


## Year 5 Summer Activities

You can choose any activities to complete from the list below.

	<u>Activities</u>	<u>Websites or APPS for computers, tablets or phones.</u>
<p><b>Week beginning 13/07/20</b></p> <p><b>Activity 1</b></p>	<div style="text-align: center;"> <h1 style="color: #00AEEF;">21 Basic Moves</h1> <p><b>UPPER BODY</b></p> <ul style="list-style-type: none"> <li>clap</li> <li>grab</li> <li>shake</li> <li>roll</li> <li>swing</li> <li>reach</li> <li>shoulders</li> </ul> <p><b>LOWER BODY</b></p> <ul style="list-style-type: none"> <li>squat</li> <li>jump</li> <li>knee lift</li> <li>kick</li> <li>tap</li> <li>tippy toes</li> <li>slide</li> </ul> <p><b>CORE</b></p> <ul style="list-style-type: none"> <li>pump</li> <li>bend</li> <li>twist</li> </ul> <p><b>HEAD</b></p> <ul style="list-style-type: none"> <li>nod</li> <li>tilt</li> <li>look</li> <li>bop</li> </ul> <p><small>Order the Dance 'n Beats Book Training DVD for step-by-step demonstration of each of the 21 movements.</small></p> </div>	<p>Have a go at creating your very own dance routine to a song of your choice. You could then perform it to those that you live with. It could be the whole song or only a short section- the choice is yours! Good luck and have fun!</p> <p>Have a look at this video for inspiration:  <a href="https://www.youtube.com/watch?v=JWTyO8npkOQ">https://www.youtube.com/watch?v=JWTyO8npkOQ</a></p>

<p><b>Activity 2</b></p>	<p>Have a go at this Skittles rainbow experiment.</p> <p>All you need is a packet of skittles, a plate and some water. Place the skittles in a circle on the plate and gently pour some water in the middle. Watch how the different colours create a rainbow!</p> 	<p>Have a look at this video if you need any help: <a href="https://www.youtube.com/watch?v=4FHbbc&amp;v1Cs">https://www.youtube.com/watch?v=4FHbbc&amp;v1Cs</a></p>
<p><b>Week beginning</b> <b>20/07/20</b></p> <p><b>Activity 1</b></p>	<p>Try out this PE challenge and see how you do!</p> <ul style="list-style-type: none"> <li>10 star jumps</li> <li>10 sit ups</li> <li>10 squats</li> <li>10 seconds running on the spot</li> <li>10 second plank</li> </ul> <p>Try to complete this circuit without any breaks. Once you complete the circuit, you can take a 1-minute break and start again. Try to complete the circuit 3 times. Good luck!</p>	
<p><b>Activity 2</b></p>	<p>Create your own painted rock bug!</p> <p>All you need is a rock and some paint or felt tips. Clean your rock first and then add your design- be creative!</p>	<p>Have a look at this website for some inspiration: <a href="https://www.easypeasyandfun.com/painted-rock-bugs/">https://www.easypeasyandfun.com/painted-rock-bugs/</a></p>



Once completed, you could place these on a windowsill as a decorative item.

**Week  
beginning  
27/07/20**

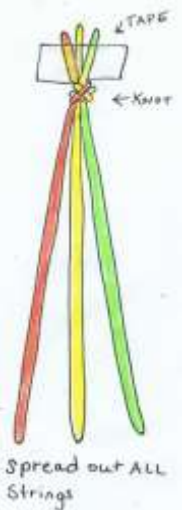

**Activity 1**



Using playing cards (or any card), have a go at creating a tower! How tall can you make yours without it toppling over? This challenge requires you to be very gentle and careful.



<p><b>Activity 2</b></p>	<p>Have a go at designing a book cover for your favourite book! Be creative and remember to include key information such as the title and author.</p> <p>You can use the original book cover for inspiration!</p> <div data-bbox="300 331 560 727" data-label="Image"> </div> <div data-bbox="611 331 875 738" data-label="Image"> </div> <div data-bbox="947 331 1196 719" data-label="Image"> </div>
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<p><b>Activity 2</b></p>	<p>Have a go at making a friendship bracelet! For this, you will need some thread. If you have any beads at home, you could also use these.</p> <p>Gather 3 pieces of thread, tie a knot at one end and tape this to a table or another flat surface. Then, form a plait with the thread (you may ask an adult to help you with this). You can create lots of fun designs!</p>  	<p>Have a look at this video for some inspiration:  <a href="https://www.youtube.com/watch?v=u5knLsLjlaE">https://www.youtube.com/watch?v=u5knLsLjlaE</a></p>
<p><b>Week beginning 10/08/20</b></p> <p><b>Activity 1</b></p>	<p>Time for another PE challenge! Can you have a go at doing one of the following for 30 minutes? Remember to hydrate afterwards!</p> <p>Running          Jogging          Bike ride          Walking</p>	
<p><b>Activity 2</b></p>	<p>Using any materials you have at home, have a go at building a robot! Be creative!</p>	



**Week  
beginning  
17/08/20**

**Activity 1**

Have a go at creating your own logo for Sparkenhoe! See below for the current logo and see if you can use this to inspire you to create your own.



**Sparkenhoe**  
COMMUNITY PRIMARY SCHOOL

Alternatively, you could recreate our school's logo using paint, crayons or even on the computer!

**Activity 2**

Have a go at completing the Hand Gesture Challenge!

On separate pieces of paper, draw out some different emoji hand gestures.  
Ask someone to choose 9 at random and arrange them in a line. You then have 15 seconds to copy the gestures in the correct order!

