Wednesday 17th June 2020

SESE

• Open the attached **pdf 6 Lava Lamp Challenge.** Read the instructions with a parent or older sibling, reading as much as you can yourself and get your parent/sibling to help you with the words you do not know. Gather all the equipment and items you need first and then begin your challenge. Send your teacher a picture of your Lava Lamp. (20 minutes)

Maths

• Colour By number.

Open the attached **pdf 7, 8, colour by number** and work out each sum first and then you can use the grid at the bottom of the page to colour by number. There are two worksheets attached but feel free to complete only the one if it takes your child a long time. *(20 minutes)*

P.E.

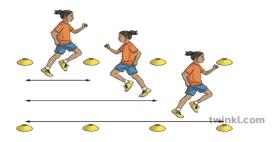
• Warm up: Open the attached pdf 3 Name Activity. Complete the activity for each letter of your best friend's name.

• Shuttle Running:

Place 5 items (cones, cups, jumpers etc.) equal distance apart.

Children start at 1st item and Run to the second item and back to the start, then out to the 3rd and back to the start and so on until they have finished.

Repeat this three times seeing can you beat your time on each set of shuttles.



• Fun: Get a plastic cup or bowl and fill it with water. Place it on your head and try to run to your end mark and back while balancing the cup/bowl of water on your head! The challenge is to try to make it up and back without dropping the bowl/cup or without spilling too much water!

Send a video or picture to your teacher so she can see how fast you can do your shuttle runs! (20 minutes)