










FRIDAY 17 th APRIL: AM				
ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	5-a-day! 	5-a-day Challenge Card	Play a game of 'Musical Statues.' Dance to the music and when the music stops you must FREEZE! If you move, you must sprint on the spot for 10 seconds and you can then re-join the game.	Music!
CREATIVE	Create your own homemade windchime 	Be inventive; sticks, twigs, pinecones, spoons are a few ideas!	Make your own 'Blow Football' game. 	'Blow Football' Resource Card
INVESTIGATION	Can you build your own survival shelter? 	Branches, twigs, leaves. If you are indoors, could you make a shelter for your favourite toy?	Create a rainbow in a jar 	A jar and various liquids Rainbow in a jar Resource Card
DAILY BRAINTEASER (Answer to Thurs 16 th AM: the letter 'V')		A cowboy rode into town on Friday. He stayed in town for three days and rode back out on Friday. How is this possible?		

FRIDAY 17th APRIL: PM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	Finish off the week with a game of 'Bounce Ball!'	Bounce Ball Game Card	House hide n' Seek! Count to 20; in that time the other participants have to hide somewhere in the house. You have to find them as fast as you can! The next counter has to try to beat your time.	Enthusiastic participants!
CREATIVE	Can you make a natural shelter for a pebble family? 	Pebbles, Pens, natural materials for the shelter	Get creative in the kitchen! 	Flapjack recipe card Gluten and dairy free alternatives.
INVESTIGATION	Make your own natural dyes 	Large bucket, piece of old material, water, salt and vinegar, selection of colourful plants and flowers.	Help birds avoid windows 	Resource sheet Card, scissors, string.
DAILY BRAINTEASER (Answer to Thurs 16 th PM: the man was bald)		Which is heavier, a tonne of feathers or a tonne of rocks?		

5-a-day



Today's 5-a-day are with a large ball and 5 cones. If you are playing inside a soft ball is best. Instead of cones you can use toys or pots as markers.

Keepy uppy (knees) – how many times can you keep the ball off the ground using only your knees?

Keepy uppy (feet) - how many times can you keep the ball off the ground using only your feet?

Dribble (feet) – put the 5 cones in a line with a space between. How many times can you dribble the ball in and out of the cones, out and back in 1 minute?

Dribble (hand) – repeat the exercise before, but this time dribble with one hand and put the other hand behind your back. Do this for 30 seconds and then change hands for another 30 seconds.

Chest pass – pass the ball to and from a partner, using a chest pass. How many times can you do this in 1 minute?

Keep your scores. These 5-a-day will be repeated every Friday during Easter Fun. See if you can improve.

Windchime ideas

Hang outside your door or window when finished



How to make your own 'Blow Football' game



What you will need:

A box or cardboard you can make into a box shape.

Green paper or paint for the pitch.

Pens or white paint to mark the lines on the pitch.

Strips of cardboard or lolly sticks for the goals.

2 X straws.

A rolled-up piece of cotton wool for the ball.

How to make it:

To create the pitch, either stick green paper to the inside of the box or paint green.

Using either, paint or pens, mark out the lines on the pitch. (Use a ruler for the straight lines!)

To make the goals, fix the strips of cardboard or lolly sticks into a rectangular shape and attach to the ends of your stadium.

Using the straws, the aim of the game is to blow your ball into the opposition's goal. Have fun!

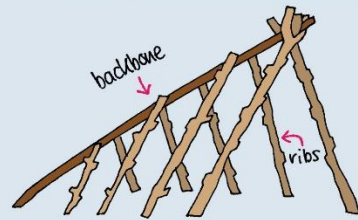
How to build a survival shelter



Have fun making your own survival shelter in the woods

- 1 Choose what kind of shelter to make:

Sloping A-frame shelter



Use two shorter Y-shaped branches to hold up a long straight pole

A tent-shaped shelter

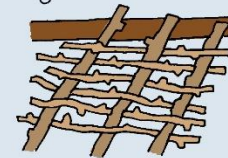


Find two trees fairly close together to rest a strong, straight branch between

make sure there are no lumps or bumps on the ground

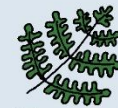
- 2 Add the ribs: Collect straight branches and line them up along the length of your shelter.

Remember: always take someone with you and let an adult know where you are going



Then add some twiggly branches, weaving them between ribs to create a mesh.

- 3 Next add material to make it waterproof: work from bottom to top using whatever you can find on the ground.



Bracken is great but wear gloves before picking it



That's it! Now just crawl in and enjoy...

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How to make your own 'Rainbow in a jar'



What you will need:

A jar or glass.

Various liquids of different colours.

Suggestions include: Syrup, honey, washing up liquid, olive oil, food colouring, squash....and any other treasures you can find in the cupboards!

How to make it:

Gently pour the various liquids into the jar.

The idea of the task is to demonstrate the concept of density: Different liquids have different weights, so the heaviest (with more molecules) will sink to the bottom while the lightest (with fewer molecules) will float to the top, resulting in colourful layers.



RESOURCE CARD



Bounce ball

Number of players: 1+ can be played with more players

Equipment: Large ball (eg netball, volleyball), pumped up so that it bounces; 3 hoops or circles marked with string or rope.

Playing Space:

Garden or outside space. Modified version can be played inside with a soft ball.

Place 3 hoops/circles in a line in front of the player and mark a throwing line before the first hoop. Each hoop has a different score, starting with the lowest score nearest the throwing line (eg 1 point, 2 points for the middle hoop, 3 points for the furthest hoop).

Aim: To score the most points within 2 minutes.

How to Play:

The player stands behind the starting line with the ball. When the clock starts he/she bounces the ball into the hoops, trying to score the highest number of points. The ball is retrieved, the player returns to the start line and throws again.

If there is more than 1 player, players can stand either end of the hoop line, with the scores being adjusted so that the hoop nearer to the throwing line for each player scores fewer points. Players have the same number of throws each before adding scores. The highest score wins.

This can also be played in teams with 2 lines of hoops. Each team needs a ball.

Pebble family shelter ideas

Don't forget to give your Pebble family facial features!



Flapjack Recipe



Ingredients:

250g jumbo porridge oats (use gluten free alternative if required.)

125g butter (use dairy-free spread if required.)

125g light brown sugar

2-3 tbsp golden syrup

Dried fruit optional

Method:

Heat oven to 200C/180C fan/gas 6.

Put 250g jumbo porridge oats, 125g butter, 125g light brown sugar and 2-3 tbsp golden syrup in a food processor and pulse until mixed, but be careful not to overmix otherwise the oats may lose their texture.

Lightly grease a 20x20cm baking tin with butter and spoon in the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares.

Bake for around 15 minutes until golden brown.

How to make natural dyes

wildlife watch



You will need:

- Protective gloves
- Large bucket
- Natural fibres or fabric eg. cotton, silk, linen, wool
- Salt and vinegar
- 5 litres of water
- Sieve
- Old pans
- Wooden spoons
- Tongs
- Selection of colourful leaves, berries, flowers and plant roots.



1 Place the fabric into a bucket of cold water.

For berry-based dyes, add 1 cup of salt to 4 cups of water



For non-berry dyes, add 1 cup of vinegar to 4 cups of water

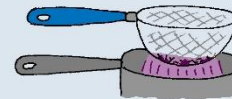
2 Leave the fabric to soak for at least 2 hours, then remove and rinse thoroughly with cold water. To create patterns, try tying knots into the fabric.



3 Separate the berries, leaves, flowers and roots into different colours. Use one pile at a time. Squash in an old pan and cover with cold water.

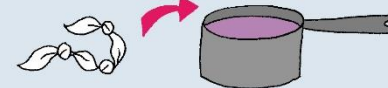


4 Simmer for an hour, stirring often. Remove from the heat, and when it's cooled, use tongs and a sieve to strain out bits of sticks and leaves.



Be careful not to breathe in the fumes

5 Wearing gloves, plunge the fabric into your pan of dye, making sure it's submerged. Soak overnight or put it back on to simmer for 10 minutes.



6 When you're happy with the new colour of your fabric, remove it from the dye. Rinse well, and leave to dry outside.



Greens and yellows

- red onion skins
- nettles
- grass
- spinach

Reds, pinks and purples

- elderberries
- rose hips
- blackberries
- sloes

Browns and oranges

- onion skins
- old tea bags
- turmeric
- soil

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How to help birds avoid windows



You will need:

- card  A4
- black marker pen 
- scissors 
- thread or fishing line 
- suction cup, blu-tack or duct tape



You can find these on most shower puffs.

- 1 Sketch a large bird shape on your card, and colour it in with your black pen. Cut it out.



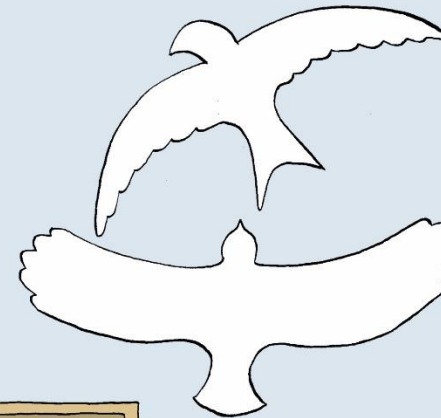
- 2 Make a small hole in the top of the bird and tie it onto a short thread.



- 3 Hang the bird outside a window to break up reflections on the glass. It will also move in the wind.



Some shapes to try:



Attach with a suction cup, blu-tack or duct tape.

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