


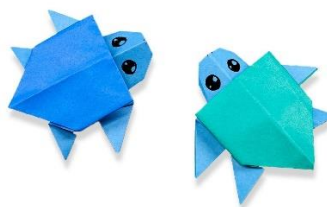





| FRIDAY 24 TH APRIL: AM | | | | |
|---|---|---------------------------------|---|----------------------------|
| ACTIVITY TYPE | ACTIVITY 1 | RESOURCES | ACTIVITY 2 | RESOURCES |
| PHYSICAL | 5-a-day!  | 5-a-day Challenge Card | Dodgeball! Mark out a pitch with a t-shirt, get a rolled-up sock and split into 2 teams. You cannot go into the other team's half! On the word "Dodgeball!" throw a ball at the other team. If you hit anyone they are out and must do 10 Jumping Jacks to return to the game. | T-shirt and rolled up sock |
| CREATIVE | Make a life-sized cardboard car!  | Cardboard Car Ideas sheet | Create your own handprint tree!  | Handprint tree Ideas Card |
| INVESTIGATION | Design a mascot for the NHS. Give it a name. What does it look like? | Piece of paper Pens, pencils | Try your hand at some Origami  | Step by step origami sheet |
| DAILY DINGBAT! (Answer to Thursday 23 rd April AM: Mind over Matter) | | DEA | | |



EASTER FUN 2020



| FRIDAY 24 th APRIL: PM | | | | |
|---|---|---|---|---|
| ACTIVITY TYPE | ACTIVITY 1 | RESOURCES | ACTIVITY 2 | RESOURCES |
| PHYSICAL | Jigsaw races! | A picture from an old newspaper or magazine cut up. 'Jigsaw races' Resource card | Human Hungry Hippos!  | Human Hungry Hippos Resource Card |
| CREATIVE | Fruit and vegetable stamping  | Fruit and vegetable stamping ideas card | What can you do with a plastic bottle?  | 'What you can do with a plastic bottle' Ideas sheet |
| INVESTIGATION | Create your own active game. Give it a name. What is the aim of the game? What are the rules? What equipment do you need? Send it to us to include in our Active Leader Daily Games and Challenges | Sheet of paper. Pens/ pencils | Using only spaghetti and raisins; what is the tallest tower you can build? Send us a picture. | Spaghetti and raisins |
| DAILY DINGBAT! (Answer to Thursday 23 rd April PM: Banana Split) | | TERM | | |



RESOURCE CARD



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?

How did your scores compare to the last 2 Fridays? How fit are you overall? Can you keep these exercises going every week?

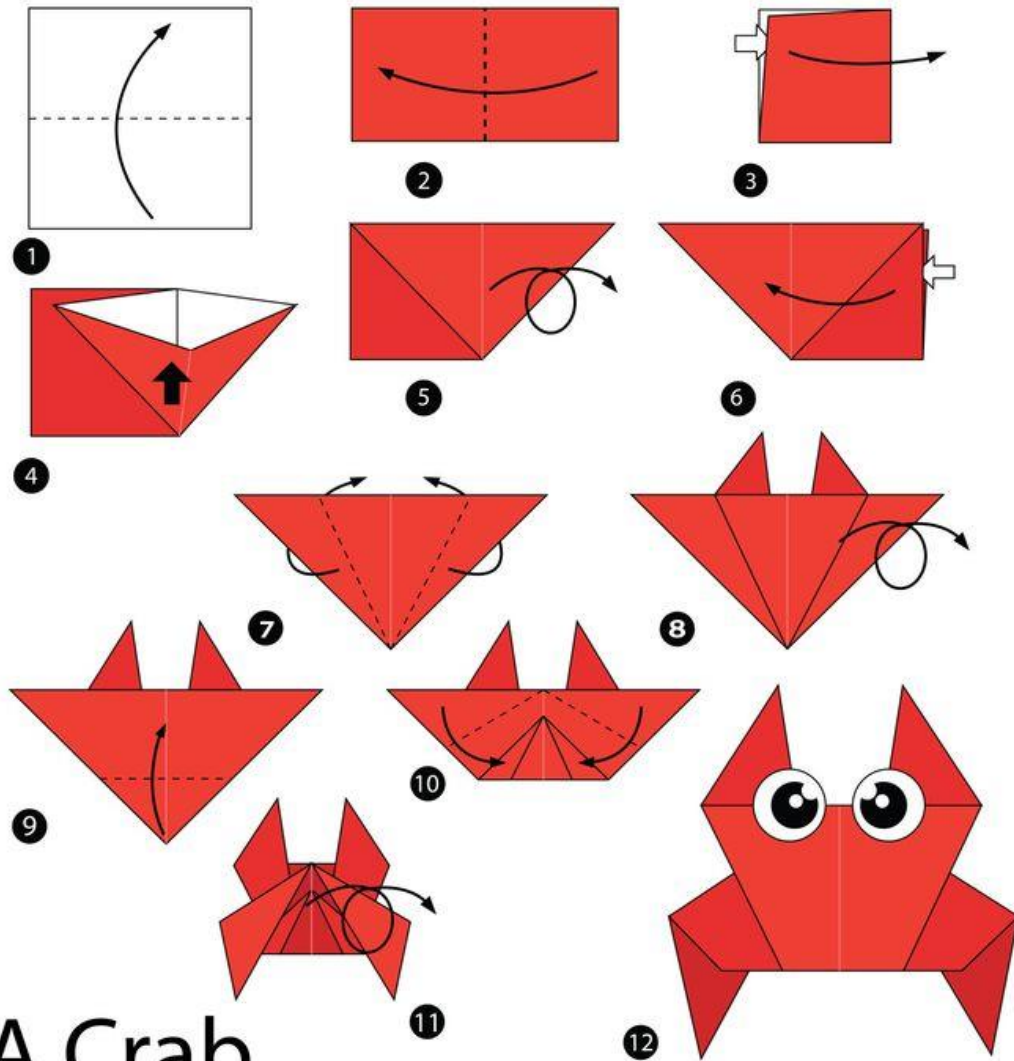
Life sized car ideas



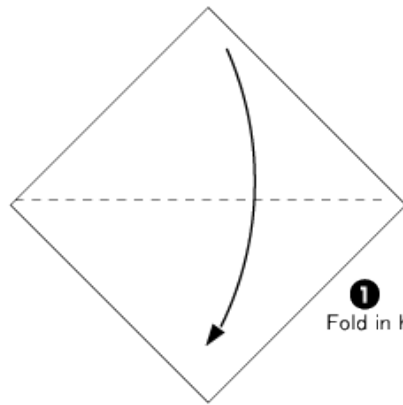
Handprint Tree ideas



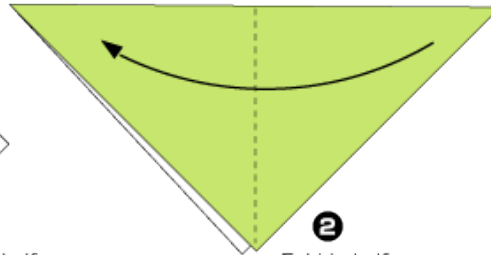
Step by Step Origami



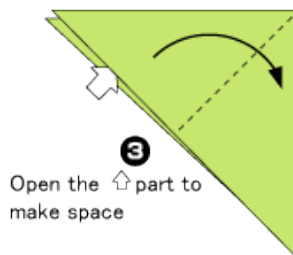
A Crab




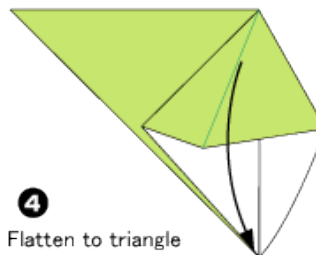
1
Fold in half



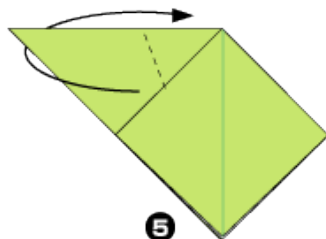
2
Fold in half



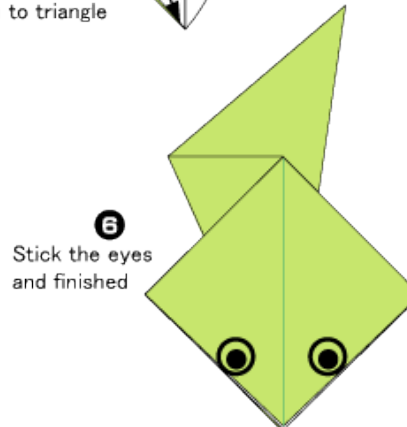
3
Open the  part to
make space



4
Flatten to triangle

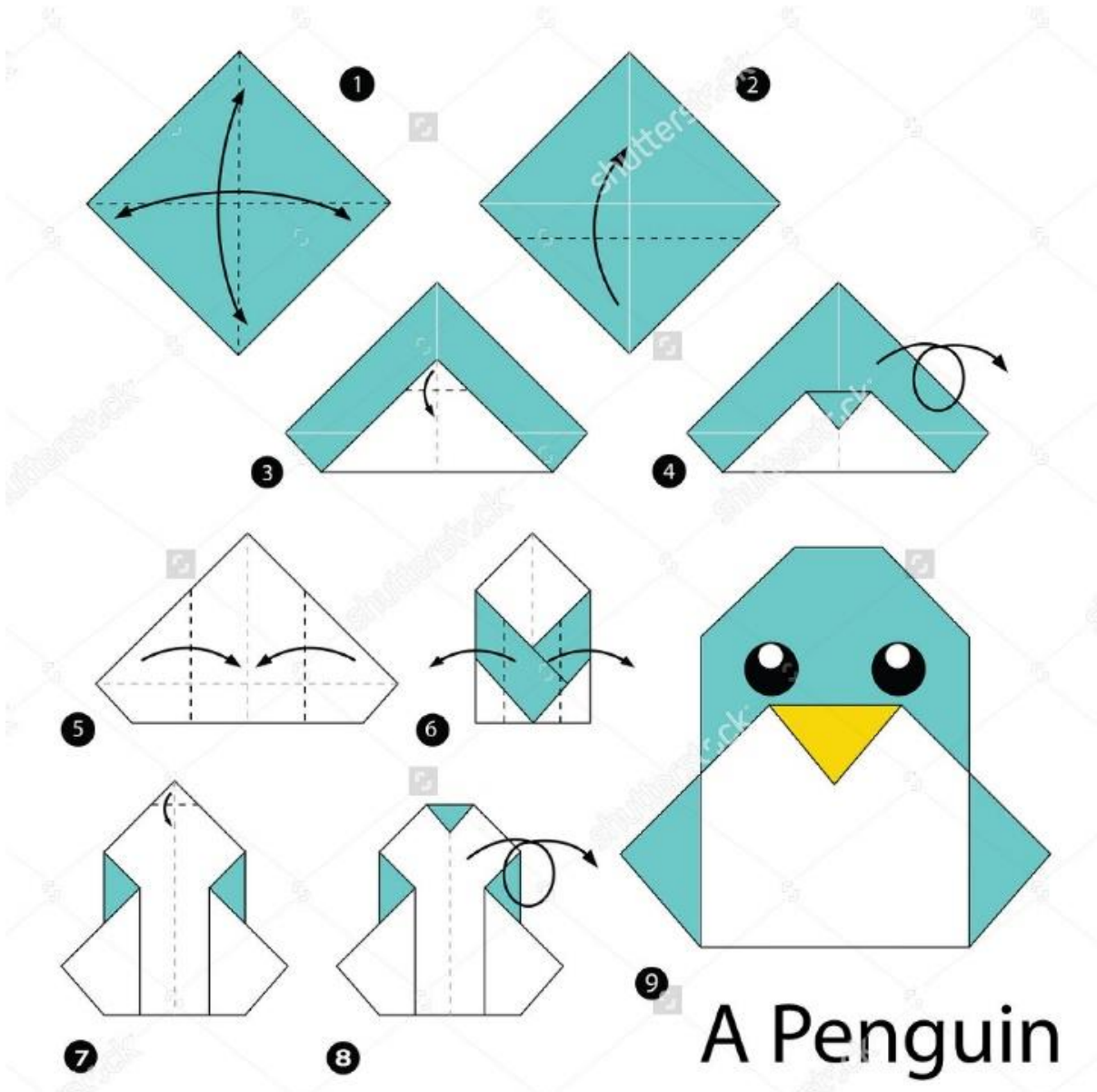


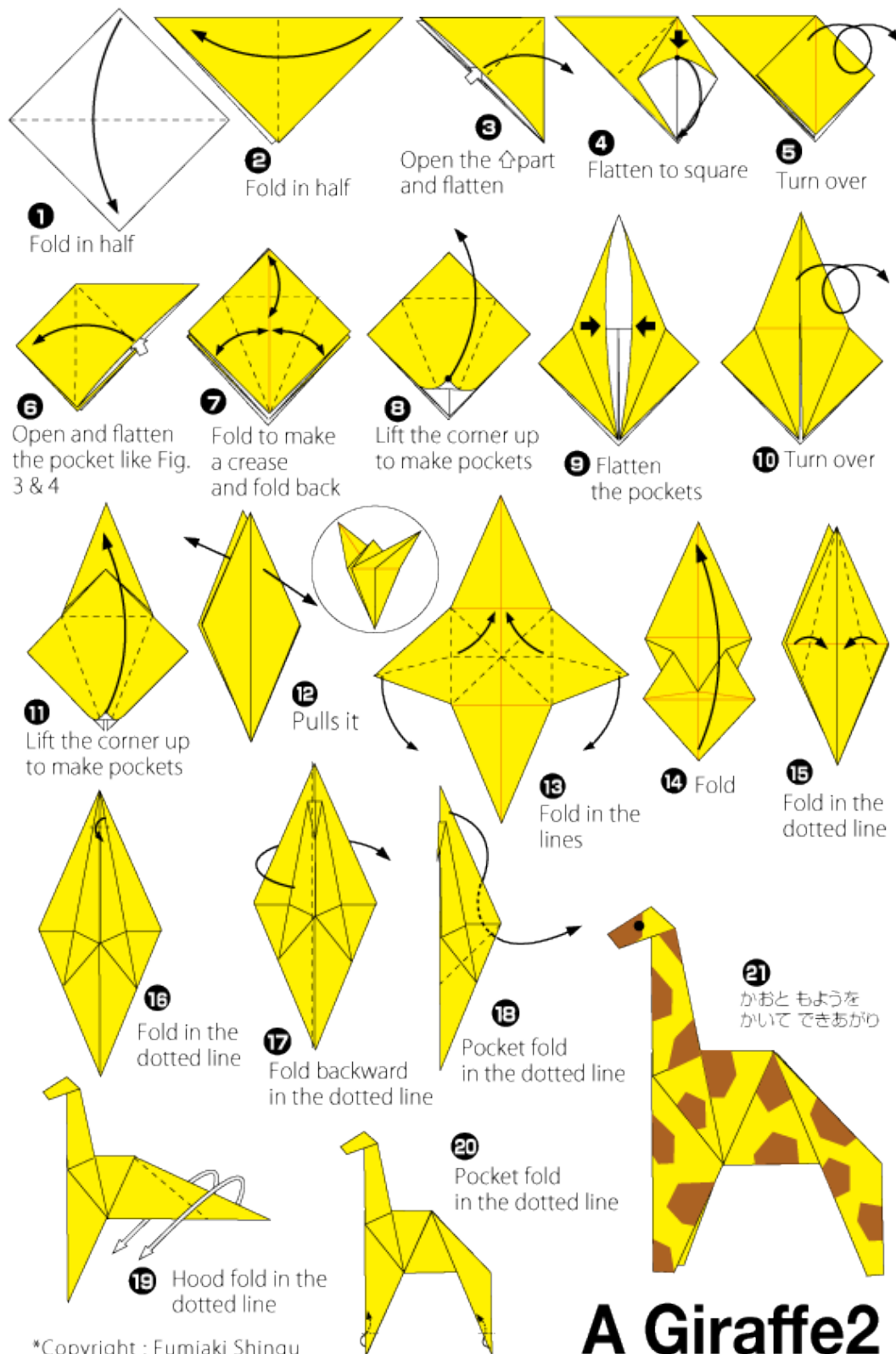
5
Fold backward in the dotted line



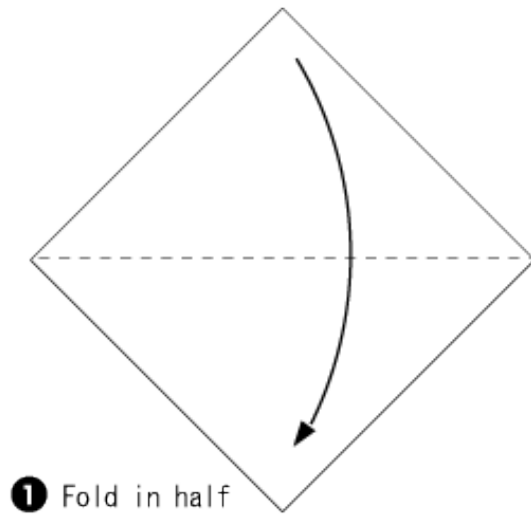
6
Stick the eyes
and finished

A Tadpole

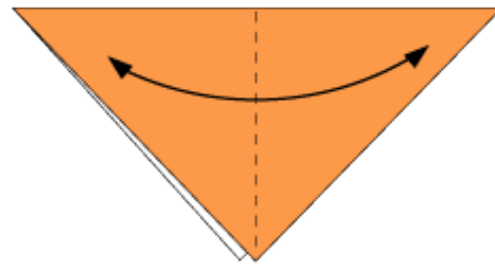




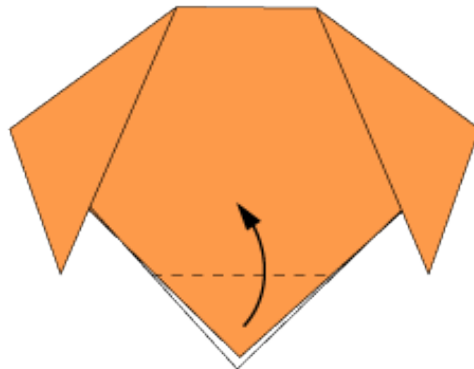
*Copyright : Fumiaki Shingu



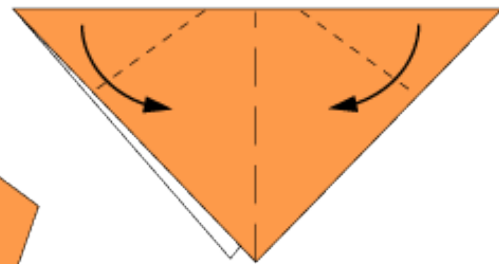
1 Fold in half



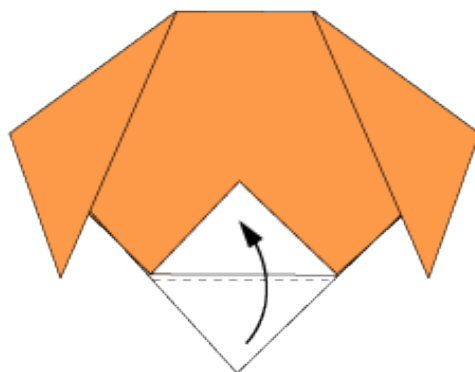
2 Fold in half to make crease



4 Fold in the dotted line

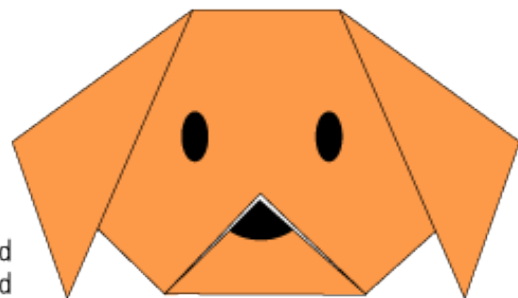


3 Fold in the dotted line



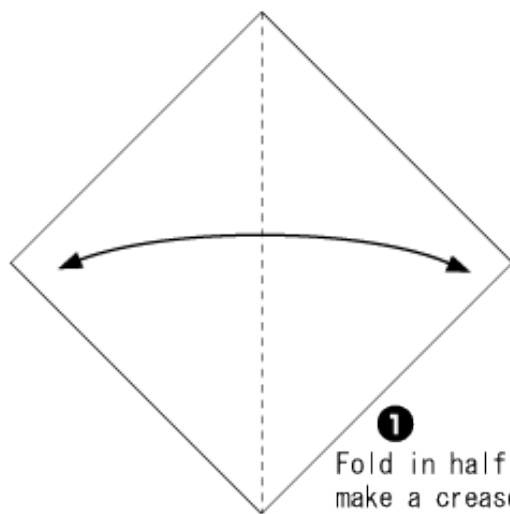
5 Fold in the dotted line

6
Draw a
face and
finished

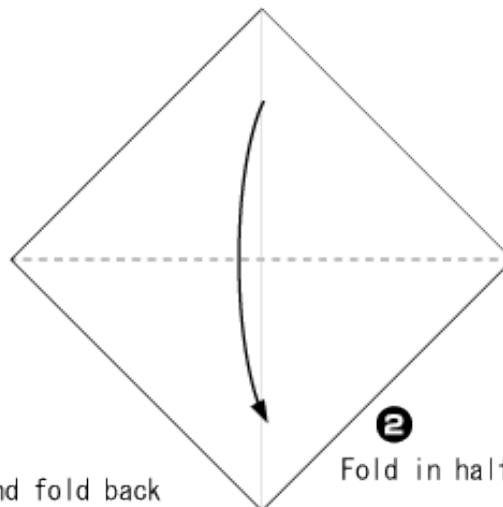


A Dog (face)

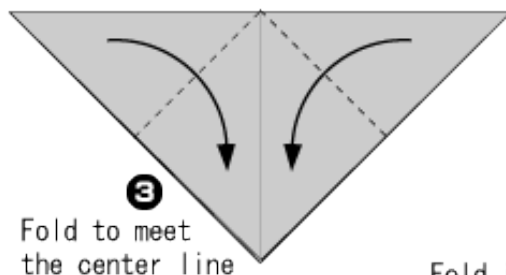
*Traditional
Diagram: Fumiaki Shingu



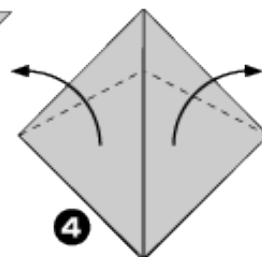
1
Fold in half to
make a crease and fold back



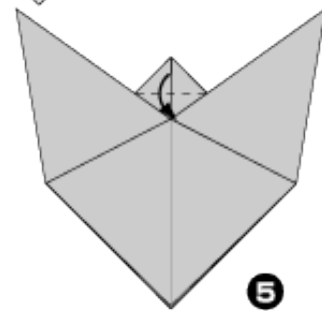
2
Fold in half



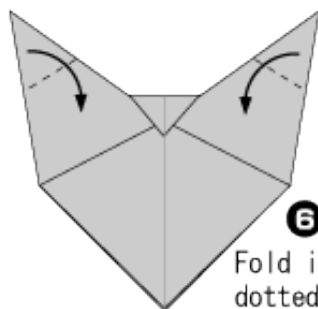
3
Fold to meet
the center line



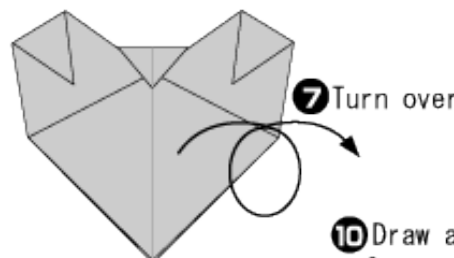
4
Fold in the dotted line



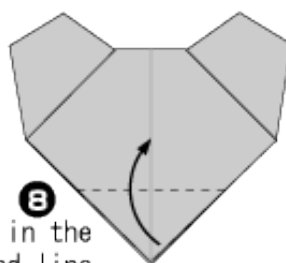
5
Fold in the dotted line



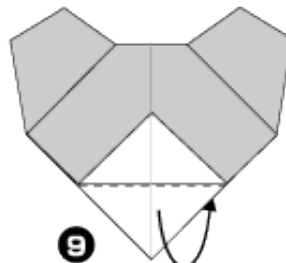
6
Fold in the
dotted line



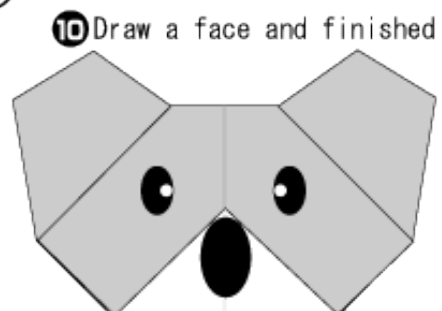
7 Turn over



8
Fold in the
dotted line



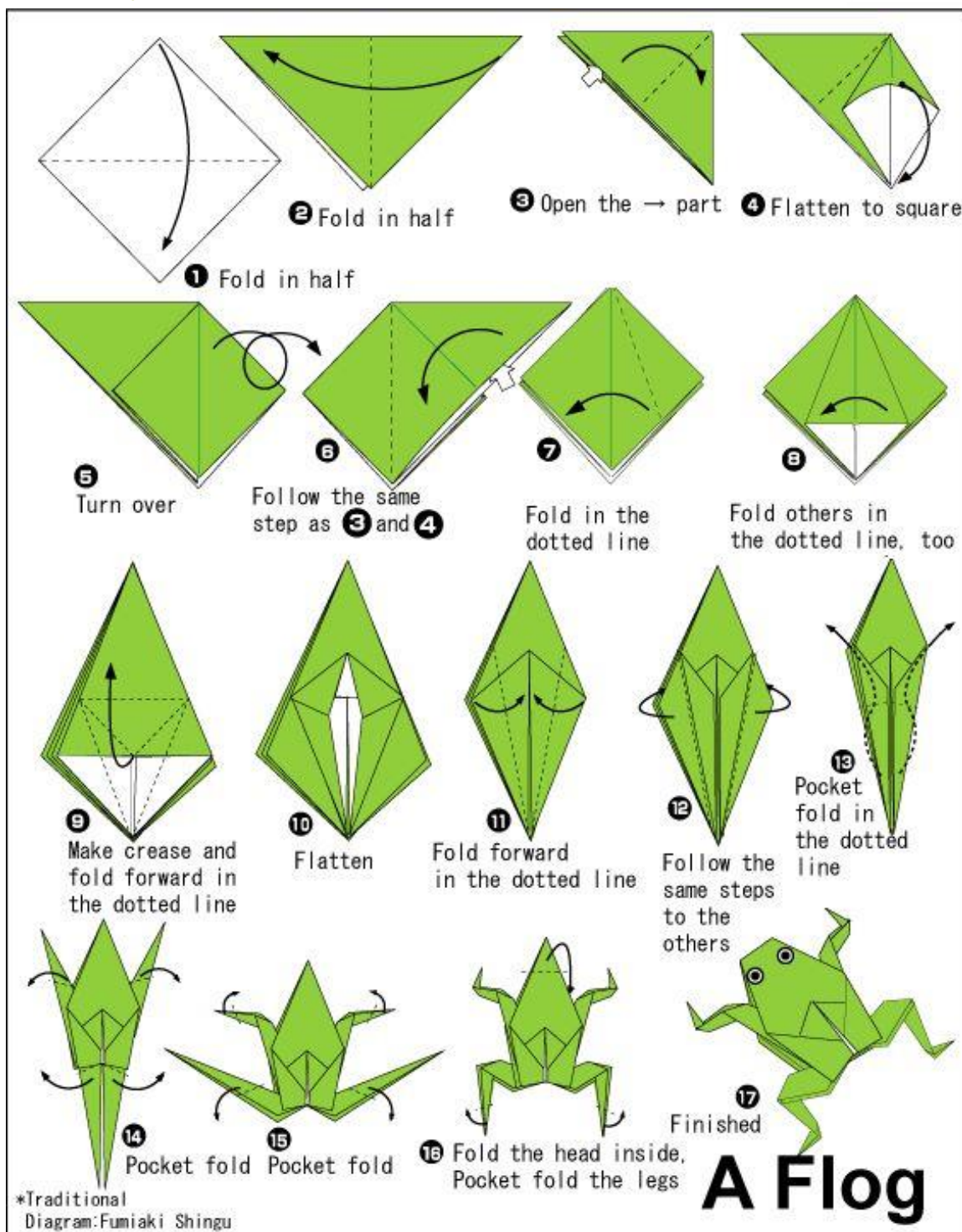
9
Fold backward
in the dotted line

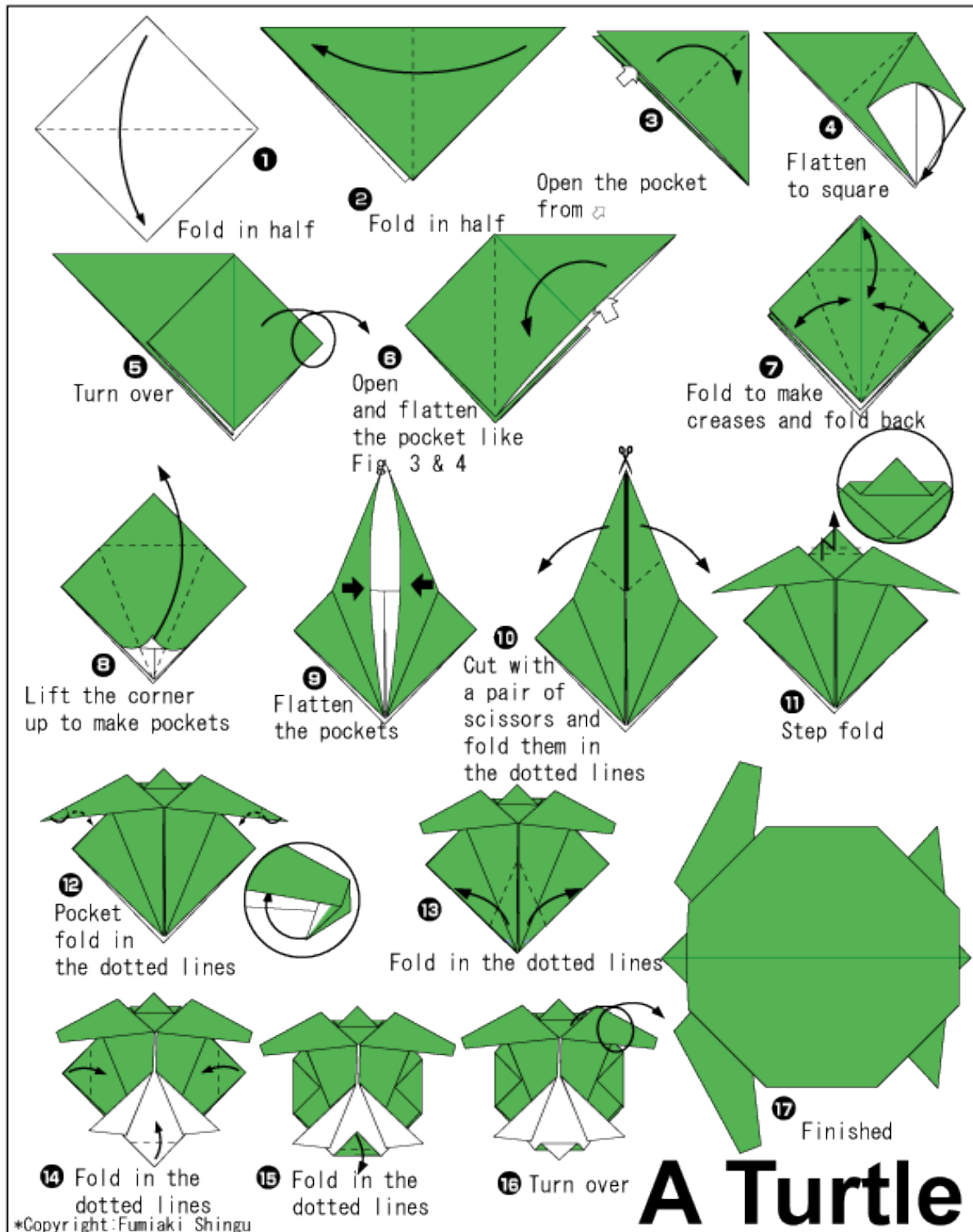


10 Draw a face and finished

A koala (face)

*Copyright:Fumiaki Shingu







RESOURCE CARD



Jigsaw races

Number of players: 2+

Equipment:

Pictures cut up into the same number of pieces (eg 10)

Aim:

To collect and make the picture.

Playing space:

Garden or indoors with a starting line and a place where each player runs to collect their jigsaw pieces.

How to Play:

Players stand opposite their cut-up picture(s) behind the starting line. On the word 'go', players run to the picture pieces, collect one piece and bring it back to the start line. Play continues until all pieces are collected and the jigsaw picture is put back whole. The first player to put their picture back together correctly wins.

Variation:

In between the start line and the pictures place obstacles which the players must go over or under.

Human Hungry Hippos!

**** This game requires adult supervision ****



What you need:

Laundry baskets (or similar)

Balls or soft toys

Skateboards (optional)

2-8 players



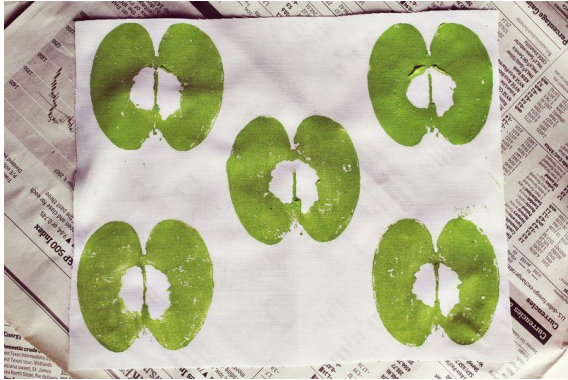
How to play:

Set your 'Human Hungry Hippos' game up the same way as the board game of the same name: balls/soft toys in the centre of the playing area and players spread out around the edge (as above right.) The aim of the game is for each player to get as many balls/soft toys into their laundry basket as possible. The winner is the one with the most.

With skateboards:

One player lays on their stomach on the board holding an upturned laundry basket, whilst the other holds onto their feet. This is Team 1. Repeat this with however many players and skateboards you have.

Fruit and Vegetable Stamping



What you can make with a plastic bottle

