

# It's Time to Have Some FUN! 😊

June 15<sup>th</sup>-19<sup>th</sup>



Hello Boys & Girls,

Firstly we want to thank you for sharing all your photos & videos with us on Google Classroom- you have been doing a fantastic job with all the activities & challenges we have set you.

There will be 5 more activities for you this week. We hope that you have lots of fun doing them & we can't wait to see/hear all about them. This will be the last week of activities set by us, as next week the whole school (including teachers!) will be set lots of active challenges for Active Week, so stay tuned for lots more FUN!

We want to thank you for all your hard work throughout this school year, we know it has been very different but we want you to know that we are SO PROUD of you all & you should be very proud of yourselves also. 😊

\*Don't forget to do a little bit of reading each day & send us your book recommendations!



# Well-Being Challenge for June

<input type="checkbox"/> Take time to ask someone how they are	<input type="checkbox"/> Do something that makes you happy	<input type="checkbox"/> Say one nice/positive thing to someone today	<input type="checkbox"/> Make a plan to meet someone dear to you	<input type="checkbox"/> Do a random act of kindness for someone today	<input type="checkbox"/> Tell someone important how much they mean to you	<input type="checkbox"/> Go for a walk
<input type="checkbox"/> Be nice to someone today	<input type="checkbox"/> Set a good example today	<input type="checkbox"/> Give a compliment	<input type="checkbox"/> Thank people	<input type="checkbox"/> Offer hugs to your loved ones and friends	<input type="checkbox"/> Smile at someone today	<input type="checkbox"/> Write down 3 things you are grateful for
<input type="checkbox"/> Go for a 30 minute walk	<input type="checkbox"/> Meditate. Sit, relax, focus on breathing	<input type="checkbox"/> Take time to check in on someone today	<input type="checkbox"/> Spend time in nature	<input type="checkbox"/> Try a new activity today	<input type="checkbox"/> Laugh	<input type="checkbox"/> Draw or paint a picture
<input type="checkbox"/> Sit in the sun for five minutes	<input type="checkbox"/> List 3 things you like about yourself	<input type="checkbox"/> Enjoy a sunset or sunrise	<input type="checkbox"/> Introduce yourself to someone new	<input type="checkbox"/> Drink a glass of water before each meal	<input type="checkbox"/> Write a poem	<input type="checkbox"/> Clean out a cluttered drawer
<input type="checkbox"/> Do something you love	<input type="checkbox"/> Send a nice text message to someone	<input type="checkbox"/> Take a photo of something nice				
				© walkinmyshoes		

# Activity 1- Baking

Recipe attached to Class  
Blog as Word Doc for  
ease of reading.



## Vanilla Cupcakes



### Ingredients

#### For the cupcake mixture

- 120g butter, softened
- 120g caster sugar
- 1 egg
- 1tsp vanilla extract
- 120g self-raising flour

#### For the buttercream icing

- 140g butter, softened
- 275g icing sugar
- 1-2 tbsp milk
- A few drops of food colouring (optional)



### Method

1. Heat oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with paper cases.
2. Cream the butter and sugar together in a **bowl** until pale. Beat the eggs in a separate bowl and mix into the butter mixture along with the vanilla extract.
3. Fold in the flour, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are three quarters full.
4. Bake in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 5-10 minutes. Then place on a **wire rack**.
5. For the buttercream icing, beat the butter until soft. Add half the icing sugar and beat until smooth.
6. Add the remaining icing sugar with 1 tbsp milk, adding more milk if necessary, until the mixture is smooth and creamy. Add food colouring (optional) and mix well.
7. Spoon the buttercream into a piping bag and add a nozzle of your choice. Pipe in a swirl motion and then enjoy! 😊





Set up 5-8 stations for your circuit training challenge: Do 30+ secs at each station with 20sec rest in between each

## Activity 2: Circuit Training

Ideas on the next few slides- but you can make up your own too!

### Jogging

Jog from one point to another and try your best to keep the same pace.



### Leg Raises

Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor. Repeat with the other leg.



### Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.



#### What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.

### High Knees

Raise each knee in front of you, one at a time, as high as you can. To make this more challenging, try to do this quicker.



Could you challenge a sibling or family member to do it with you? 😊

## Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.



## Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.



## Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.



## Mountain Climbers

1. Get on your hands and feet.
2. Keep your back and legs in a straight line.
3. Bend one knee and bring it to your chest.
4. Return your foot to the floor.
5. Move nice and slowly.
6. Repeat with your other knee.



## Lunge Punch

1. Start with your feet close together.
2. Step one foot backwards and bend your knees.
3. Punch out with one hand.
4. Stretch your arm out forwards.



## Box Push-Ups

1. Start with your arms straight and your hands and knees on the floor.
2. Lower your upper body down towards the floor by bending your arms.
3. Straighten your arms to bring your upper body back up again.



**The lower you get to the floor, the harder this exercise will be.**

**How many can you do in 35 seconds?**

**You will feel this in your arms and upper body!**

## Touch Toes, Clap Hands

1. Sit down on the floor.
2. Legs out in front of you.
3. Stretch your arms to touch your toes.
4. Stand up.
5. Clap your hands above your head.



## Frog Jumps

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down and touch the ground with both hands – bend from the knees not from the back.
3. Jump up high with your hands in the air.

**Can you jump like a frog?**





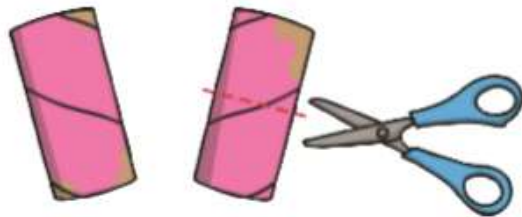
# Activity 3: STEM Challenge

Design & Make  
Challenge:  
Ideas Below!

## STEM Challenge Cards

Make the tallest tower you can which is capable of standing freely and not attached to anything.

Competition – Which is the tallest tower?



## STEM Challenge Cards

Use the materials you have been given to make a creative sculpture. It can be abstract or a 'thing' – you decide!

Competition – Which sculpture would other learners pay most for? Hold a ballot.



## STEM Challenge Cards

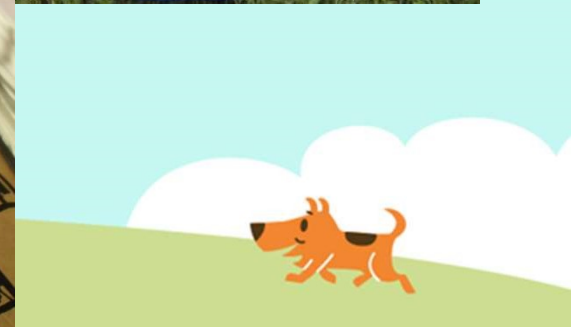
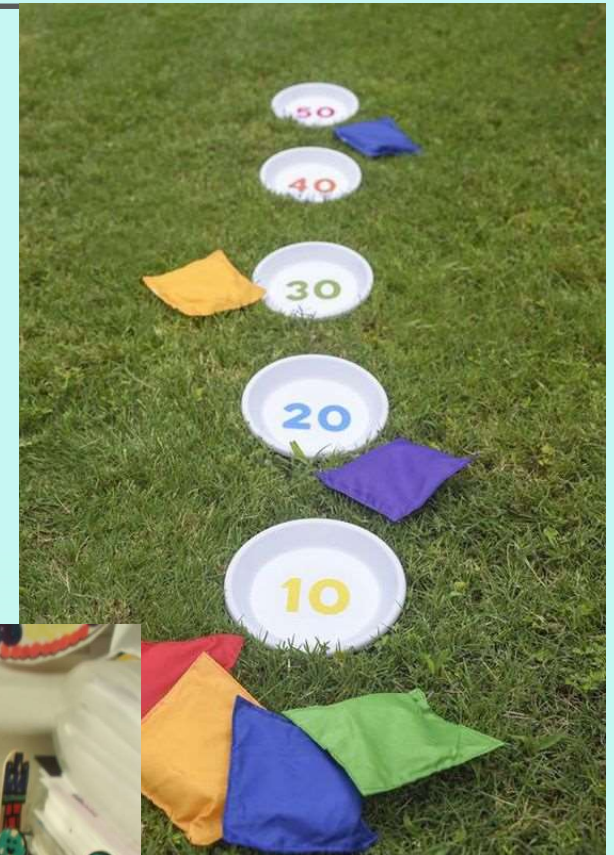
Create a catapult which can be used to fire a chosen projectile without the operator either touching the object or propelling it forward with their own power.

Competitions – Which catapult can launch the projectile the furthest? Which catapult is the most accurate when firing at a given target?





## Activity 4: Make & Play a Game/ Board Game



# Activity 5: Milkshake



## Milkshake

Make your own delicious milkshakes with fresh fruit (and your parent's permission). This recipe makes 4 milkshakes.

**Ingredients:** 400g fresh strawberries or 4 bananas  
600ml cold milk  
8 scoops vanilla ice cream

**Equipment:** knife (you need an adult to supervise)  
chopping board  
blender

**Method:**

1. Remove the stalks from the strawberries or peel and chop the bananas.
2. Place in a blender/ liquidiser and blitz to a purée.
3. Add the milk and ice cream and blend for 1 minute until frothy.
4. Pour into 4 tall glasses and serve.

For the banana one, try adding 4tbsp of toffee sauce or try chocolate ice cream instead of vanilla.

*Try your own combinations and see how they taste. Upload a photo of your creation; we would love to see them.*

Recipe also attached to class blog for ease of reading

