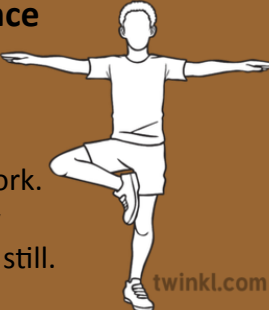


<p>Monday activity 1 The Stair Climb.</p> <p>How many times can you go up and down the stairs in 5 minutes. Score = how many times you got to the top of the stairs.</p>	<p>Monday activity 2 The tea bag throw.</p> <p>You need a chopping board, a plate, a mug and a tea bag. Put the mug on the plate, the plate on the board and the board on the floor—Stand 2 steps back. You get 5 goes to collect scores. 1 point for on the chopping board, 2 on the plate and 3 in the mug.</p>	<p>Tuesday Activity 1 The Sock Bounce</p> <p>You have 2 minutes to bounce over a sock as many times as you can. Score = how many bounces</p>	<p>Tuesday Activity 2 The Stork Balance</p> <p>How many seconds can you stand still like a stork. Score = how many seconds you were still.</p> 
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Learning at Home - Sports Week - a virtual sports day.

Each day there will be 2 activities to do with the idea that you try and get a “Personal Best” score. Before 6pm, email your score to fs@willowtree.n-yorks.sch.uk so we can make a class leader board.

We will put a video on our youtube channel each morning with a demonstration of the activities for the day and an update of the scores.

You may want to subscribe to see the updates - <https://www.youtube.com/channel/UCEFSL1t4NoYWj7IIzwnssiQ>

*** There is a treat for the winning class ***

Your teacher will be getting soaked with water and the video will be sent to you all.

<p>Wednesday Activity 1 Step ups</p> <p>Find a step—it could be a box or a step on the stairs. You have 2 minutes to climb as many steps as you can. Score = how many steps done.</p>	<p>Wednesday Activity 2 The Sock Throw</p> <p>Find a pan and put it on the floor. Get a pair of rolled up sock. Stand 2 steps away from the pan and see how many times you can get it in the pan in 2 minutes. Score = how many times the socks go in the pan.</p>	<p>Thursday Activity 1 Jump for the Stars</p> <p>You have 2 minutes , how many star jumps can you do? Score = How many jumps completed.</p>	<p>Thursday Activity 2 The Longest Jump</p> <p>Get some tablespoons to measure this. Stand on the spot and jump as far as you can. Lay out the spoons and count how many you jumped. Score = How many spoons long.</p>
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This week, we'd like the children to be active and push themselves to improve and get a personal best.

The curriculum of **writing reading, maths and communication and language** can all be done through having a go at these activities.

Encourage the children to organise the timers, record their scores, talk about how well they have done, if they get more or less, compose the email to the teacher, collect the equipment they need etc...

*We do hope they enjoy this weeks activities and along with all the other learning at home sheets you find them useful. Thank you for sharing so much of what your child has done with us on Zoom and in emails. It has made doing these 'most unusual of things' really worthwhile, as you and the children have embraced them as much as you have been able to. **Thank you Mrs Barraclough, Mrs Cowell and Mr Ryder.***