

Friday 27th March 2020

	Morning Movement	Try Joe Wicks (The Body Coach) live workout for kids on his YouTube Channel at 9am OR Any GoNoodle dance or exercise routine
	Mindfulness	Listen to Melting https://app.gonoodle.com/activities/melting?s=Channel&t=Flow&sid=23&cs=flow
	Maths	<ul style="list-style-type: none"> • Revise the story of 9. • Using 9 objects (e.g. pasta) how many different ways can you make sums that add up to 9? • Start with 0+9=9. Write each sum $_ + _ = 9$ • Try doing this for other numbers from 1-8.
	Music	Sing along to some of these Singing Walrus songs: https://www.youtube.com/watch?v=RPA6ZXvcY0U&vl=en
	STEM	Build a rocket ship with Lego or recycled materials Write for 10 minutes about what you built.
	English	<ul style="list-style-type: none"> • Spend 10 minutes reading a story. Talk about the story after and draw a picture. • Write your new tricky words from Box 20 in sentences. • Match words to pictures in the hanging monkeys game http://www.literactive.com/Download/live.asp?swf=story_files/hanging_monkeys_US.swf
	Research and Play	<u>Project on Space</u> <ul style="list-style-type: none"> • Look up the NASA website to see some photos and watch some videos. https://solarsystem.nasa.gov/kids/do-it-yourself/?page=0&per_page=40&order=created_at+desc&search=&category=139 • Find out how astronauts brush their teeth and wash their hair in space. https://www.youtube.com/watch?v=3bCoGC532p8 • Imagine you are an astronaut or a member of the mission control team. Get ready for your space mission. Find some recyclable materials that you can use to help you play.
	Physical activity	Complete the Animal HITT workout. 45 seconds per exercise, 15 seconds rest. <ol style="list-style-type: none"> 1. Frog jumps 2. Bear walk 3. Gorilla shuffle

		<ol style="list-style-type: none">4. Starfish jumps5. Cheetah run6. Crab walk7. Elephant shuffle
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7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.