



Noahs Ark Class Week Commencing 20/4/20

Here you will find some **suggestions** of activities that you can do this week.

Please note: this is not a compulsory list or requirement to complete.



Keeping Active	Being Creative	Family Time
Every day Joe Wicks is completing a free session at 9:00am to help you start the day in the right way. We have been using these in school and they are great fun! https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ Also see the activity section of the class page to discover some different exercises.	Create a piece of art work and put it in your window. This will make others smile when they see your amazing work. There is a theme for each week: W/C 20th April – Create a rainbow to signify the togetherness of the whole country. What different materials can you find?	Play a game with your family. Take turns to choose an action (jump, clap, star jump etc) then choose a number. Count as the actions are completed. Practice something you find tricky – maybe putting on your socks. Time yourself to see if you are getting quicker.
RE and Mindfulness	English	Maths
Write or draw your own diary. You could add what you have eaten, what you have done today – don't forget the day and date. Read at the end of the day – what did you enjoy today? Ask your family to join in with a song from Collective Worship. Can you teach them the actions. See the resources section.	Practice your letter formation, see the resources section. Choose pictures from your favourite book. Can you write a sentence describing it. Eg. The Hungry Caterpillar – 'The caterpillar is long and green'. Ask a grown-up to read the poem 'In the Garden Song' – can you hear any rhyming words?	This week we will be exploring found objects, counting, and finding shapes. The resources for this (including video tutorials) can be found in the resource section of this week's webpage.
Reading	Phonics and Spelling	Topic
Choose one of your favourite books to read or pick one from the resources section, following our new topic of traditional tales. Talk about the characters in the book.	This week we will be learning the new digraphs 'ow' and 'oi'. See the resources section for the video. We will also be practicing the Phase 2 and Phase 3 sounds we have already learnt. To help write 'tricky words' in your sentences see the resources section for the 'tricky word' song.	Can you read me a story? Our new topic is looking at lots of traditional stories. From the resources section can you choose some items to make up your own fairy tale. Ask an adult to write your ideas or draw a story map. See the resources section for ideas.

60 Second Challenge Around the World

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold

50 Times around your waist.



Achieve Silver

40 Times around your waist.



Achieve Bronze

30 Times around your waist.



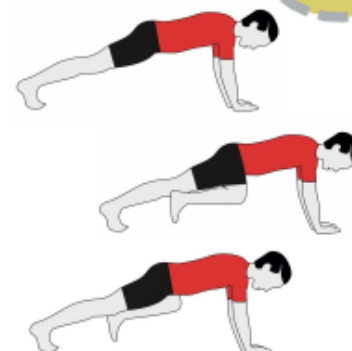
60 Second Challenge Climb the Mountain

Can you keep going even when you are tired?

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

