

# Rainbow Pack - Home Learning



Week 12

Thursday 11<sup>th</sup> June 2020

## Ready Steady Go!

This week we are thinking about keeping fit and healthy. Lots of schools usually have their sports day in June, so this week we will celebrate with 'Sports Day at Home.'

What is your favourite way to exercise? Do you love running or jumping? Can you ride a bike or a scooter? Do you like to dance or play football? There are lots of games you can play inside if the weather isn't good

### Practice your throwing skills



#### Balloon Keepy Uppy

How long can you keep the balloon up without touching the floor?

How many body parts can you use to keep it from touching the floor?  
Try your foot, knee, hand, elbow, head!

Make it a competition and log the results

Victoria Mason

Can you practise every day and keep a note of how many times you score a goal? Maybe there could be a leaderboard for all the people who live in your house?

#### In the basket!

You will need:

A bin, basket or empty box  
Paper or foil

Screw up paper or aluminum foil to make your lightweight balls. Stand from a distance can you hit the target? Move back a step each time – see how skilful you are?



Victoria Mason

Ideas from <https://abcdoes.com/home-learning/>

# Rainbow Pack - Home Learning



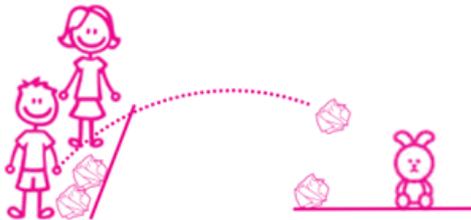
Here are some Ideas from the Windsor Sports Partnership – these games could be played inside or outside <https://www.sasp.co.uk/uploads/home-activity-ideas-primary.pdf>

## Sock Bowls

Place a soft toy on the floor. Each person takes it in turn to throw one of their bunched up socks or paper ball closest to a toy. After all socks are thrown, the closest to the toy wins that round.

The winner of the previous round chooses where to place the toy for the new round.

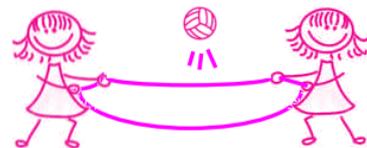
First to 6 wins an end.



## Blanketball

In pairs, hold the corners of a blanket tightly. Place a soft ball on the blanket and stop it from touching the floor. You can try tossing it up in the air and catching it.

If there's another pair playing you can try to bounce it to each other. This must be done outside.

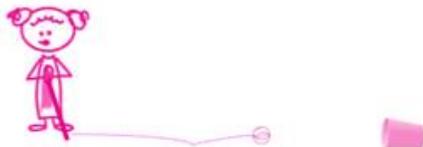


## Broom Mini-Golf

Create a mini golf course around the living room or garden using a tipped over cup as the hole.

Make it more difficult like having to go round corners, in a book tunnel or under chairs.

Use a broom handle or stick as the club. Indoors, the ball can be a Ping-Pong ball or a scrunched up paper ball. Outdoors you can use a soft ball.



## Jumping Dice

Start at the bottom of the stairs, and take turns to be the climber.

The first climber:

- Rolls the dice and climbs up that number of stairs (eg. If you roll 4, go up 4 steps).
- Rolls again and climbs down that number of stairs minus 1 (eg, if you roll a 3, go down 2 stairs).

It's then the next person's turn.

The first person to reach the top of the stairs wins.

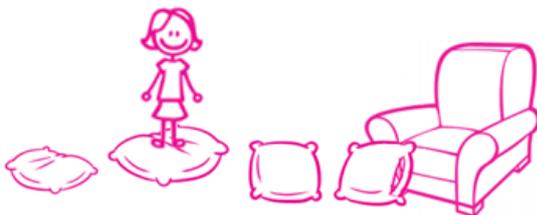
Create a half way point (eg. the landing). When you reach this point, you then can't go lower.



## River Crossing

Your aim is to cross from 1 side of the 'river' (the room or garden) to the other without falling in the 'water' (directly touching the floor). You can use any household items to help you cross the river like pillows, chairs, etc. These items 'float' on water.

Try to cross the river by using as few items as possible to make it challenging.



## Paper planes

Create paper airplanes. Do you have a family special? Do some research online and look at different types: distance, time aloft, acrobatic or decorative.

Put them into a competition: Target practice hitting soft toys, longest distance, longest aloft, best trick, etc.

You can even colour in your planes.



# Rainbow Pack - Home Learning



## Obstacle Course

One of the development statements in the Early Years framework is for children to move 'freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.'

Can you build an obstacle course to encourage lots of different movements? You could change it each day to add further challenge.



## Chalk Path

Or maybe you could chalk a route to follow on the pavement or in the garden.



# Rainbow Pack - Home Learning



## Well-being Activity

This Glitter Jar idea is from St Helens Health and Wellbeing Service.

<http://www.sthelenswellbeing.org.uk/>

We need to look after ourselves so that we have healthy minds as well as healthy bodies.

There is a similar activity at

<https://abcdoes.com/home-learning/>



## Glitter Jar!



The calming glitter jar is a great tool for calming down and relaxing, and also a fun activity to try with your child.

The calming glitter jar is a proven mindfulness tool and it can help to relax both children and adults of all ages.

The glitter jar helps children to learn focusing skills, to calm down and figure out that paying attention to their senses helps regulate their emotions.

**What you will need:**

Glitter

Jar

Glue

Water

**How to make:** Fill half the jar with water, add any colour of glitter maybe 2 colours but 1 will be fine,

Add a small amount of glue, pop on the lid and we are all done.

**To use:** Shake the jar take a few deep breaths and watch the glitter move around and eventually settle.



Captain Tuck

## National Smile Month

It is National Smile Month from 18<sup>th</sup> May to 18<sup>th</sup> June.

<https://www.dentalhealth.org/what-is-national-smile-month>



The 3 key messages are -

- ✓ Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
- ✓ Cut down on how much sugary food and drink you have, and how often you have them.
- ✓ Visit your dentist regularly, as often as they recommend.

You might want to download the 'Brush DJ' app which is approved by the NHS. The app plays music for 2 minutes, and gives you a round of applause when you have finished brushing your teeth. You can visit the [Brush DJ website](#) for more details.

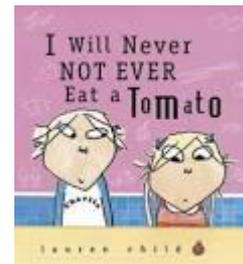
Information provided by the Oral Health Team, St Helens Wellbeing Service.

# Rainbow Pack - Home Learning



## Story of the Week

This week's story is  
'I Will Not Ever Never Eat a Tomato'  
a Charlie and Lola book by Lauren Childs.



<https://www.dailymotion.com/video/x30k5eu>

This links well with our activities with vegetables a couple of weeks ago.  
This week, as a part of keeping fit and healthy could you try and eat a new fruit or vegetable that you have never eaten before?

## Song of the Week

Linking to National Smile Week,  
this week's song is all about  
brushing your teeth



[https://www.youtube.com/watch?v=wCio\\_xVlgQ0](https://www.youtube.com/watch?v=wCio_xVlgQ0)



## Exercise of the Week

Children's yoga links physical activity  
with mindfulness and relaxation.

In Week 1 we read the story 'Going on a Bear Hunt' by Michael Rosen

<https://www.jointhebearhunt.com/>

Read it again, and then follow it up with this Cosmic Kids Yoga Adventure  
that is based on the story.

<https://www.youtube.com/watch?v=KAT5NiWHFIU>

## Have fun playing and learning together!

Chris Dixon  
Educator  
Early Years Advisor for St Helens Virtual School

St. Helens Virtual School