

Activity	Option One	Option Two	Option Three	Option Four	Option Five
Fitness & Well-being (Choose one of these activities per day)	 <p>P.E. WITH JOE Monday - Friday 9am Live on YouTube</p>	 <p>10 yoga poses Cosmic Kids</p>	 <p>GoNoodle</p>	 <p>JUMP START JONNY</p>	
Daily Maths (Choose one of these activities per day)	 <p>MyMaths.co.uk Years 1-6</p>	 <p>Times Tables Rock Stars Years 1-6</p>	 <p>purple mash 2simple</p>	 <p>Ten Town EYFS</p>	 <p>Math Shed Number one in the world!</p>
PLAYTIME!					
Reading/Phonics (Choose one of these activities per day)	 <p>epic! Years 1-6</p>	 <p>PhonicsPlay EYFS, Yr 1 & Yr 2</p>	 <p>EYFS: STOKE Speaks Out Developing with confidence</p>		
PLAYTIME!					
Physical	 <p>Disco Dough</p>	 <p>DOUGH DISCO Owl! Owl! Owl! Owl!</p>			
PLAYTIME!					
Story Time (Choose one of these activities per day)	 <p>CLASS DOJO</p>	<p><u>Harry Potter</u> <u>on ClassDojo School Story</u></p>	 <p>SAG FOUNDATION PRESENTS Storyline Online</p>		 <p>Baby!</p>

Tasks that might be done by the end of the week: This week's theme is Health and Fitness

Creative:

Can you create a still life drawing of some fruit? Look at the first link for ideas. The following two links are ideas on how you can achieve your drawing.

<https://www.pinterest.com/pin/144326363035541440/>

<https://www.youtube.com/watch?v=-oBjAt8obe4>

<https://www.youtube.com/watch?v=LdmqR2qwCYo>

Life Skills:

Make one of your meals that you have planned. Can you learn to peel or chop a piece of fruit or a vegetable?

Shape, space & measure:

What is your longest jump?

Make a start line, using a standing jump, measure how far you can jump. Measure your distance.

You do not have to measure with a tape measure or ruler, you can use anything you like (I jumped 5 'shoes'). Repeat this several times and compare how you have done.

Why not turn this into a competition in your family! Who can jump the furthest?

Question: Why do we need a healthy balanced diet and why do we need to exercise?

PHSE:

Plan a healthy menu for your family for a week. Have you included all the food groups?

Writing task:

Either

- Create a poster about healthy eating and exercise.
- Create a fact file about the healthy food wheel.