between both sides of the playing area.
- When you hear 'GO', players can pick up 1 shuttle at a time and throw it over to the other players zone, without crossing the central line.
- At the end of the allocated time, the team with the least number of shuttles on their side of the zone wins.

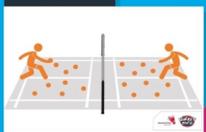
People

- You need at least two people to play this game.
- If there is more of you, make the playing area bigger and split up into teams.

Time

- Start off by playing for 30 seconds. You can adjust the time to make the challenge more difficult or easier.
- Try giving one player/team a short head start if they are consistently behind.

In action



Activity video link:
For more challenge ideas go to: www.badmintonengland.com
www.yourschoolgames.com



Good News Story



<https://www.goodnewsnetwork.org/supermarket-security-guard-holds-umbrella-over-dog/>

Ethan Dearman works as a security guard for Morrison's in Giffnock. Last week a photo of Ethan holding an umbrella over a dog in the rain went viral on twitter. When he was asked why he sheltered the dog, he replied, "You never know how dogs feel about the rain."

When the photo went viral, the owner of the dog came forward and said, "Thanks to Ethan for putting an umbrella over Freddie when it started to rain. So kind! He's always so nice to my brother Stuart, my dad and our Freddie."

- Why is the dog sitting in the rain?
- Did the dog ask to Ethan to hold the umbrella?
- Why do you think Ethan held the umbrella over the dog?
- Was Ethan expecting a reward for doing this?
- Who do you think was using the umbrella before?
- Ethan is now getting wet, why doesn't he just go inside and leave the dog?
- Why do you think the photo went viral?
- "You never know how dogs feel about the rain." What does Ethan mean?
- "He's always so nice to my brother Stuart, my dad and our Freddie." What kind of person is Ethan?
- How do you think the dog owner and his brother and his Dad will behave towards Ethan next time they see him?
- If you are kind to someone, what usually happens?
- What can we learn from Ethan?

Good News Story 2



<https://www.news18.com/news/buzz/shapes-on-clouds-this-artist-has-recreated-our-favourite-childhood-game-on-a-twitter-thread-2690835.html>

Artist Chris Judge shared lots of photos on twitter last week of clouds re-imagined as animals. He called it, "Some Dublin clouds this evening."

Very quickly Chris's photos got lots of likes and comments and people started sharing their own creations.

I contacted Chris to ask if he would let me use his photos in this newsletter and he said he would be honoured to be included.

I like these photos because clouds are full of rain and are often seen as spoiling a beautiful day.

But Chris has looked at a cloud differently and made it into something else. And lots of people agreed and joined in. Chris is using his art and his creativity to cheer people up during this time.

- What is a cloud?
- How has Chris made these pictures?
- Why do you think Chris used clouds in his art?
- Do you think Chris spent time searching for the right shape clouds for his drawing, or do you think Chris used any cloud and then decided what to draw around it?
- Which is your favourite? Why?
- Some have very few lines added, why do you think Chris didn't add more colour or lines to his art?
- How is Chris's art helping us during lock down?
- What can we learn from Chris?

12 Smartphone Online Safety Tips

FOR CHILDREN WITH NEW DEVICES

The Christmas season has finally arrived and soon many of you will be opening your presents in the hope that Santa has listened to your request for the latest mobile phone or smart device.

Owning a mobile phone can be fun, but it's important to use it safely and responsibly. By following our safety tips below, you can make sure that you set up your phone securely, keep your personal information private and enjoy using your phone in the healthiest way possible.



1 ALWAYS SECURE YOUR PHONE WITH A PASSWORD

This will help to keep your private information safe and won't allow others to access your phone without your permission. Make sure your password is memorable and personal to you but something which other people can't guess, and always share it with your parents just in case you forget it.

2 DISABLE LOCATION SETTINGS

This can usually be done from the device's privacy control settings. Disabling location settings means that your phone can't be tracked by others and strangers can't tell where you are when you're using it. It also helps to save battery.

3 ALWAYS USE A SECURE WIFI NETWORK

When you use your WIFI at home usually it is a secure network that only you and your family know the password to. Public networks, like those in coffee shops, can be accessed by anyone which means that people could potentially hack into your device and access your personal information without you realising.

4 ONLY PAIR WITH BLUETOOTH DEVICES YOU KNOW

A Bluetooth connection with another device means that you can send and receive data wirelessly. For example, you could listen to music wirelessly or receive pictures and videos from your friends. However, pairing your phone with a device you don't know means that you could be sharing personal information with a stranger or could leave your device open to receiving viruses.

5 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE

Before downloading any new apps, always check the age-rating of the app. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain things that aren't safe for you to see.

6 BEWARE OF BECOMING ADDICTED TO YOUR PHONE

Your phone can be fun to use and it's easy to become too attached, whether it's keeping in touch with friends, discovering new features or downloading the latest apps. Remember it's always good to talk in person, go out and have fun and get regular exercise. This will keep you fit and healthy and make you appreciate there's more to life than just your mobile phone.

12 DON'T SHARE YOUR NUMBER OR YOUR DEVICE WITH PEOPLE YOU DON'T KNOW.

Never feel pressured into sharing your phone number with people you don't know and don't lend your phone to strangers or keep it where others could get hold of it. Look after your device and always keep it hidden from sight to avoid it being stolen or broken into.

7 LIMIT YOUR SCREEN TIME

Using your phone for too long, particularly in the evenings, can make you feel tired at school, affect your concentration and make you lose interest in other things in life. Only use your phone at certain times of the day and don't use it close to bedtime. You can set a 'screen time limit' via the settings on your phone. This will help you stay fit and healthy and means that you will still be able to focus and perform well at school.

8 THINK OF OTHERS WHEN TAKING PHOTOS

Don't take embarrassing photos of other people on your phone. If other people get access to the photo and share it with more people, it could make that person really upset and treated as a form of bullying. Always be mindful of the photos you take using your camera and who you share them with.

9 MAKE SURE YOUR PARENTS SET UP 'PARENTAL CONTROLS'

This means that you will be able to use your phone safely and securely and won't accidentally do things you shouldn't do. The best time to do this is when you get a new phone or device so that you're protected from the very beginning.

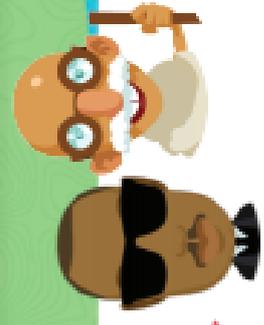
10 ALWAYS TALK TO YOUR PARENTS IF YOU DON'T FEEL SAFE

Sometimes, even though your phone is really secure, you might see something you don't like, or someone might contact you who you don't know. If this happens, always tell your trusted adult like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and advise you on what you should do next.

11 DON'T TEXT AND WALK

This might seem like a strange thing to say but it can be dangerous to stare at your mobile phone whilst walking outside alongside busy roads or bicycle paths. In some cases, children have been knocked over by cars or cyclists because they haven't been aware of their surroundings whilst texting or playing games on their mobile devices.





Amazing People Schools = Wellbeing Workout Summer Strengths Builder



Curiosity
Go for a walk to somewhere new and collect moss, leaves and dirt for an eco-box.

Creativity
Creating music, art and laughing boosts endorphins which helps our wellbeing. Practise all three as much as you can!

Courage
Taking a cold shower can help boost our happiness levels – are you brave enough to try??

Collaboration
Play a board or an outdoor game together with friends or family.

Adaptability
Be like bamboo, learn to be flexible and let go of the small stuff. It can improve your wellbeing.

Gratitude
Create a colourful poster of everything you are grateful for.

Good Sense
Wellbeing depends on us eating the right foods. Do your research and make a chart of good-mood-foods.

Fairness
Play a new board game or make one up! How can you make sure it's fair for everyone?

Enthusiasm
Put on a show with your family – include songs, dance, music, drama.

Empathy
Watch a film together and have a think about what different characters were thinking and feeling in the story.

Motivation
Boost your dopamine (which is one of the happiness chemicals) by making a daily plan and setting long term goals.

Kindness
Make a list of different ways you can be kind. Try and tick them off each day.

Integrity
Can you tidy your room, do the dishes or make someone a cup of tea – without being asked to?

Initiative
Create an art gallery of your creative work. Build it up over a few weeks and invite people to view it.

Humility
Go for a walk and look for the tallest tree you can find. How does it make you feel to be standing under something so huge?

Tolerance
Can you stay calm even round those you don't agree with? Practice meditation – sit quietly and breathe slowly.

Self-discipline
Plan a screen-free day – no phones, devices or even television – no peeking allowed!

Resilience
If there is something you want to change but can't, think about how you can change your attitude towards it.

Perseverance
Exercising every single day increases all our happiness levels (dopamine, oxytocin, serotonin and endorphin).

Optimism
Make a list of things that you are looking forward to – today, this week, this month, this year and in your life!



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www.amazingpeopleschools.com

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>	