











TUESDAY 21ST APRIL: AM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	<p>5-a-day!</p> 	5-a-day Challenge Card	<p>Buzz's space run! Mark out a start line and finish line. Split into teams if you're with your brothers & sisters. Stand on the start line with your arms spread out like wings. Do the first lap running forwards, the second backwards and the third sidestepping. Keep going for 10 minutes. Try to beat your record or race your brothers & sisters!</p>	Something to mark a start and finish line.
CREATIVE	<p>Create some 'Pebble art!'</p> 	<p>Pebble art ideas sheet Variety of pebbles collected from your garden.</p>	<p>Make your own Egg Box animals!</p> 	'Egg Box animals' Resource sheet Egg box Paint
INVESTIGATION	<p>Build a hibernaculum</p> 	Logs, branches, rocks, stones and a spade!	<p>Make your own 'Time Capsule.' Put it somewhere safe and do not open it for 10 years!</p> 	'Time capsule' Resource Sheet Shoe Box Items to put in the box
DAILY BRAINTEASER (Monday 20 th AM answer: Cheese)		<p>Word association: find a word that associates with the following sets of words. Cream, cube, cap</p>		

TUESDAY 21st APRIL: PM

ACTIVITY TYPE	ACTIVITY 1	RESOURCES	ACTIVITY 2	RESOURCES
PHYSICAL	Start the afternoon with the 'Zig Zag Treasure Relay'	Zig Zag Treasure Relay Game Card	Olaf's Snowball fight! Split into 2 teams and grab a rolled-up sock (pretend it is a snowball!) Take it in turns to throw the snowball at the other team. If your throw touches someone, your team gets a point. If they catch the ball, your team loses a point. Which team has the most points after 10 minutes?	Rolled up sock (Snowball) 
CREATIVE	Create your own colourful collage! 	Colourful collage Resource Card Old magazines Glue scissors	Make a homemade pizza! Challenge: Can you include 5 vegetables on your topping and create a face? 	Homemade Pizza Recipe Card Various ingredients
INVESTIGATION	Snail Count! ** Please handle the snails very carefully** 	Plastic bowl and a marker pen	Make a paper glider. How far can you make it fly? 	Glider Resource Card Skewer or twig Paper Glue Scissors Tape
DAILY BRAINTEASER (Monday 20 th PM answer: Sun)		Word association: find a word that associates with the following sets of words. Knife, fly, cup		



RESOURCE CARD



5-a-day



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

Star Jumps - How many star jumps can you do in a minute (make sure your fingers touch above your head)?

Lunges - Start in standing position, hands on hips. Put one leg forward so front knee is bent at 90 degrees to the floor. Keep both feet parallel and toes forward. Alternate legs. Make sure you keep your back straight. How many can you do in 1 minute?

Single leg balance – Stand on one leg for 1 minute. Change to the other leg for another minute.

Burpees – How many can you do in 30 seconds? Start standing tall, then into a crouch position with hands on the ground and jump your feet out behind you as far as they will go, jump back into crouch position then jump up, arms in the air.

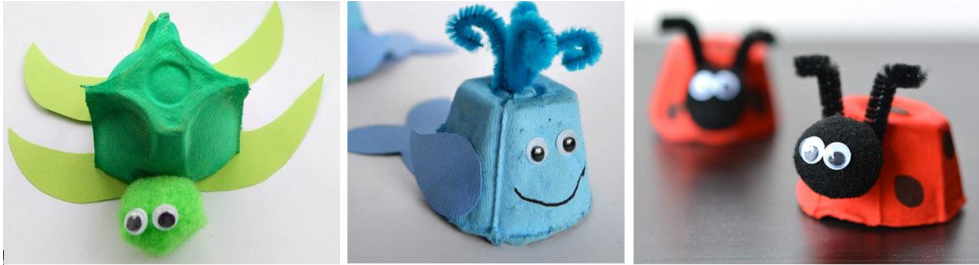
Two legged jumps – Stand with both feet together. Jump up and down on the spot. How many jumps can you do in 1 minute?

How did your score compare to your last 2 Tuesdays?

Ideas for Pebble Art



Ideas for Egg Box Animals



Build a hibernaculum ← Great for amphibians and reptiles!

wildlife watch



You will need:

- Spade



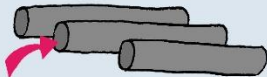
- Logs and branches



- Rocks and bricks

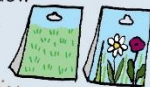


- 2-3 drainpipe off-cuts or cement pipes

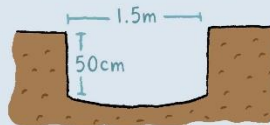


If using plastic drainpipes, roughen the insides with sandpaper so that they are not too slippery for animals to climb

- Turf or meadow flower seeds (optional)



- 1 In a sunny spot, dig a hole about 50cm deep and 1.5 metres across.



- 2 Fill with logs, branches, bricks and rocks, leaving plenty of gaps in between.



- 3 Insert entrance tubes (drainpipes) at ground level into the pile.



- 4 Cover the pile with soil (to about 50cm high).



- 5 You can plant meadow seeds or turf over the mound.



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Ideas for your 'Time Capsule'

A time capsule is a container filled with present day things, such as newspapers, photos, letters etc. It is then hidden away for a time and then opened by you in the future.



Suggested items to include:

- ✓ A newspaper
- ✓ A TV guide
- ✓ A magazine you enjoy reading
- ✓ A menu from your favourite restaurant
- ✓ Photographs
- ✓ Tickets from day trips you have been on
- ✓ Hand and footprints

Write a letter to your future self, including the following:

- You age, height, weight
 - Who your best friends are
 - Who is in your family (including pets)
 - Favourite subjects at school
 - Things you like to do in your spare time
 - Favourite tv shows and music
 - How much things cost ie. A pint of milk, chocolate bar
 - What you see yourself doing in 10 years' time.
- Where will you live? What job will you do?

PUT SOMEWHERE SAFE AND DO NOT OPEN UNTIL 2030!



RESOURCE CARD



Zig Zag treasure relay

Number of players: 1+

Equipment: For each player, set a line of cones, pots or dishes in a zig zag between a start line and a pile of cones or other items (treasure) to collect.

Playing Space: Garden, hall (depending on number of players)

Aim: To be the first player back with all the treasure.

How to Play:

Players stand behind the starting line facing their zig zag line. On the word 'go' he/she runs zig zag cone to cone, collects one of the objects from his/her pile at the end and runs back to the start line before going again. Only one item can be collected at a time.

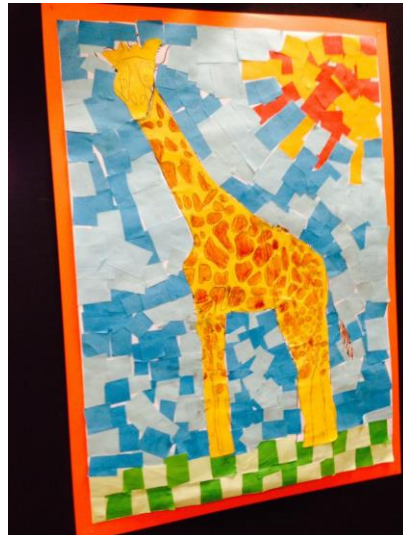
If played with 1 person this can be against the clock. It can also be played in small teams.

Variations:

Travel in a different way (on all 4s, sideways, tiptoes, long strides etc)

Ideas for 'Colourful collages'

Make sure you ask permission first and snip up some old magazines to create your own colourful collage!



Recipe Card for 'Smiley Pizzas!'



Ingredients

Use ready made pizza bases or make your own dough:

650g/1lb 7oz '00' flour (or strong white flour), plus extra for dusting

7g dried easy-blend yeast

2 tsp salt

25ml/1fl oz olive oil

50ml/2fl oz warm milk

325ml/11fl oz warm water

For the toppings:

Tomato sauce

Grated cheese

Choice of healthy toppings ie. Peppers, olives, onions etc.

Method:

1. To make the dough, mix the flour, yeast and salt together in a large bowl and stir in the olive oil and milk. Gradually add the water, mixing well to form a soft dough.
2. Turn the dough out on to a floured surface and knead for about 5 minutes, until smooth and elastic. Transfer to a clean bowl, cover with a damp tea towel and leave to rise for about 1½ hours, until doubled in size.
3. When the dough has risen, knock it back, then knead again until smooth, roll into a ball and set aside for 30 minutes to 1 hour until risen again.
4. Preheat the oven to its highest setting.
5. Divide the dough into six balls and roll each out on a lightly floured work surface until 20cm/8in in diameter. (You can also make one big pizza.) Spread a little passata (or homemade tomato sauce) over each pizza base and top with your favourite toppings.
6. Bake the pizzas in the oven for 10–12 minutes until the bases are crisp and golden brown around the edges and any cheese on top has melted.

Mark and recapture garden snails

wildlife watch



You will need:

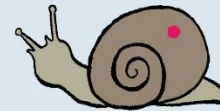
- an area of garden or pond
- tub or pot
- waterproof paint (non-toxic)
- small paint brush
- pad and pen



1 In your chosen area, find as many snails as you can and collect them in a tub. Write down how many you find.



2 Place a tiny dot of paint on the shell of each snail. Don't let the paint touch their bodies, and don't use too much.



Small dot to avoid attracting predators

3 Release the snails back where you found them, and leave them for a few days. Return and do another search - count how many are with and without a paint spot.

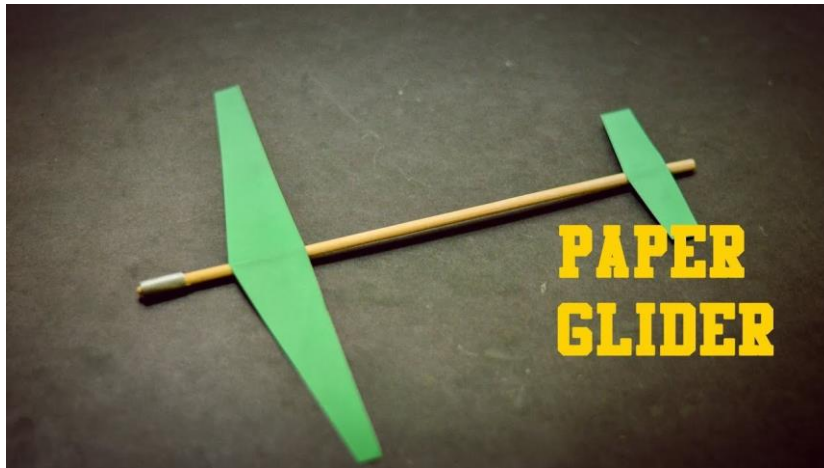


You can work out how many snails might be living in your chosen area with this sum:

$$\text{No. of snails in the area} = \frac{\text{No. of snails in first visit} \times \text{No. in second visit}}{\text{No. of marked snails in second visit}}$$

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How to make your own Glider



What you will need:

Paper
Wooden skewer or twig
Scissors
Glue
Tape

How to make your Glider:

- 1) Fold sheet of paper in half width ways and very carefully cut out shape of wings as detailed in picture above.
- 2) Unfold wings and carefully put a strip of glue down the crease of the paper.
- 3) Press skewer or twig onto glue leaving the 'nose' of the glider visible (as above.)
- 4) Cut another small strip of paper to glue onto the reverse of the wings to secure it to the wooden body of the glider.
- 5) Repeat process for tail (refer to positioning as above.)
- 6) Carefully wrap a small piece of tape around the nose of the glider.

Now your glider is ready for action! How far can you make it fly?