### Home Learning Timetable

### Year 3C/D WB 01.03.2021

### Zoom Links

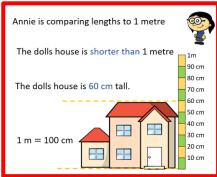
Session	<u>Time</u>	<u>Hyperlink</u>	Meeting ID	Password
Maths	9.30am	https://zoom.us/j/7690623502?pwd=ZkhNOFI6SjlpU3 QrbIBySVU1aHV4QT09	769 062 3502	Ud2g9u
English	11.00am	https://zoom.us/j/7690623502?pwd=ZkhNOFI6SjlpU3 QrbIBySVU1aHV4QT09	769 062 3502	Ud2g9u
Topic	1.30pm	https://zoom.us/j/7690623502?pwd=ZkhNOFl6SjlpU3 QrblBySVU1aHV4QT09	769 062 3502	Ud2g9u

- Maths, English and Afternoon Sessions will be each week day, unless stated otherwise.
- Please arrive on time to the sessions to avoid missing out.
- Record any work in a home-learning book or on paper. This can then be photographed and emailed to your class teacher.

	Monday	
<u>Maths</u> Focus- To understand how to measure length	English Focus- To be able to use headings and subheadings.	<u>Topic</u> <u>Focus-</u> To be able to locate the main features of Greece.
<text><text><text><text></text></text></text></text>	This week we are going to be looking at a non-chronological report. When we write a non-chronological report, we must use headings and subheadings. So we are going to learn how to use these effectively. Watch these https://www.youtube.com/watch?v=JpVT o7bTnXU https://www.youtube.com/watch?v=Ghaht jEF9v4 https://www.youtube.com/watch?v=b0vbp tjyW8M Now, look at the example of a non- chronological report below and label the heading and then the subheadings. Next, look at the page of paragraphs. It is your task to read the information and put a good heading for the whole text and then give each paragraph its own subheading.	Greece is the southernmost country in Europe. The mainland has rugged mountains, dense forests and beautiful lakes. Follow the links to discover more. https://www.natgeokids.com/u k/discover/history/greece/10- facts-about-the-ancient-greeks/ https://kids.nationalgeographic .com/geography/countries/artic le/greece Task 1: Using an atlas or the map provided in the resource section, locate Greece and the UK on the blank map which follows. Task 2: Use the map of Greece in resources to support you to answer the questions which follow.

What would be the best equipment to measure your pencil with? What would you measure the classroom with? What would you measure the circumference of your head with?Image: What unit of measurement would you use to measure these real life objects? Millimetres, centimetres or metres?Image: FingernailEraserHeight of a houseLength of a length of a tableComplete the worksheet in the resources section.ChallengeWhitney's ruler is broken. How could she use it to still measure items?		<figure><section-header></section-header></figure>
. 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 Tommy thinks that this chocolate bar is 4 cm long. Is he correct? • 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 Convince me.	Tuesday	
Maths	English	Science
<u>Focus-</u> To be able to measure length in metres.	<u>Focus-</u> To be able to identify the features of a non-chronological report.	<u>Focus-</u> To know why we need muscles to move. What are muscles? Why do we
Practice your mental maths by playing game <u>https://www.topmarks.co.uk/learning-to-count/blast-off</u>	This week we are going to be start looking at Modern Greece. We are going to understand what a non-chronological report is and begin planning the information we want to include in our writing next week.	need them? The images below (also found in resource section) explain more about muscles and new words related to using them.
Find a Number Direct Di	So, our new focus is Modern Greece. We are going to be looking at the culture and lifestyle lived by Greek people. Before we research facts about Modern Greece, we must understand what the features of a non-chronological report are.	What are Muscles?
Today we are going to be looking at measuring in metres. Watch video <u>https://vimeo.com/504466031</u>	Watch this: https://www.youtube.com/watch?v=b0vbp tjyW8M	

### What might you measure metres in? Are they larger or smaller than centimetres?



### Use the counting stick on Mathsbot https://mathsbot.com/manipulativ

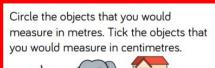
### es/countingStick

to practice counting in groups of 10cm. What do you notice about 100cm? Try starting at different starting points.

### **Counting Stick**

Complete the worksheet in the resources section below.

### Challenge





Explore these links to understand what a non-chronological report is and to see some examples of non-chronological reports: https://www.theschoolrun.com/what-is-anon-chronological-report

https://www.teachwire.net/news/nonchronological-report-ks2-examplesworksheets-andresources#:~:text=A%20non%2Dchronol ogical%20report%20is,information%20on %20subjects%20or%20events.

### https://www.literacywagoll.com/nonchronological-report.html#

Now, try to create a list of features for a non-chronological report.

Have a look at this list to help you:

- An eye-catching heading in a large • font
- An introductory paragraph •
- Text split up into paragraphs and each paragraph on a different aspect of the subject
- Sub-headings for each paragraph •
- Usually written in present tense • •
  - Pictures of the subject
- Captions under each picture to explain what is in the picture
- **Diagrams with labels**

•

•

- Lists of facts in bullet points
- Graphs or charts showing information • about the subject
  - Boxes containing interesting individual facts to grab the attention of the reader
- Technical vocabulary in bold, possibly with a glossary at the end

Now, look at the example of a nonchronological report below in the resources section and label it with all the features in list above or use the checklist in the resources section below to help you.



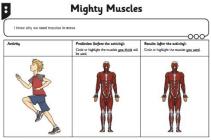


Why do we need muscles for movement? Follow the link to discover more.

Discuss with your partner and explain why you made your choice.

https://www.bbc.co.uk/bitesize/cli ps/zpp6n39

TASK: Predict which muscles you will use for each activity. Found in the resource section below.



Why not have a go at creating the muscles of the arm. Simply follow the instructions found in resources.



### Maths Focus- To be able to recognise equivalent measures m and cm Practise times tables by playing game https://mathsframe.co.uk/en/reso urces/resource/306/Maths-**Fishing-Multiplication** 11 - 9 = 7109 99 88 Today we will be learning how to convert metres and centimetres. Watch video https://vimeo.com/504467081 Equivalent lengths Equal lengths metres 800 900 1.000 centimetres If there are 100cm in a metre, how many centimetres are in 2 metres? How many centimetres in 3 metres? Do we need to partition 235 cm into hundreds, tens and ones to convert it to metres? Is it more efficient to partition it into two parts? What would the two parts be? Can you match the equivalent measurements? 100 cm 9 m 5 m 200 cm 300 cm 500 cm 2 m 1 metre 900 centimetres 3 m Complete the worksheet in the resources section. **Challenge**

### Wednesday English

## <u>Focus-</u> To be able to plan information for a non-chronological report.

This week are going to be researching facts for our non-chronological report about Modern Greece.

Today you are going to research facts and information about Modern Greek culture.

Think about:

- 1. What food they eat?
- 2. What animals are in Greece?
- 3. What their flag looks like and why?
- 4. What their capital city is and any facts about that city?
- 5. What currency they use?
- 6. What religion is followed in Greece?
- 7. What language is spoken?
- 8. What the climate/weather is like in Greece?

Now, complete a mind map explaining all the different facts you can find out about Modern Greece.



### <u>RE</u> <u>Focus-</u> To understand why Christians celebrate Easter.

During Holy Week Christians try to remember what happened to Jesus. Follow the links below to find out more.

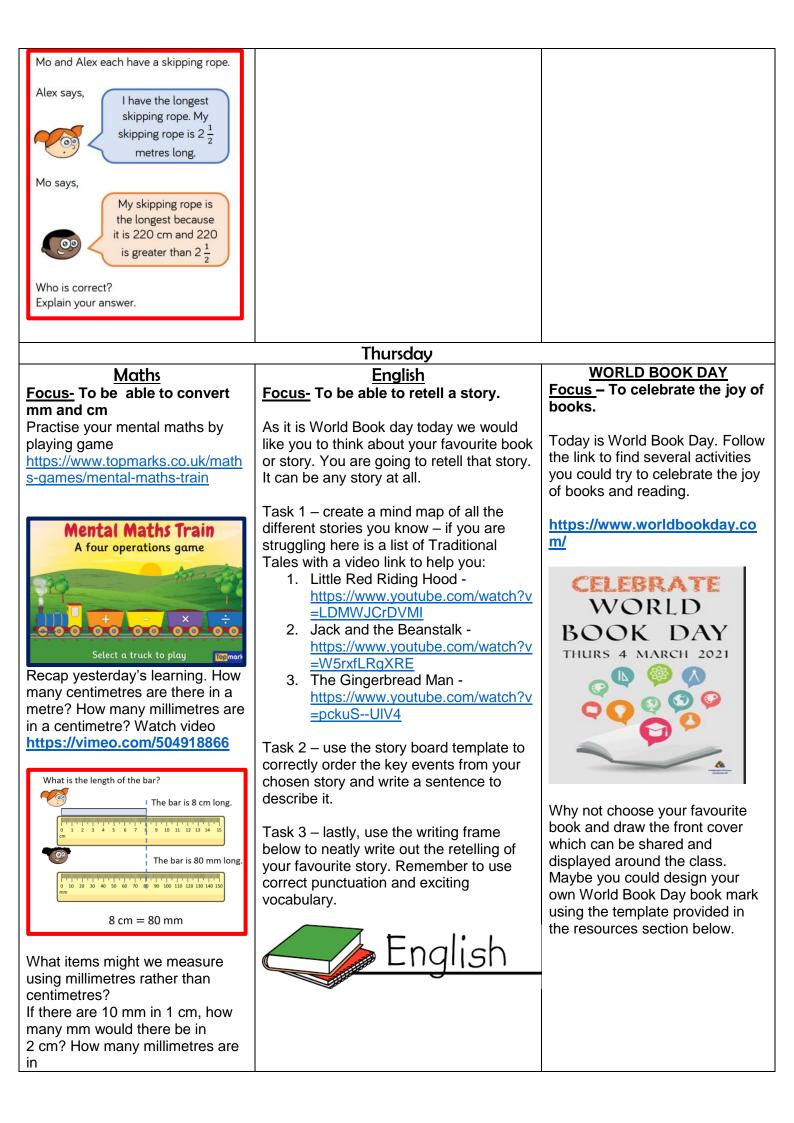
Scroll down to watch the Easter Story clip. Continue reading the key events for the week then complete the ordering of events quiz which follows.

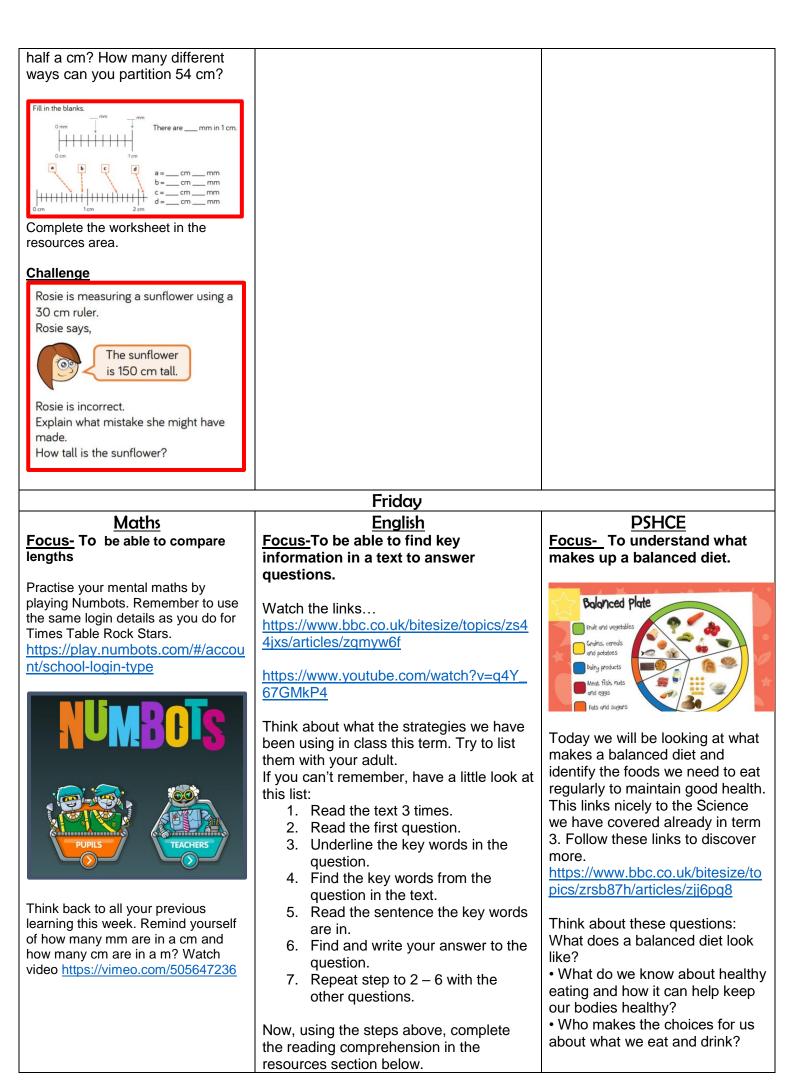
https://www.bbc.co.uk/bitesize/to pics/ztkxpv4/articles/z4t6rj6

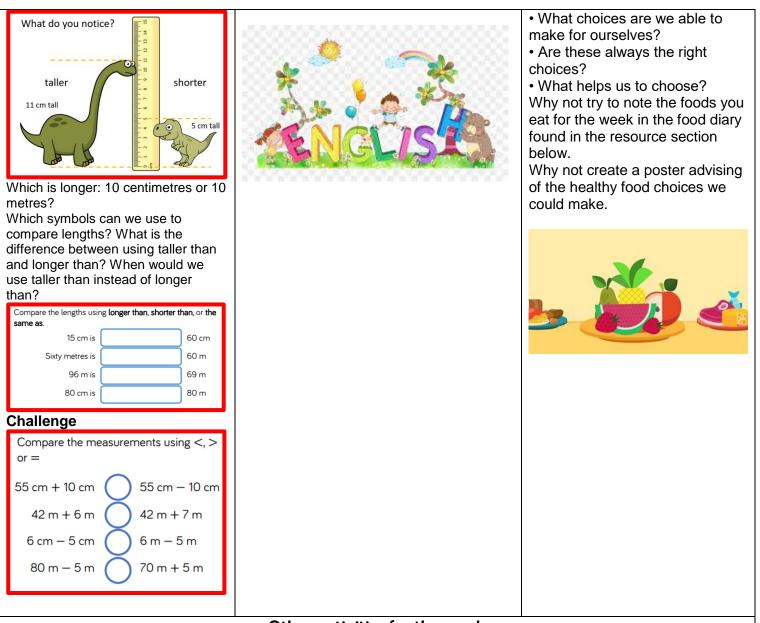
https://www.twinkl.co.uk/resou rce/t-re-231-holy-weekpowerpoint

Draw images to complete the Easter Story comic strip found in the resources section below.









### Other activities for the week

<u>Reading-</u>Busters book club- Make sure you are reading at home either to yourself, to an adult or even a sibling. This week your reading challenge is to read a book involving magic. Send your class teacher a picture of you reading your book involving magic!

### French-

<u>PE-</u>Check out the Garlinge PE teams videos on the school website in the home learning section. Alternatively, why not continue to improve your personal challenges (found in resource section below if you haven't already attempted this task).

<u>World Book Day</u> - Create your own book- Ask your child to come up with a main character, setting and a special object (such as a magical key, a treasure map, a strange book or a broken lamp) and let their imagination run wild. Let them plan their story first, talk about the ideas they have and the flow of the story (beginning, middle and end). Once they have planned their story they can write a draft. Then they can then create a book using paper and add drawings to their story or they can use a computer to create their books. This activity can be done over a couple of days.







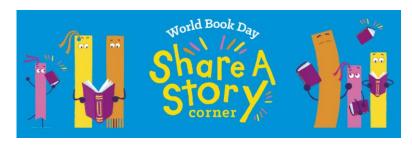


Put on a play- Children can create their own play to perform to their adults once they have rehearsed and found costumes. Let their imaginations run wild or you could give them a topic to base the play on (for example a topic they've learnt about in school or their favourite book).

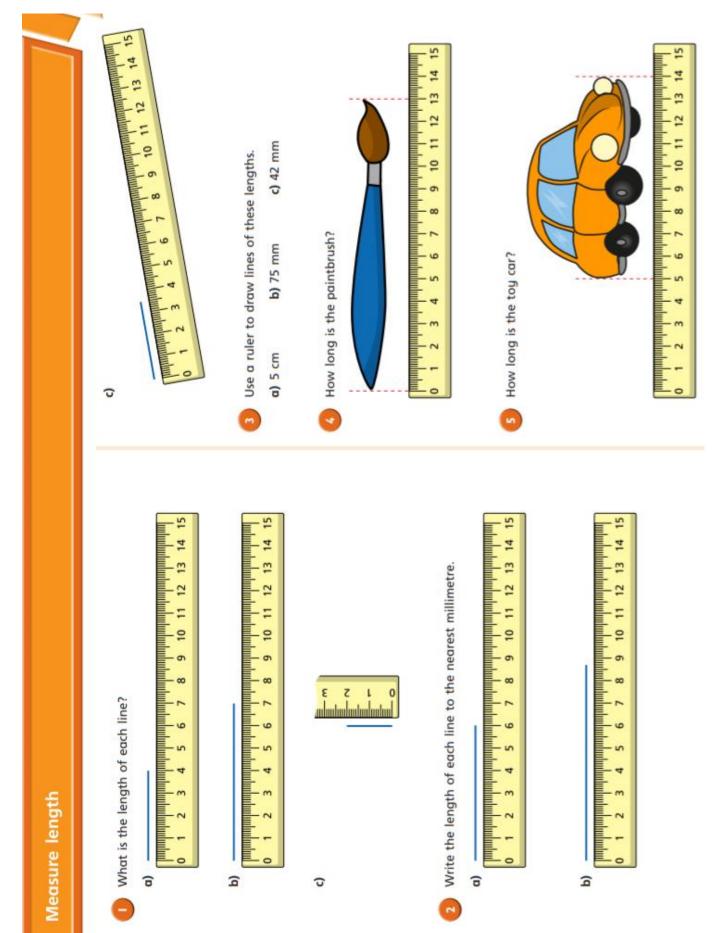
Change the story – Choose your favourite story or a book that you have recently read. Change the story by changing the actions of one of the characters. Maybe they do something different when it's a big event that changes everything! Change the story into a very simple version for young children and illustrate it too. Change the story (or part of it) into a comic strip. Change the story (or part of it) into a poem.



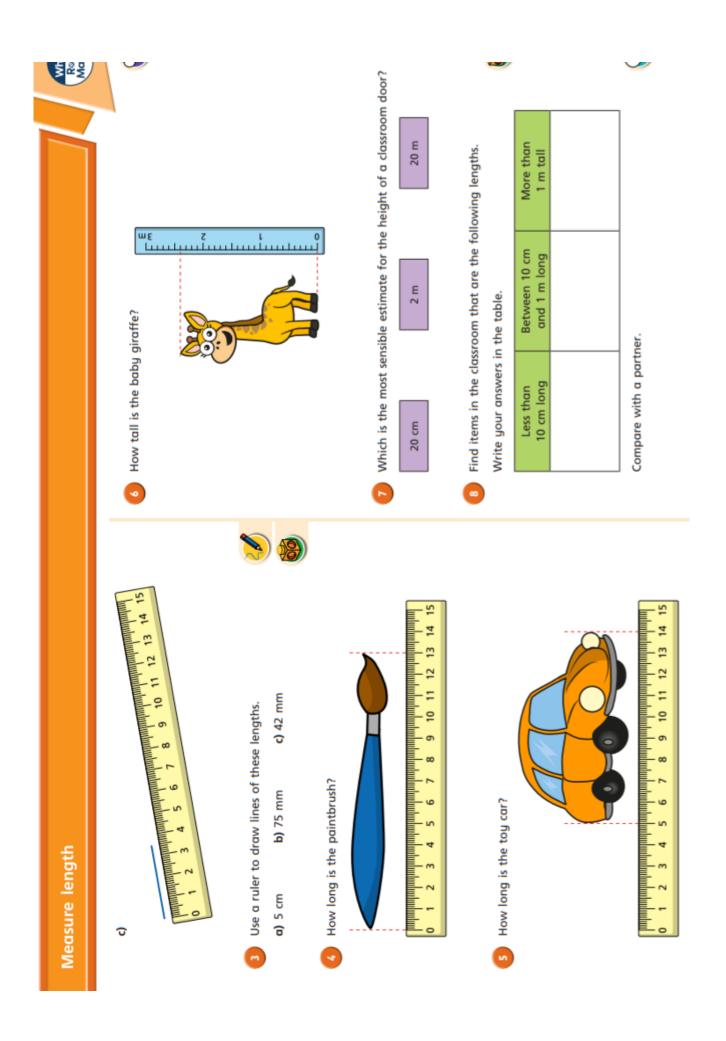
Listen to a story – Why not choose a story to share together in the book corner. Don't forget to send any pictures to your teachers of the fun extra activities that you choose to complete. <u>https://www.worldbookday.com/share-a-story-corner/</u>

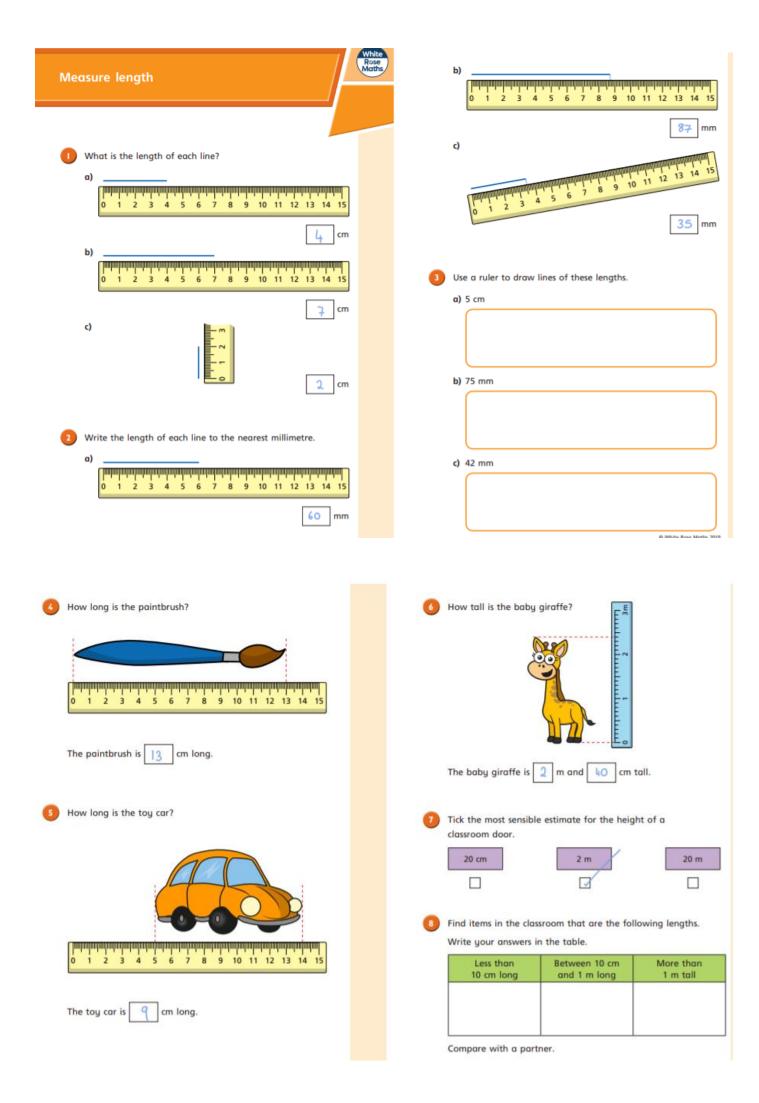


### Monday Maths



**Resources** 





<u>Tuesday I</u>	<u>Maths</u>		
	Do you agree with Ron? Talk about it with a partner. Complete the sentences. a) Dexter is 1 and 8 tall. b) Dani is 1 metre and 21 centimetres tall.	Dani is     m and     cm tall.       c) Scott is 1 metre and 11 centimetres tall.       Scott is     and     tall.	A loop is the poster paper for an arr resson. Nijah puts the paper next to a 2-metre stick.
	e longer than orter than 1 metre.	Shorter than 1 metre sure your objects.	1 metre long? You can write this as 1 m and 8 cm.
Measure length (m)	<ul> <li>Look around your classroom.</li> <li>Choose 10 objects.</li> <li>a) Estimate which objects are longer than 1 metre and which are shorter than 1 i metre and which are shorter than 1 ithe table.</li> </ul>	Longer than 1 metre     Shorter than 1       Longer than 1 metre     Shorter than 1       Use a metre ruler to measure your objects.	d) Which object is closest to 1 metre long? I am 1 metre and 8 centimetres tall. 1 m and 8 c Ron
Measu		c)	d) v

### Measure length (m)

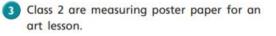
Look around your classroom.

Choose 10 objects.

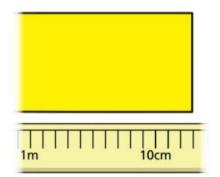
- a) Estimate which objects are longer than 1 metre and which are shorter than 1 metre.
- b) Draw each object in the correct part of the table.

Longer than 1 metre	Shorter than 1 metre

- c) Use a metre ruler to measure your objects. Did you put them in the correct column?
- d) Which object is closest to 1 metre long?



Nijah puts the paper next to a 2-metre stick.



How long is the poster paper?

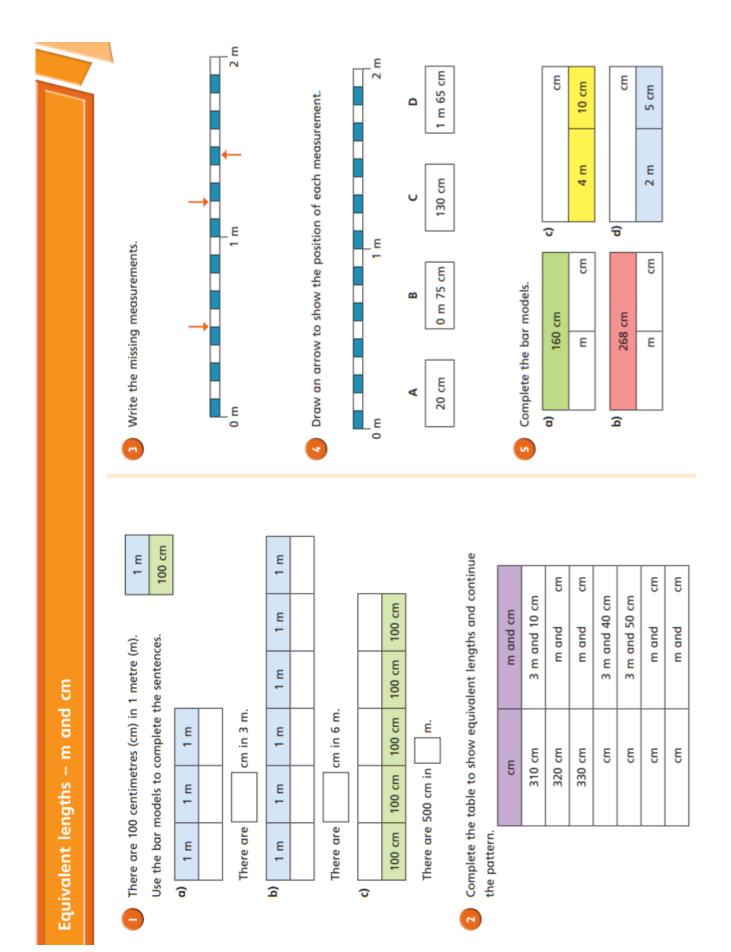
		m and	1 <u>3</u> cm	
4	Measure the longest complete the senter		ssroom and	
	My classroom is	and	long.	

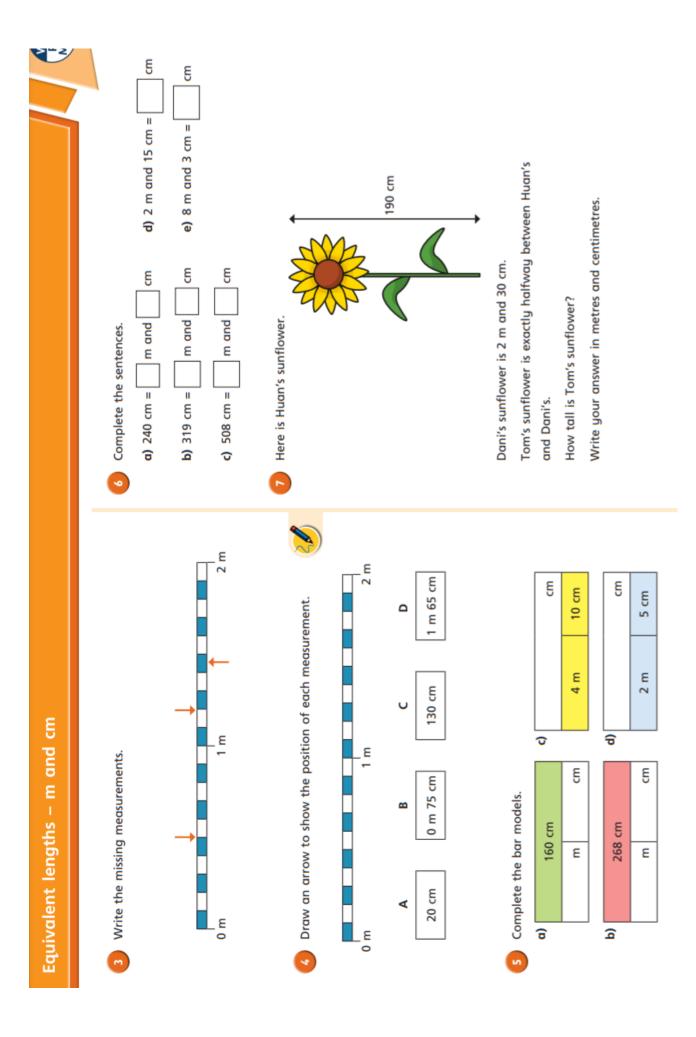
2 I am 1 metre and 8 centimetres tall.
Dexter Ron You can write this as 1 m and 8 cm.
Do you agree with Ron? <u>Yes</u> Talk about it with a partner.
Complete the sentences.
a) Dexter is 1 <u>m</u> and 8 <u>cm</u> tall.
b) Dani is 1 metre and 21 centimetres tall.
c) Scott is 1 metre and 11 centimetres tall.
Scott is m and Cm tall.
Daddy Bear is 2 metres tall. Baby Bear is half as tall as Daddy Bear.
a) How tall is Baby Bear?
<ul> <li>b) Mummy Bear is taller than Baby Bear, but shorter than Daddy Bear.</li> <li>How tall could Mummy Bear be?</li> </ul>
e.g. Mummy Bear could be n and

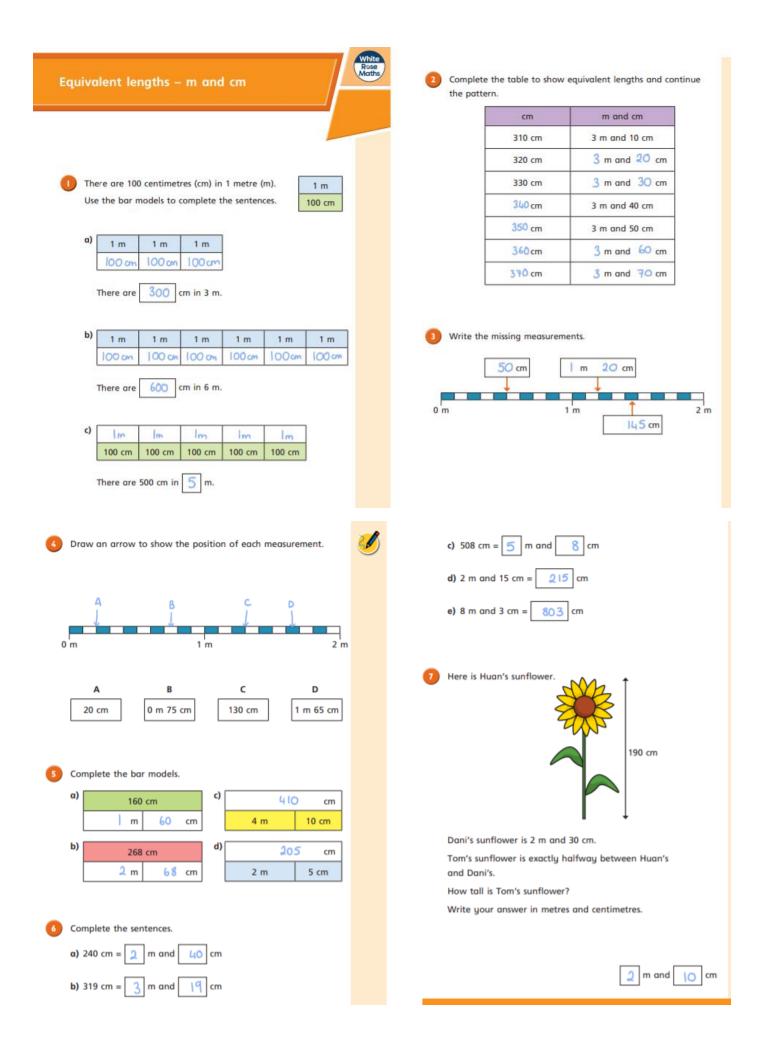
4 2 cm tall.

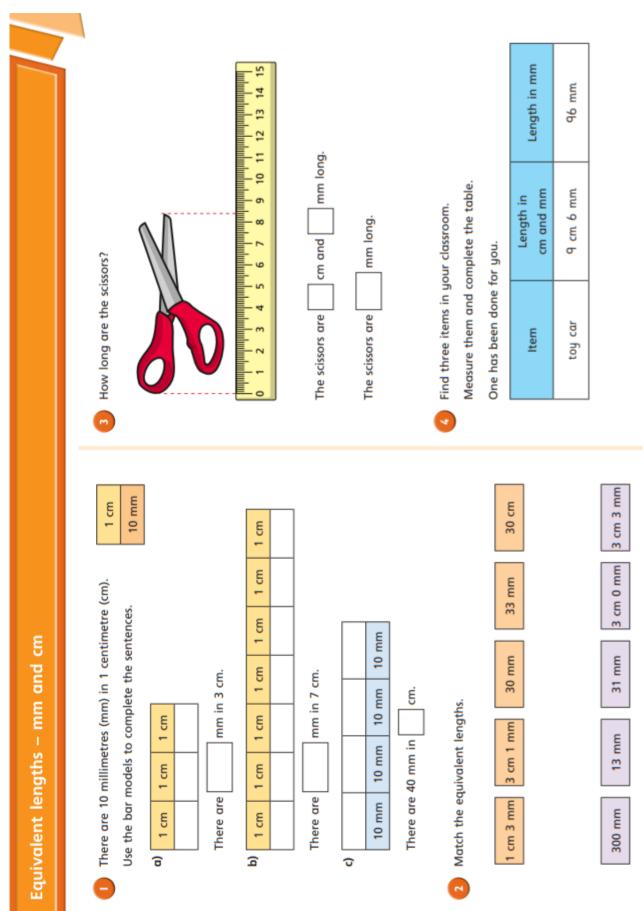
Compare answers with a partner.

### Wednesday Maths



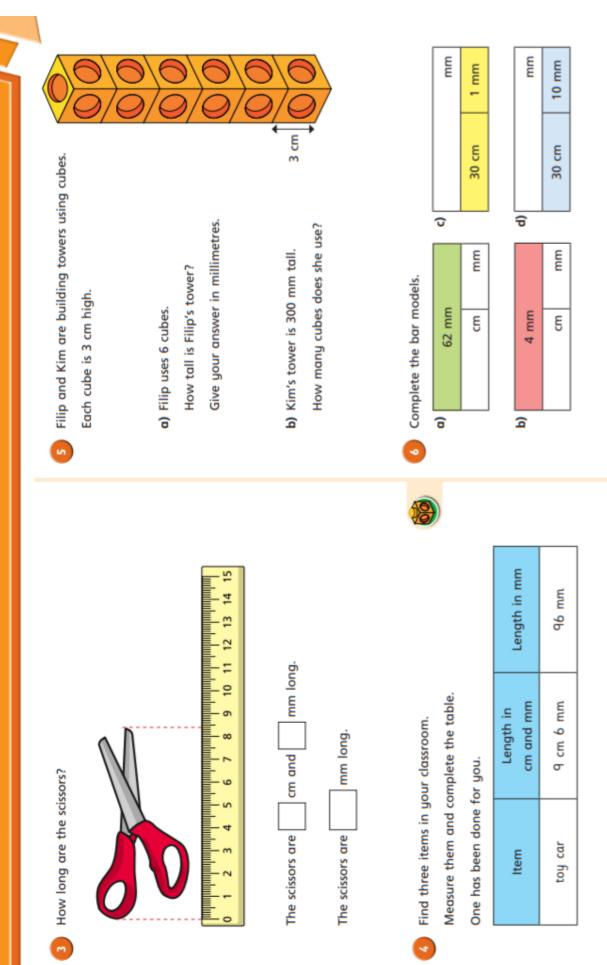




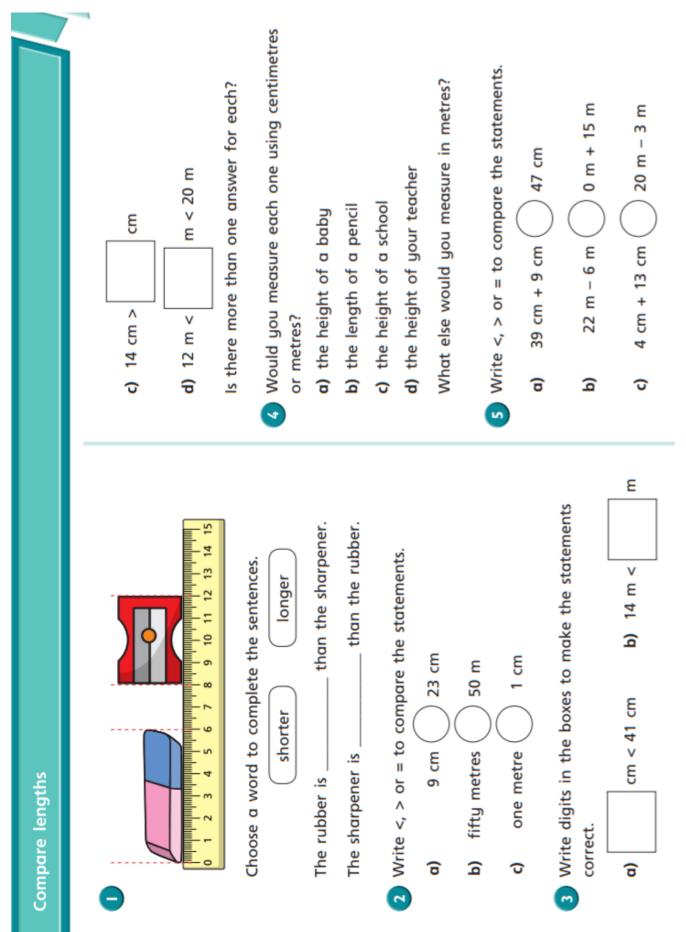


### Thursday Math's

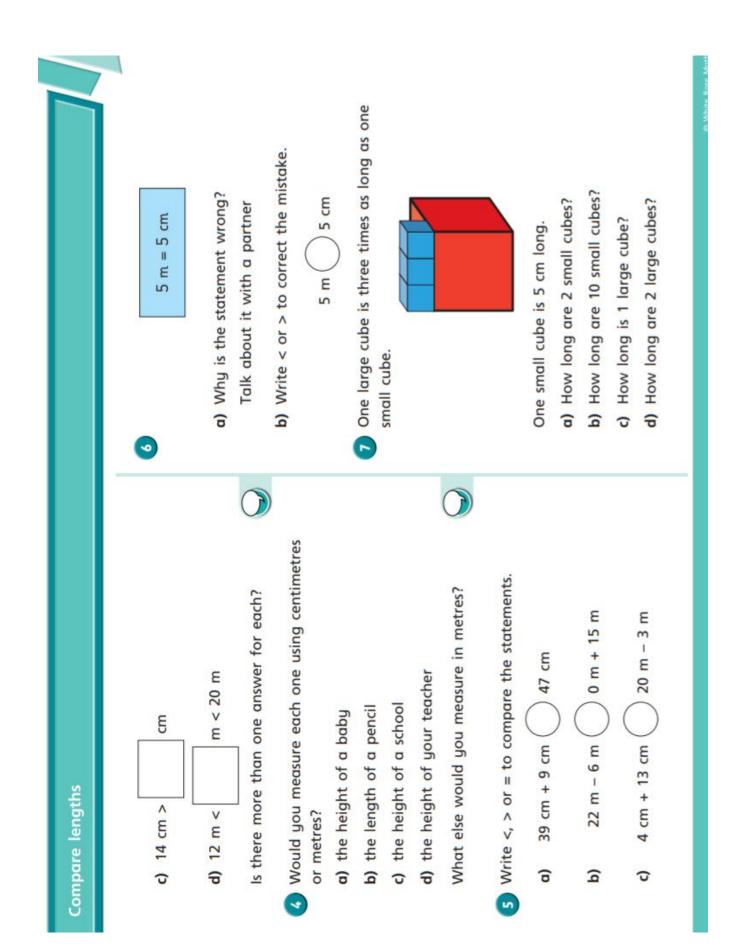


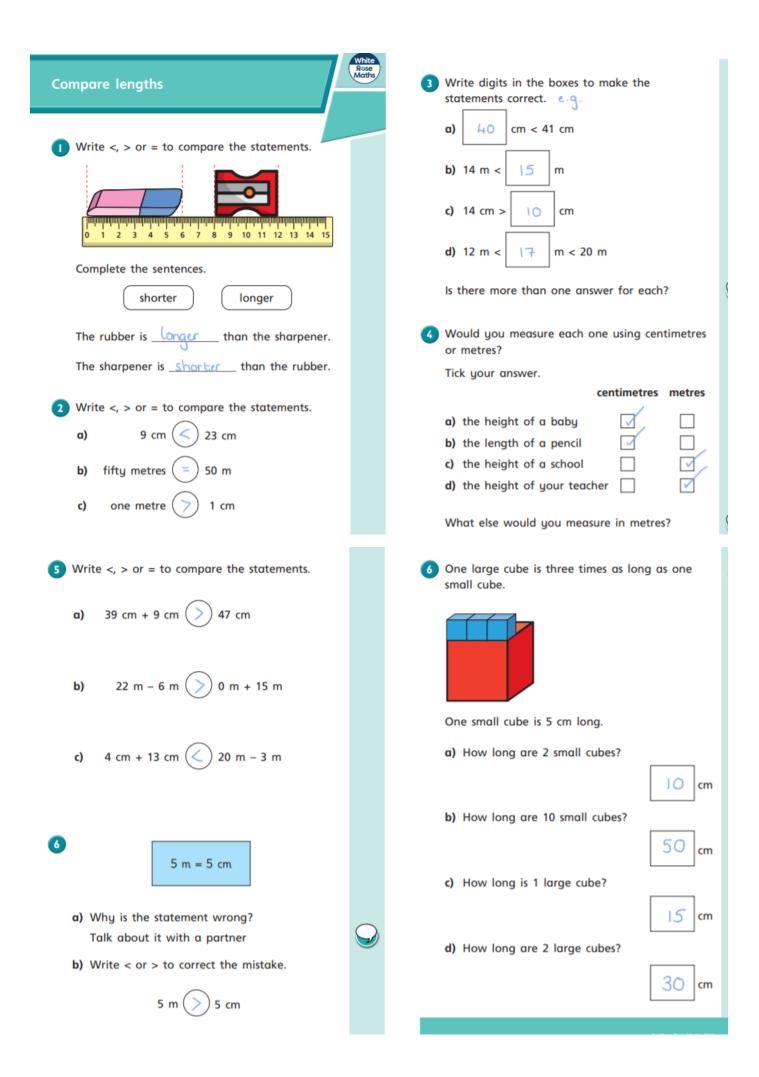


Equivalent lengths – mm and cm		2 Match the equivalent lengths.
<ul> <li>There are 10 millimetres (mm) in 1 centim</li> <li>Use the bar models to complete the sente</li> <li>a) 1 cm 1 cm 1 cm</li> </ul>		300 mm 13 mm 31 mm 3 cm 0 mm 3 cm 3 mm
10mm 10mm 10mm There are 30 mm in 3 cm.		3 How long are the scissors?
	1 cm         1 cm           mm         10 mm         10 mm	0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
c) <u>  an   cm   cm   cm</u> 10 mm 10 mm 10 mm 10 mm There are 40 mm in <u>4</u> cm.		The scissors are 🛞 cm and 👍 mm long. The scissors are 🕱4 mm long.
<ul> <li>Find three items in your classroom.</li> <li>Measure them and complete the table.</li> <li>One has been done for you.</li> </ul>		b) Kim's tower is 300 mm tall. How many cubes does she use?
Item         Length in cm and mm           toy car         9 cm 6 mm	Length in mm 96 mm	
Filip and Kim are building towers using cu Each cube is 3 cm high.	bes.	Kim uses 0 cubes.
<ul> <li>a) Filip uses 6 cubes.</li> <li>How tall is Filip's tower?</li> <li>Give your answer in millimetres.</li> </ul>	00	a) <u>62 mm</u> <u>6 cm</u> <u>2 mm</u> <u>30 cm</u> <u>1 mm</u>
Filip's tower is <b>180</b> mm tall. 3 cm		b) 4 mm d) 310 mm 0 cm 4 mm 30 cm 10 mm



### Friday Math's





### The World by Kate Ruttle

### Continents

The world is made up of seven continents which are called: Africa, Antarctica, Asia, Europe, North America, Oceania and South America. Each continent is a large area of land and most continents are made up of a lot of different countries. Most of North America is one country, the United States of America, which is separated into **states**. Canada is also in North America and is a separate country. No people live on Antarctica so it doesn't need different **countries**. Although Antarctica (which is at the bottom of a globe) is a continent, the Arctic (which is at the top of a globe) is not a continent. This is because the Arctic is made entirely of ice – there is no land under the ice. In Antarctica, there are rocks and land under the ice.

### Oceans

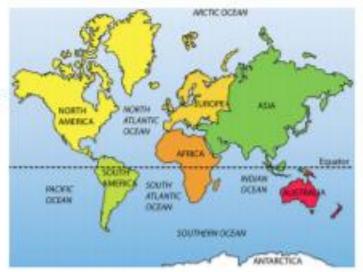
The continents are surrounded by **oceans**. The 5 oceans of the world are called the Atlantic Ocean, the Arctic Ocean, the Indian Ocean, The Pacific Ocean and the Southern Ocean. Parts of the oceans which are near to land are sometimes called **seas**, like the North Sea, the Irish Sea and the Caribbean Sea. The Arctic Ocean is at the north of the world and the Southern Ocean is at the south of the world. They are the two coldest oceans.

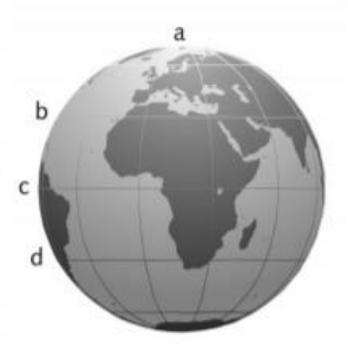
### The equator and the poles

If you could draw a line across the middle of the world you would be drawing a line around the fattest part of the **globe**. Most globes and **maps** show this line although it is imaginary and you can't see it on the ground. It is called the **equator**. Countries which are nearer the equator are usually hotter than those that are further away from it. The coldest places in the world are furthest away from the equator, at the top and bottom of the globe, and these are called the **poles**. The place which is at the very top of the world is called the North Pole and the place at the very bottom of the world is called the South Pole.

### **Climate and seasons**

The **dimate** of different places on the globe is very different. At the top and bottom of the earth, around the poles, the climate is very cold





all year round. In these places, there are two climates which are called Winter and Summer. In Summer it is cold and the ice is thick but in Winter it is even colder and the ice is even thicker. Near the equator, it is hot all year round but there are usually two seasons: a dry season and a wet season. During the wet season the rain comes every day and is often very heavy. In the dry season, there may be no rain at all for a few months. Most of the world's tropical rainforests are near the equator because rainforest plants need a lot of water to survive.

In between the equator and each of the poles, the dimate is not as hot as the equator or as cold as the poles. Places in these parts of the world usually have 4 seasons: Spring, Summer, Autumn and Winter, although the months in which they have those seasons is different in different places.

### Glossary

Climate - the kinds of weather a place usually has.

Country - cities, towns and countryside which share the same laws.

Equator - a line across the middle of a map or a globe.

Globe - a model of the world which is the same shape as the world. It shows land and sea.

Map - a flat drawing of the world. It shows land and sea.

Ocean - a very large area of salty water.

Poles - the places at the top and bottom of the world.

Sea - areas of water near to where people live can be called seas.

States - large areas of North America which share the same laws.

Task 2 – Add your own heading and give each paragraph a subheading

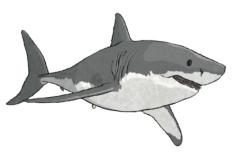
### <u>Heading -</u>

<u>1.</u>

Sharks are a type of fish but instead of having bones, their skeleton is made of cartilage. This is what your ears and the tip of your nose are made from. There are more than 500 different species of shark, including the great white shark, grey reef shark, hammerhead shark and tiger shark. Scientists believe that sharks have been in our oceans for around 455 million years. Some species of sharks prefer to live alone while others live in groups called a school or shoal.

### <u>2.</u>

Sharks can be found in all of the Earth's five oceans: the Atlantic, Pacific, Indian, Arctic and Southern. Some sharks can even be found in freshwater lakes and rivers. Different species of shark live in different oceans depending on the temperature of the water. Most prefer warmer temperatures though polar sharks prefer colder water.



### <u>3.</u>

What a shark eats depends on its species and where it lives. Most sharks are carnivores because they like to eat fish and other sharks. Some larger sharks eat dolphins, sea lions and small whales. Smaller sharks eat smaller prey such as clams, crabs and squid.

Some types of shark can be deadly, but only about 12 species have ever attacked humans. In fact, shark attacks are not very common. More people die from bee stings and natural disasters such as earthquakes and volcanoes each year than from shark attacks.

### <u>4.</u>

Sharks have all the senses that humans have; smell, sight, touch, taste and hearing. The strongest is their sense of smell. Sharks can smell a single drop of blood in the water from 400 metres away. They can also hear fish moving from around 500 metres away. Sharks have very good eyesight and they can see in low levels of light.

<u>5.</u>

Most shark species would die if they stopped moving. As long as they keep swimming, water keeps moving over their gills, which keeps them alive.

### Ancient Greece

Nearly four thousand years ago, in the countries that we now know as Greece, Turkey and Bulgaria, the earliest Greek civilisations prospered. Between 2000BC and 146BC, their dominant empire spread throughout most of Europe, as far as France.

### The Government

The Greeks developed a new idea for a government- democracy. As a result, Ancient Greece was split into many different states, which were each ruled in their own way. Moreover, each state had its own laws, government and money however they shared the same language and religion. At this time, the two important states in Greece were Athens and Sparta.

### Greek Gods

Religion was important to the Greeks because they believed that it would make their lives better while they were living. Furthermore, many Greeks believed that the gods would care for them when they died. The Ancient Greeks believed in a large number of influential gods and goddesses. In fact, they believed that these gods and goddesses controlled everything in their lives and the environment. In addition, there were 12 major gods who ruled Mount Olympus.

Apollo

Ares

Dionysus

Aphrodite

Demeter

Poseidon.

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These gods were:

- Zeus
- Hera
- Hephaestus
- Athena
- Hermes
- Artemis

### Greek Writing

Amazingly, the Ancient Greeks played a vital part in the development of the alphabet we use today because their alphabet was the first with vowels. Did you know that the first two letters of the Greek alphabet 'alpha' and 'beta' gave us the word alphabet? Unlike our alphabet, the Greek alphabet consisted of unusual symbols such as  $\Gamma$  (gamma) and  $\Delta$  (delta). Interestingly, this alphabet is still used in Greece today.

### Greek Buildings

To show the gods how important they were, the Greeks built colossal temples in every town for one god or goddess. The temples were not like modern places of worship- they were homes for statues of god, cared for by priests. As a result, religious ceremonies and festivals were held outside the temples. A few of these temples can still be found today

around Greece including The Parthenon (dedicated to the goddess Athena), which can be found in Athens, Greece.

### Did you know...

That the Ancient Greeks invented theatre?

They loved to watch plays and most cities had a theatre - some big enough to hold 15,000 people!

Glossary

- States Territories of land
- Zeus King of the gods

Mount Olympus - Home of the major Greek gods.

Temple - Housed the statues of gods.

# **Non-Chronological Report Text Features Key**

Text Title:

colour to underline examples of the present tense in your text. which show each feature. For example, you could colour the 'present tense verbs' box in red, then use the same Here are the features of a report text. Use your coloured pens, pencils or highlighters to identify parts of your text



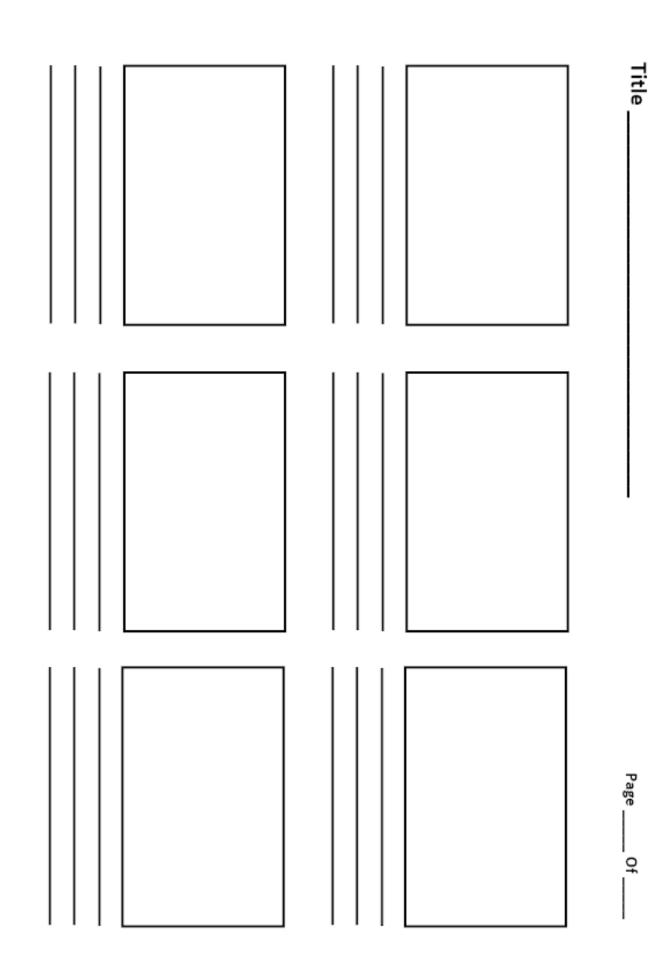
General language, not particular examples.	Extra details support the main points.	
Non-chronological reports have a formal tone.	Some information may be in <b>fact boxes or</b> <b>bullet-point</b> lists.	
Third person makes it impersonal.	Each category has a <b>sub-heading</b> .	
Technical language may be explained in a glossary.	The information is organised into paragraphs.	
<b>Present tense</b> verbs (unless it is a historical report, then it would be past tense).	Brief <b>introduction paragraph</b> gives who/what/where overview.	
Non-chronological reports use <b>factual language.</b>	Topic title covers the whole subject.	



Thursday English

<u> Task 1:</u>





<u> Task 3:</u>



### **Friday English**



# How Can I Choose the Right Book?

World Book Day

It can sometimes be tricky to find a book that you enjoy Here are some top tips to help you to choose your next read

tell you more about what the back of the book. This will Read the description on the book is about.

Borrowing a book is free for Visit helpful advice. there can often provide some children and the librarians your local library.

> a fact book or a magazine. Why not try reading a book interests you. This could be something or someone that based on a film that you Try reading a book about have seen?

your classmates if they have you might enjoy? read any good books that Ask a friend. Why not ask

# Glossary

vocabulary: The words that a person uses publisher: A company that prepares and supplies books

# Questions

- 1. When was the first World Book Day? Tick one.
  - 0 1985
  - 0 1995
  - 0 1990
  - 0 1998
- 2. How often does World Book Day happen? Tick one.
  - every month
  - O every week
  - O every year
  - every two years
- 3. Draw three lines and complete each sentence.



- 4. In which section of the text would you find information about libraries? Tick one.
  - O How Can I Choose the Right Book?
  - O What Happens on World Book Day?
  - O Why Is Reading Important?
  - O What Is World Book Day?
- Look at the section called Why Is Reading Important?
   Find and copy a word which means the same as 'to do something often'.
- 6. Fill in the missing word.

It is important for children to \_\_\_\_\_\_ what they read.

### MONDAY TOPIC

### Map of Europe



# Map of Europe





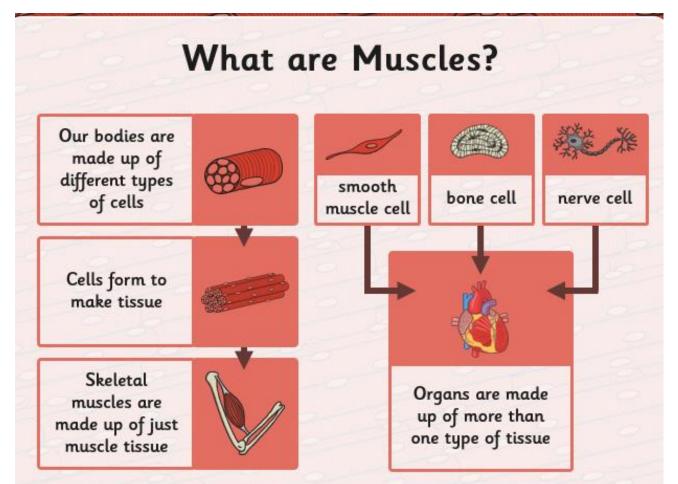
History I UKS2 I Ancient Greece I Who Were the Ancient Greeks? | Lesson 1

### MAP OF GREECE



- 1. Which 4 countries border Greece?
- 2. What is the capital city of Greece?
- 3. Which seas surrounds Greece?
- 4. Which country lies to the right of Greece?
- 5. What is the name of the island north of Greece?

Tuesday – Science



# Voluntary and Involuntary



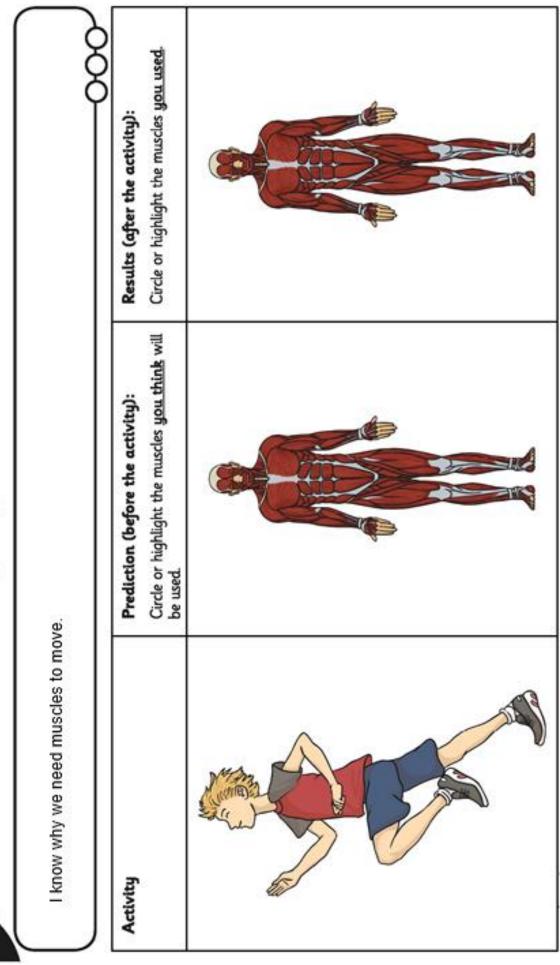
Some muscle movement is voluntary and we can control it. Other muscle movement is involuntary and we don't have control over it.

Look at the pictures to the right: Which shows voluntary muscle movement and which shows involuntary?

Discuss with your partner and explain why you made your choice.







**Mighty Muscles** 

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How to make a muscle of the arm.



Use sellotape to tape a ball to one end of a tube of card.

In both cards make 2 holes 5cm from the end of the card and opposite each other.

Unfold a paperclip, stick through the hole (do this for both tubes)

Pass an elastic band over one of the ends of a paperclip, stretch down both tubes and attach to another paperclip.

Tape over both paperclips' ends. Repeat with the other elastic band and other ends of the paperclips.

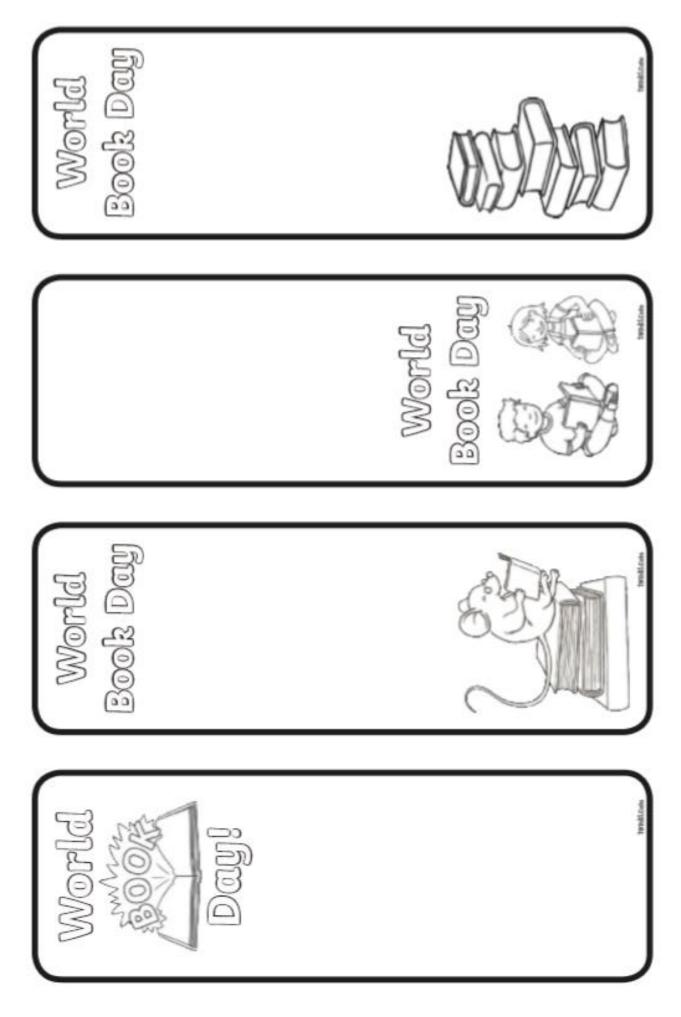
Tape the top elastic band on to the 'forearm' tube, about 5 cm from the ball.

Separate the other elastic band(on the bottom) and tape to the ball

	Jesus carried his cross through the streets of Jerusalem.		Some women went to the tomb to visit Jesus' body. An angel told them that Jesus had risen from the dead.
Since many of the second	Jesus went to the Garden of Gethsemane to pray. Then, he was arrested by soldiers.		Jesus' body was buried in a tomb and a big stone was placed across the entrance.
and a contract of a contract of and a contract of a contra	Jesus celebrated the Passover meal with his friends.		Jesus died and the sky then turned dark.
	Jesus rode into Jerusalem on a donkey.		Jesus was nailed to a cross in-between two thieves.

Draw a comic strip about the events of the Easter story.

Easter Comic Strip





Name \_

	Monday	Tuesday	Wednesday Thursday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

### Friday-PSHCE

### PE Personal Challenge

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### What is it?

We would like you to complete the following challenges whilst you are at home. The challenges have been chosen to help you in your future PE lessons.

The aim is to complete the challenges that you can and use the school values to help you improve! As long as you complete the challenges safely, you can adapt the activities to suit you and your environment!

Because this is about YOUR personal best and YOU improving YOUR skills!

### THE CHALLENGE:

Have a go at the different activities and record your scores on the score card or a piece of paper. Practice the activities to see if you can improve your best scores! For every challenge you complete you will also earn points for your House! Write how the School Values helped you.

### IMPORTANT

Please remember that these challenges have been designed to hopefully enable all abilities to participate in a personal best challenge.

Each activity has an easier and harder option for your child to try.

The challenges can be adapted to sitting and adapted to individual's abilities.

Please email PE@garlinge.kent.sch.uk for further guidance if needed.

### You will need:

A ball of socks!
Stopwatch/timer or clock
Paper and a pen
A bucket or target

Share your success! If you would like your child's picture of them doing the challenges, uploaded onto the school website or Twitter page, then please email pictures and permissions to PE@garlinge.kent.sch.uk Go Team <u>Garlinge</u>!

