







PE

Cosmic Yoga is also a great place to practice balancing, mindfulness and stretching! Join along with a range of different stories!

https://cosmickids.com/

PE with Joe Wicks is every day at 9am on his YouTube channel. <u>https://www.youtube.com/user/thebodycoach1</u> We have been doing it in school! It is hard work and lots of fun!

You can also use the challenge cards to do some more exercises to keep fit and healthy.



- 1. Run as fast as you can on the spot.
- 2. Remember to pump your arms as you are running.

Try pressing the turbo button for the last 10 seconds.



Joe Wicks: Active 8-Minute Workout 3 In and Outs

- 1. Start in a press-up position.
- 2. Walk one foot in and then the other.
- 3. Walk one foot back out and then the other.

If your upper body starts to get tired, stop and shake out your arms for a few seconds.



Joe Wicks: Active 8-Minute Workout 3 Sumo Squats

- 1. Turn your feet out and start in a wide stance.
- Squat down really low into a sumo position and back up again.
- Push through your heels and drive upwards to stand up tall.
- 4. Remember to keep a straight back.

Can you hold the sumo position for the last 5 seconds?

Joe Wicks: Active 8-Minute Workout 3 Side Lunges

- 1. Start with your feet together.
- 2. Lunge to one side, bending at the knees and hips.
- 3. Step your lunging foot back to the centre.
- 4. Lunge to the other side.
- 5. Keep your back straight.









Makaton signing:

Why not learn how to sign the alphabet using Makaton. Below is a sheet on how to sign each letter and you can click this <u>link</u> for a video to watch to help you learn. You could then spell different words to a partner and see if they can work out what you are saying!



Please be aware that when you are using parent access for Collins Connect, you cannot use My classes – any classes that are created will disappear.

Space craft activities

Cardboard Tube Rocket

You will need:

Long cardboard tube Silver foil Tissue paper Brightly coloured card Brightly coloured paint PVA glue Scissors



Instructions

Sticky tape

- 1. First paint the cardboard tube in a bright colour, then leave to dry.
- 2. For the top of the rocket, choose a different coloured card. Then draw around a small circular object, such as a cup, onto this.
- 3. Cut out the circle. Then also cut out a line going from the outside to the centre of the circle, stopping once you reach the middle.
- 4. Roll the circle into a cone shape, then secure using sticky tape.
- 5. Stick two pieces of tape on the inside of the cone. Then stick the cone onto the top of the cardboard tube.
- 6. Now make some windows for the rocket using silver foil. To do this, draw around a small circular object onto the foil three times.
- 7. Next cut out the circles in silver foil and stick then onto the rocket using PVA glue.
- 8. For the flame, take some pieces of tissue paper and place them onto of each other in layers.

Hand and Foot Print Aliens		
You will need:		
Paper	Scissors	
• Pipe cleaners	 Bottle tops 	00 0
• PVA glue	• Foild	
• Googly eyes	• Fine liner pen	
Buttons	 Selection of brightly coloured paints 	
• Paint brush		
2		ng different coloured paints, f you would like to create.
3	Now decorate the hand/footprints to transform them in aliens! Start by using PVA glue to stick on googly eyes	
		give the aliens some antenna. s of pipe cleaner and stick them o

Paper Plate Flying Saucer

You will need:

- 2 paper bowls
- Paper cup
- PVA glue
- Pipe cleaners · Green, black, yellow and red paint
- Stick on jewels or sequins Googley eyes

Scissors

Silver foil

Pom-poms

Turn both paper bowls upside bown, then choose a paint colour and paint the bottom and rim of each bowl, then leave to dry.



Use a different colour to paint the sides of the bowl, then leave to dry.



Trim the bottom off the paper cup, th.en. th.in.ly cover in. PVA glue.



Cover the cup bottom in silver foil, then leave to dry.

Space Themed Printing Picture

You will need:

- Selection of paper cups, card board tubes and bottle tops
- Trays of paint in a variety of colours including metallic
- Gold and silver glitter

- A3 black paper
- Glue stick

Coloured paper



Place the black paper landscape. To print a planet take one of the circular objects and place it into the paint, rim down. Then print onto the paper; leaving a ring shape like the outline of a planet.



Repeat step 1 with different sized circles and different coloured paints, then leave to dry.



Add features to the inside of the planets using fingers dipped in paint, for example a red thumb print for Jupiter's spot, or the side of a little finger to make stripes for Saturn.



Now add shooting stars to the picture! To do this, dip your thumb into metallic paint, then print onto the paper, dragging the thumb off to leave a trail behind.



Use a glue stick to add glitter to stars tails or the rings of planets, then leave to dry.



