

<p style="text-align: center;"><u>Writing</u></p> <p>Create a plan for your days off. Think of things you would like to achieve, read, watch, learn etc. Can you think of one thing that would challenge you?</p>	<p style="text-align: center;"><u>Fitness Diary</u></p> <p>Create an at home fitness diary recording your daily physical activity. You can use ideas from our circuit training in school, Joe Wicks and Just Dance.</p>	<p style="text-align: center;"><u>Numeracy</u></p> <p>Practice time conversion: https://mathsframe.co.uk/en/resources/resource/116/telling-the-time</p> <p>Practice times tables: https://www.topmarks.co.uk/maths-games/hit-the-button</p>	<p style="text-align: center;"><u>Community Time</u></p> <p>Enjoy a favourite drink and biscuit of your choice and have a chat with a family member (or maybe all of your family) about how you are feeling, things you enjoy and sharing jokes and stories together.</p>	<p style="text-align: center;"><u>Food Technology</u></p> <p>Make a healthy picnic for you and your family, explain to us why it is healthy and perhaps the benefits to our bodies. Can you share your recipe with us? You could write this out or film/photograph your progress. Did you have an indoor/outdoor picnic?</p>
<p style="text-align: center;"><u>Technology</u></p> <p>Can you create something at home that:</p> <ul style="list-style-type: none"> - moves without batteries or you continually holding on to it and moving it? <p style="text-align: center;">Or</p> <ul style="list-style-type: none"> - will float for at least 30seconds? <p style="text-align: center;">It could spin, travel, change directions, anything you can create we would love to see it!</p>	<p style="text-align: center;"><u>Mindfulness Challenge Cards</u></p> <p>Choose one or two challenge cards a day and complete with a family member. These are a great activity to help stay calm and to take care of your own mental wellness.</p>	<p style="text-align: center;"><u>Reading</u></p> <p>Read something you wouldn't normally pick up and enjoy. It might be ingredients on a food package, a news article, a comic or perhaps a different genre of book. You may even choose to read poetry instead of a story or an online article on something that interests you or maybe something non-fiction if you normally read fiction texts</p> <p style="text-align: center;">We can't wait to hear what you have enjoyed!</p>	<p style="text-align: center;"><u>Fitness Stations</u></p> <p>Set up your own family fitness stations using the fitness station cards on Seesaw. Be sure to send in some active photos to Seesaw!</p>	<p style="text-align: center;"><u>Numeracy</u></p> <p>Access countdown</p> <p style="text-align: center;">Happysoft.org.uk</p>