

THURSDAY 9 TH APRIL: AM				
ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	5-a-day! 	5-a-day Challenge Card	Anna's Frozen game!  Start dancing and do your best moves! When the DJ stops the music, you all freeze. If you don't stop as soon as the music does, then you must do 20 star jumps to warm yourself back up and melt the ice!	Music and a DJ
CREATIVE	Create a paper plate bird's nest! 	Paper plate, paint, glue, scissors, card (for birds), very fine wood shavings.	Make your own Basketball hoop! 	Cardboard box for the backboard and ring. Wool for the net.
INVESTIGATION	Create an Easter Garden using materials from your garden 	Plant pot/ bucket and natural materials found outside.	Design a family garden. What would you put in it?	Pens, pencils, sheet of paper.
DAILY BRAIN TEASER		The subject is 'Girls' names.' Think of a name for each letter of the alphabet. How long did it take you?		

THURSDAY 9 TH APRIL: PM				
ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	Play a game of homemade skittles!	Skittles Game Card, cones or plastic flowerpots, toys to sit on each cone/pot, small or large balls.	Shapeshifting! One person is the leader, everyone lines up behind them. The leader sets off walking. Every few steps, they shapeshift into a move that everyone in the line has to copy, like a star jump, press-up, running on the spot or a dance move. After 10 shapeshifts, the leader goes to the back of the line and the new leader starts shapeshifting.	Music (optional)
CREATIVE	Create your own handprint Easter chicks! 	Card, scissors, glue.	Build a fort! 	Cardboard boxes or create a blanket fort out of chairs and blankets
INVESTIGATION	Get outside in the garden and go on a Treasure Hunt! Can you find: 5 X different types of flower 4 X different leaves 3 X triangular objects 2 X feathers 1 X Ladybird	Note pad and pencil	Have a balloon rocket race! 	String, balloons, selotape



RESOURCE CARD



5-a-day



Put on some music you enjoy to help get you going.

Today's 5-a-day are with a ball and a bucket or bowl. If you don't have a ball, roll up a pair of socks tightly into something which looks like a ball.

Throwing – how many times can you throw the ball into the air and catch it without dropping it in 1 minute?

Bucket throw – How many times can you throw the ball into a bucket or pot, pick it up and throw it again, in 1 minute? Have the bucket/pot 2m away from you if possible.

Left to right – how many times can you throw the ball into your other hand (left to right) in 1 minute?

Partner throw – how many times can you throw and catch the ball with a partner in 1 minute without dropping it?

Roll and throw – one person rolls the ball ahead of the other person who has to run and collect it and throw it back. Take turns. Can you do 10 rolls and throws each without dropping it?

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

How to create a Paper plate bird's nest



What you will need:

Paper plate

Brown paint and brush

Coloured card

Scissors/ glue/ pencil/ marker pen/ 'googly' eyes

How to make the bird's nest:

- 1) Cut a paper plate in half and staple the rims together leaving the middle section open.
- 2) Paint the outer sides of the plates brown.
- 3) If available, create texture to the outside of the nest with straw, thin sticks or tissue paper.

How to make the birds:

- 1) Draw and cut out an oval shape.
- 2) Draw and cut out a small triangular piece of card.
- 3) Glue triangular piece of card to create the bird's beak.
- 4) Create eyes using either a marker pen or the pair of 'googly' eyes.
- 5) Attach the completed birds inside the open nest using either glue or selotape.

Making a basketball hoop

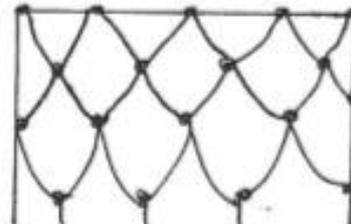
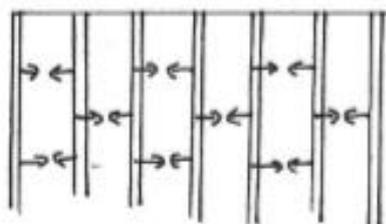


What you need:

- Cardboard box
- Bits of coloured paper (eg used file dividers)
- Parcel tape
- Wool or string
- Glue
- Scissors

How to make it:

- 1) Cut a rectangle from one side of a cardboard box. Tape round the edges with parcel tape. Make a decoration of stars using coloured card and mark a target square using card just above where the hoop will go.
- 2) Using a dinner plate draw a circle on another piece of the box and cut it out almost all the way so a square is left on one part of the circle. Cut a smaller circle from the inside, leaving about 15cm of a 'hoop' shape.
- 3) Cut a slit just below the centre of the bottom line of the target square and push the square of the hoop through and then bend it downwards on the back, fastening it with tape.
- 4) To make the net, use string or wool and tie as below diagram. Tape around the rim of the hoop.



Youtube: Eastwoodlandsurvival

How to create an Easter garden



What you will need:

A bucket or plant pot.

Natural materials including moss, stones, leaves etc.

How to make the garden:

- 1) Fill bucket or plant pot with soil.
- 2) Forage for suitable natural materials in your garden.
- 3) Create an Easter themed mini garden.



RESOURCE CARD



Skittles

Number of players: 1 or more

Equipment:

Cones (flowerpots or plastic bowls) with a large ball on top. You could also place a toy on top instead.

1 tennis ball or beanbag per player.

Clock or watch to time if only 1 player is playing.

Playing Space:

This game involves throwing so if playing indoors (eg in a hall) make sure there is nothing which can be knocked over and damaged.

Line up the cones/dishes/pots with the balls or toys on top, ideally at a distance 3m away from a throwing line.

If you have more than 1 player, each should have the same number of items to hit and one ball/beanbag to throw.

Aim: To throw the ball or beanbag underarm to knock the large balls/toys off the cones/pots in the shortest time.

How to Play:

On the word 'Go' the clock starts and the player(s) try to knock the balls/toys off the cones/pots. The clock stops when all are knocked off. You cannot throw the ball/beanbag overarm. Have 3 goes and see if you can beat your time.

This can also be played in teams with players standing either side of the line of cones. The winning team is the first to knock all the balls off.

How to create Handprint Easter chicks



What you will need:

Yellow and white card.

Orange card or orange pencil.

Pencil, marker pen, scissors, glue.

How to make the Easter chicks:

- 1) Yellow card: Spread fingers and draw around hand.
- 2) Carefully cut out hand shape.
- 3) White card: Draw a solid semi-circle which is a little larger than the size of the lower half of the hand.
- 4) Carefully cut out the semi-circle including a jagged edge to create the broken eggshell effect.
- 5) Stick egg onto chick (as pictured above.)
- 6) Using orange card or white paper/orange pencil, cut out a small triangular shape which will be the beak.
- 7) Use a marker (or 'googly' eyes, if you have them) to complete the chick's face.

Ideas for making forts



How to have a 'Balloon Rocket Race'



What you will need:

- 2 X lengths of string
- 2 X balloons
- Selotape
- 2 X people!

How to have the race:

- 1) Tie the string between two points and ensure it is as taut as possible.
- 2) Ideally the two pieces of string will be side by side or one above the other.
- 3) Using selotape, attach one balloon to each piece of string (as shown above.)
- 4) Each participant inflates their balloon to the same size and holds onto the end to stop the air escaping.
- 5) On 'Go!' both participants let go of the balloon and see which balloon wins the race!