

Hello everyone, Summer is finally here!

As you all prepare to move on to your next adventure in your new class or school, why not check out my transition-themed story time video here: https://www.kingathelstan.kingston.sch.uk/covid-19- home-learning/story-time/story-time-videos-20-7-20/

If you are looking for something fun to do with your family outdoors over the summer holiday, while we still have to socially distance, why not check out Geocaching? You can download a free app onto a phone which shows you where thousands of secret containers are hidden! When you find one, you sign the log book to prove you were there! I took a couple of pictures of caches we found on Wimbledon Common recently. You have to be a detective as some are very hard to find and others are in very clever containers!

I hope you all have a happy and safe summer break and I can't wait to see you all back in school in September!

Hello King Athelstan families,

It is strange ending the year without the summer fair, sports day or the Year 6 production, however, school feels as busy as ever as we come to the end of term.

Have you all been enjoying the recent story time videos? Remember you can access these via the school website or the King Athelstan YouTube channel over the summer holidays - why not start from the beginning and work your way though? It is a great way to get to know your new teacher too!

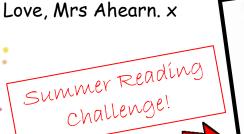
I am so looking forward to seeing everyone in September and hearing about what you have been up to during lockdown and over the summer holidays. I have missed you all so much!

Well done Year 6 for being such a kind, caring and studious year group and good luck at secondary school next year! You will be

amazing! ©

Love, Miss Govan. x

summer Reading



I can't believe that this is the last time I will get to call you Warhol Class. We've had such an incredible year and every single one of you has been absolutely amazing! I couldn't have asked for a better class! You're so lucky to be part of such a brilliant class team. You are all so kind, patient and supportive of each other, you see the fun in everything you do and you keep trying when things are tough. These qualities make me so incredibly proud of you all because these are the things that can't be taught by reading a book or answering a maths question. They are qualities you all have just because you're wonderful!

Although I'm very sad to be losing you all, I'm also very excited for you to be in Year 6 with Mrs Ross. She is so lucky to have you next year and I know you'll have an amazing year with her. Please continue to be the exceptionally kind and brilliant people that I have been bragging to her about all year!

During this pandemic, you have all adapted so well to the new way of learning. Every one of you has been so cheerful and upbeat when I have phoned you, have told me about the amazing work you've done, the new skills you've learnt and even mini school trips your families have arranged for you. Don't forget to thank them for being so brilliant and helping you! If anything, at least these last months have shown you that there is learning everywhere, it is not a building that makes a school but the children within it.

Have a brilliant summer holiday, you all deserve it so much! I can't wait to see you all around school in September. I have put some pictures from this year on the next slides. Welcome

I'm still missing you all lots! Keep safe and well. From Miss Disher XXXX

Our Amazing Year - Warhol Class



When the Triffids came



The random

pumpkin we

acquired. (I still

don't know why we





Making Greek wreaths







School council elections

Our Amazing Year - Warhol Class



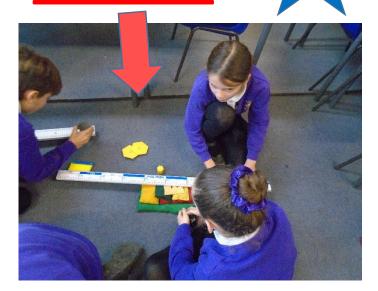






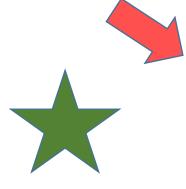


Testing levers





The Science Museum

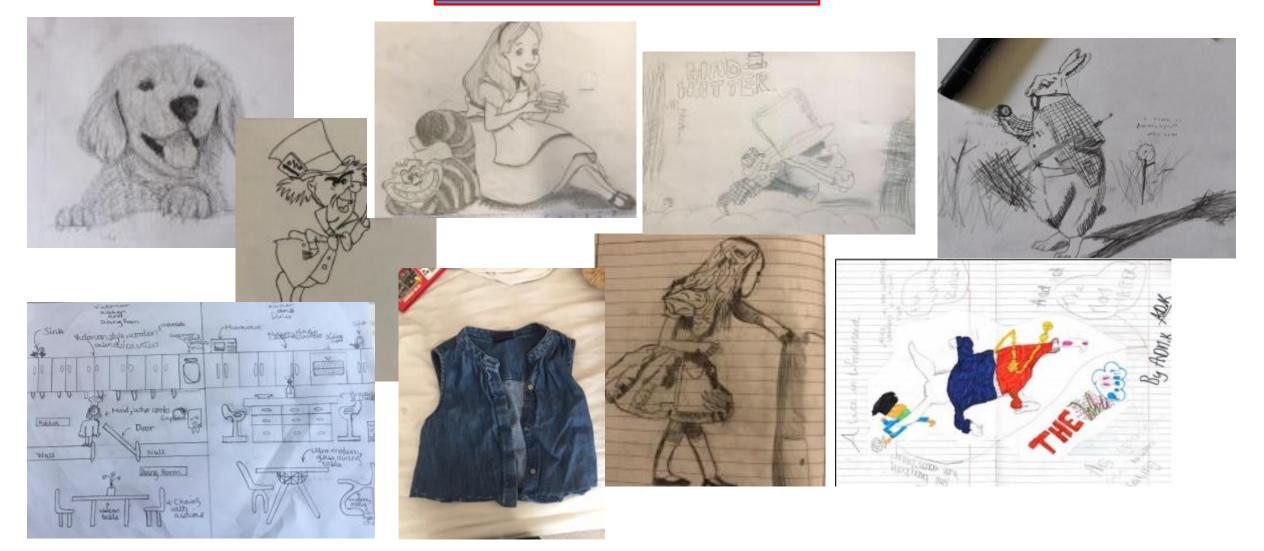






Some of Your Amazing Lockdown Work-

Warhol Class



Hey Dali (one last time),

The end of Year 5 is here. It has been a very unusual year this year for many different reasons; however it has also been one of the best and most fun filled.

As my first Dali class and first year in Year 5, you have made it so incredibly memorable and enjoyable for me. I hope you have all enjoyed your time here too.

Have a great Summer and try and get out in the sun. I look forward to seeing you all in Year 6. Remember you will have to walk past Dali class to get to your new classroom, so please pop your head in and say hello. I'm interested to see how much you have all grown and here all about what you have done over the Summer.

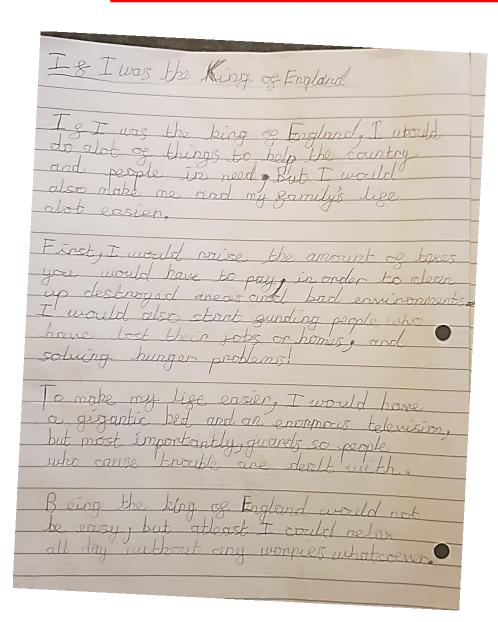
Lastly, if you do anything exciting over the Summer (or just want to keep me updated) please take some pictures of what you are doing and send them to the school office so I can have a look.

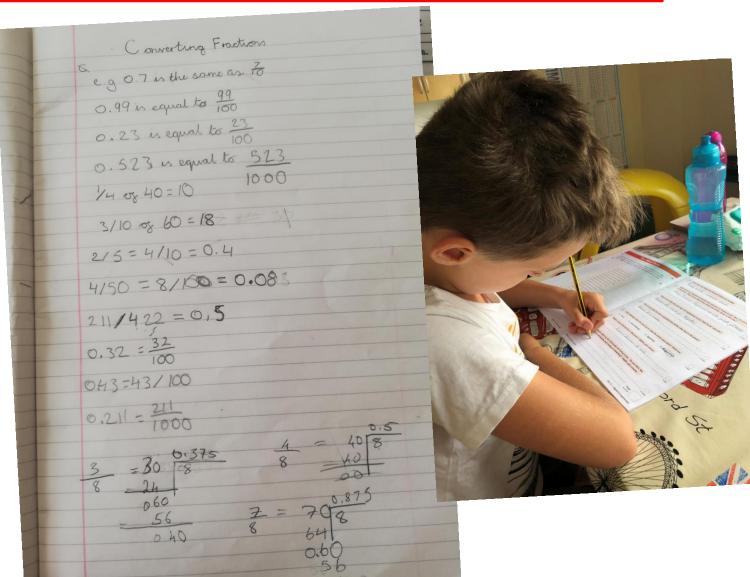
You have been utterly fantastic and I have enjoyed every minute. Stay safe and see you soon.

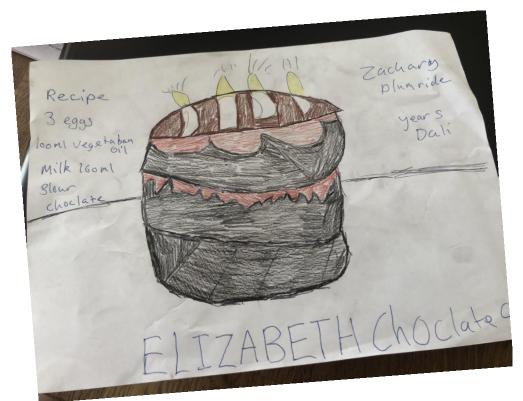
Mr Morris

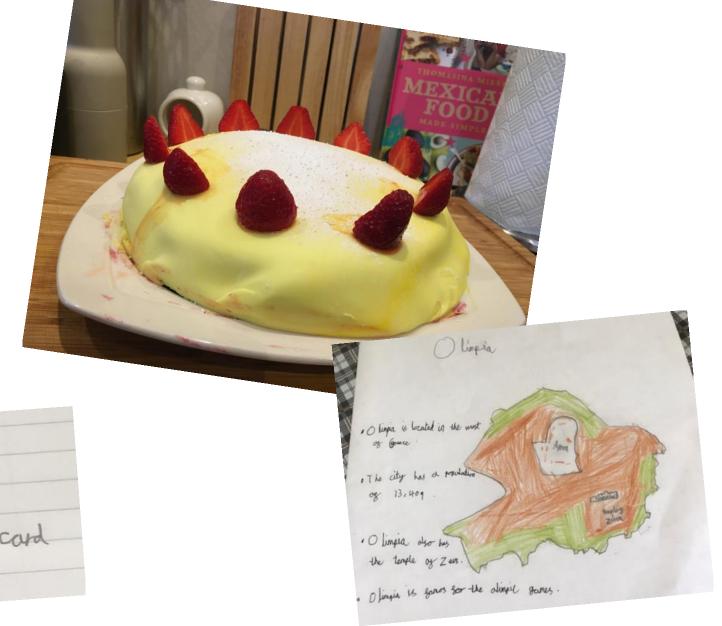


I'll be spending most of my Summer with my family. I hope you spend it with the people you care about too.









Siare 10 airplane > (or > chair beg > cord

Sincieté Sincire sincere sincere sincere 2. Sinciety sincerely sincerely 3. Soldier Li. Stomach 5. Sufficient sufficient sufficient sufficient 6. Suggest 7. Symbol 8. System 9. Temprature temperature temperature temperature 10. Thorough Frankenstien anothe! He trudged and limped like a Zombie, unknown in which direction to go. As he walked, dumsily, hands injort, stiff as a wooden board, his feet seemed to get heavier, as if tooks climbed in. His pounding of feet grew, making small earthquakes,

> Awhuardly, to Frankenstien stumbled into a rough brich wall, then turned around, disorientated

nearly cracking the floor.

by his undecided actions.

SPORT QUIZ

- 1. Who won 2005 golf masters competition?
 - A) Tiger Wood
 - B) Rory McIlroy
 - C) Phil Mickelson
- What comes after 30 in Tennis Scoring?

 - B) 40
- 3. How many years after the first men's English football league was the first women's?

 - C) 67

to come.

- 4. In cricket what does LBW stand for?
 - A) Looser bowled wide
 - B) Leg before wicket

AFlach of lightning woke the whole city up in an instant. No one dozen set poot outside. One breath

of cold cair would send an imediate shiver down

unbearable. Frank en tiein lay awake longing for day

C) Ladies and boys welcome

MOLLY AND JESS!



Pablo Fanque's Circus Royal Richmond Park 17-30 June, 7pm-9pm



See Mr. Morris, our amazing juggler.



Watch the incredible feats of Miss Disher on the high wire.



Come and see all of our other attractions, waltzing horses, Trampolinists, Strong Men and Acrobats.

A wonderful evening guaranteed for all.

Florence Nightingale

The lady with the lamp

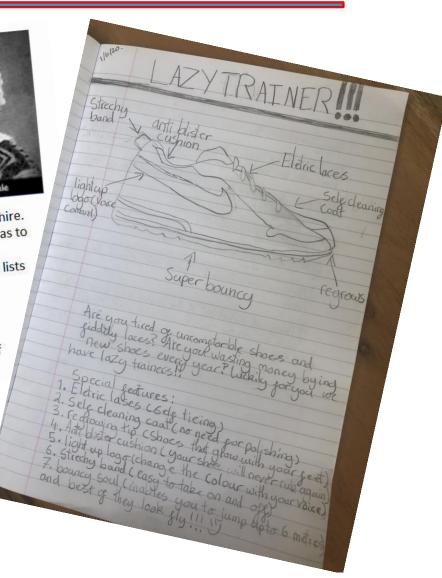
Born 12.5.1820 in Florence, Italy
Her parents William and Fanny Nightingale, Older
sister Frances Parthenope.
Died 13.8.1910 in Mayfair, London



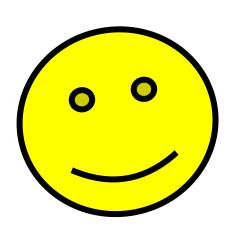
Her Father was a wealthy banker with houses in Hampshire and Derbyshire. She wasn't supposed to get a job, the only thing she was meant to do was to marry well. Most girls weren't educated, but she was given lessons in science, history and maths. Florence loved maths. She made tables and lists of her large shell collection.

Florence refused to marry because she wanted to dedicate her life to nursing. In 1850 she trained in Germany, by 1853 she was in charge of a women's hospital in London.













<u>Year 5 — Dali</u>









Year 5 ... get ready for summer!

Enjoy your holidays and come back happy & healthy to learn and have fun in Year 6





Hi fantastic Year 5

I love getting out into the open air during the summer holidays. It fills me with energy and makes me feel happy. Here are some of my favourite places to go: Hampton Court Park Bushy Park Richmond Park Ham House

https:/www.nationaltrust.org .uk/ham-house-and-garden Happy holidays love Mrs Whooley x

Hi fantastic Year 5

I like to walk by the river at Kingston.
Canbury Gardens is one of my favourite places to go - why don't you take a visit during your summer holidays.

Happy holidays love Mrs O' Connor x



Vellbeing Activity Hi fantastic Year 5

Try this Blue Peter challenge this summer:

Blue Peter's 6 Badges of Summer

6 Blue Peter Badges you can earn right now!

https://www.bbc.co.uk/cbbc/joinin/six-badgesof-summer

Happy holidays love Mrs Ramkissoon x

Hi fantastic Year 5

I love to read in the summer holidays. I find a cool place in the garden and relax...my favourite book is 'Old Possum's Book of Practical Cats'

Happy holidays love
Treacle x (Mrs
Ramkissoon's cat)



Useful resources over the summer holidays:

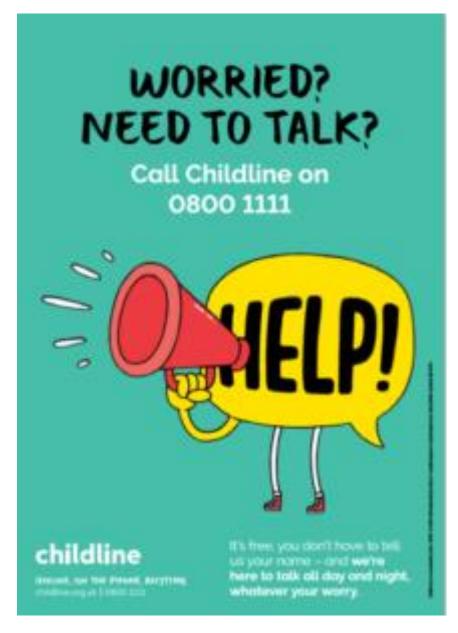
https://swlondonccg.nhs.uk/your-health/mental-health/covid19-resource-hub/

https://www.kingathelstan.kingston.sch.uk/covid-19-updates/emotional-health-service-resource-pack-for-parentscarers/

Hi fantastic Year 5

I like doing yoga with my friends - why don't you try creating an exercise routine. Happy holidays, love Albus x

Wellbeing Activity



Dear Children,

At this time, it is so important that you feel safe. It is good to talk about how you are feeling and to share your worries (if you have any.)

If you are worried about something and feel you can not discuss it with your family, teachers, or another adult, please remember that you can phone

Childline: 08001111

It is a free call and you don't have to give your name, if you don't want to.
Childline will listen to you and help you.

Stay safe and well.



https://summerreadingchallenge.org.uk/

Don't forget to check out this year's Summer Reading Challenge.

The Summer Reading Challenge, presented by The Reading Agency, is delivered in partnership with public libraries and funded by Arts Council England. The Challenge encourages children aged 4 to 11 to enjoy the benefits of reading for pleasure over the summer holidays, providing lots of fun as well as preventing the summer reading 'dip'.

Each year the Challenge motivates over 700,000 children to keep reading to build their skills and confidence.

This year, the Summer Reading Challenge's Silly Squad will celebrate funny books, happiness and laughter. Children taking part in the Challenge will join the Silly Squad, an adventurous team of animals who love to have a laugh and get stuck into all sorts of funny books!

With the disruption caused by Covid-19 and the impact of social distancing on schools and public libraries, the 2020 Challenge will launch in a new digital format designed to keep children engaged and interested in reading. The Challenge will run from 5 June to mid-September.

The Summer Reading Challenge website is free to access and features games, quizzes and downloadable activities that incentivise and encourage children to take part in reading related activities. Although public library buildings are closed, libraries will continue to deliver the Challenge through virtual services and e-lending platforms.

Visit your local library website to find out how you can access eBooks, audiobooks, comics and magazines for free that you can use to complete the Challenge at home.

If you can't access the library challenge, why not have a go at this one...



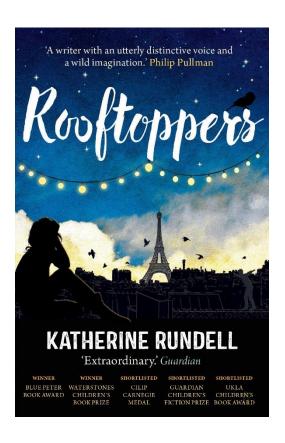
Summer Reading challenge!

Just tick off each task when you complete it. Good Luck!

| Read in an | Read outside. | Read a book with |
|-------------------|-------------------|-------------------|
| unusual place. | | an animal in it. |
| • | | |
| | | |
| Read to someone | Read a nonfiction | Read to someone |
| older than you. | book or text | younger than you. |
| | (newspaper. | |
| | cereal box. | |
| | magazine). | |
| Read in bed. | Read to your | Read a website. |
| | favourite toy. | |
| | | |
| | | |
| Read a poem. | Read in a silly | Read on a journey |
| | voice. | (in the car, on a |
| | | bus, on a train). |
| | | |
| | | |
| Read a story over | Read a book with | Read upside- |
| Zoom! | pictures in it. | down. |
| | | |
| | | |

Reading Activity

This week we are going to be continuing 'Rooftoppers' by Katherine Rundell.



"Yes!" said Sophie. "Of course I do." A useful sentence popped into her head. "Charles says, 'Without knowledge, you see only half the world."

"Hmph. And these lessons take place every day?"

"Yes," lied Sophie. In fact, they did lessons whenever either of them remembered. Sophie found it very easy to forget.

"Can you read?" said the woman.

"Yes, of course!" That was stupid. Sophie couldn't remember not being able to read, any more than she could remember not being able to walk.

"Can you do mathematics?"

"Um. Yes," said Sophie. That was true. Sort of.
"Although, I hate the seven times table. I like the eights and nines, though."

"Can you recite your catechism?"

"No." Sophie's insides grew colder. "I don't know what that is. Is he a poet? I can do most of Shakespeare, if you'd like."

"No, thank you. That will not be necessary. Can you cook?"

Sophie nodded.

"Plain cooking, pastry, a fine trifle for dinner parties?"

"Um. Yes, I think so." It wasn't a lie, she told herself firmly. She'd never made a trifle, but anyone who could read could cook, as long as you had the right books.

"You can't be eating well; you slouch, and you're too pale. Why is she so pale?"

For the first time, Charles spoke. "She is not too pale. She is cut from the stuff of the moon."

The woman snorted; the man was distracted, looking around the room. "Is this where you do lessons?" he asked Sophie.

"We mostly do them—" She had been going to say "on the roof," but Charles widened his eyes in warning, and his head gave the subtlest of shakes. "Yes," she said. "Mostly in here."

"Then where do you keep your blackboard?"

Sophie couldn't think of a convincing answer to that one. She told the truth. "We don't have a blackboard."

"And how do you expect to learn anything without a blackboard?" asked the woman.

"Well, I have books. And paper. And," Sophie said, brightening, "I'm also allowed to write on the walls, and draw, as long as I don't do it in the parlour. Or the hall, unless I do it behind the coat stand."

For some reason, the woman was not appeased by this. She stood, and turned to the man. "Shall we begin? I dread to think what we'll find."

The pair marched through the house as though they were planning to buy it. They inspected the sheets for holes and the curtains for dust, and looked in the larder. They took notes of the rows of cheeses and jars of jam. Finally, they marched up to Sophie's attic room and looked through her chest of drawers.

The woman drew out the red trousers, and the man shook his head sadly. The green pair—which had accrued some interesting stains around the ankle—made the woman shudder.

"Unacceptable!" she said. "I find it shocking, Mr. Maxim, that you let this go on."

Sophie said, "But he doesn't let it go on, at all. I mean—they're mine. They're nothing to do with Charles."

"Please hold your tongue, child."

Sophie longed to hit her. Charles moved to stand closer to Sophie, but he said nothing. He had barely spoken, and he kept silent all the way downstairs, and only as he shook their hands did he speak a few words to the inspectors. Sophie strained, but could not hear. She closed the door behind them and sank down on the mat.

"What did they say? Did I do all right?" She chewed on the end of her braid. "I hated them. Didn't you? I wanted to spit. That man! He had a face like a baboon."

"He did seem excellent proof of the theory of evolution, didn't he? And the woman! I have met wrought-iron railings with more human generosity."

"What were they saying, when they left?"

"They said they are going to submit a report."

"That wasn't all, though, was it? You were talking for longer than that."

"I think we'd better have a talk. Where is the best place for talking? The kitchen?"

Sophie didn't want to be anywhere the inspectors had passed through. The house felt damp and clammy in their wake. "No, the roof."

"Of course. I'll fetch some whisky. Why don't you run down to the kitchen and fetch the cream jug? It helps to have cream, I think, on days like these."

Sophie ran. The cream jug was cooling in the icebox. There was jam, and a loaf fresh from the oven; she added that. She found Charles perched on the chimney pot.

The words below are from the text. Create your own dictionary by writing a definition for each one. If you're not sure, you'll need to look it up.

- catechism
- slouch
- subtle
- appeased
- accrued
- submit
- Can you think of a synonym for each word?

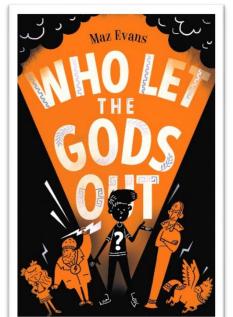
Sophie uses the smile 'face like a baboon' to describe Mr Eliot's appearance. Think of a simile to describe his personality.

Reading Activity



- 1. Do you think Sophie enjoys reading/finds it easy. What gives you this impression? Find a sentence that backs up your answer.
- 2. When Sophie offers to recite Shakespeare, the lady says no. Why do you think she is not interested in finding out what Sophie CAN do?

- 3. When they arrive to visit Sophie and Charles, the author says the pair 'marched through the house' and 'inspected'. What impression is the author trying to give about what is going on? What does it tell you about the characters?
- 4. Why would they go to the roof to discuss what had happened? There are several answers to this. You may find some in this chapter but should also reflect on ideas from previous chapters in order to give a full answer.



Audio Books For Free



Chapter 10

https://www.youtube.com/watch?v=u2JClcoZy5s

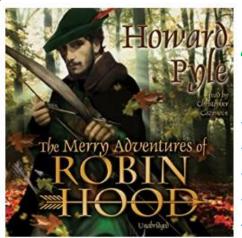
The final chapters all the way to chapter 20!

https://www.youtube.com/watch?v=yknuyxf41Bw&list=PLhsp1xw 5-ggriTSMa992J-S9gliTQx7HI



https://stories.audible.com/pdp/B07V 6HFYZT?ref=adbl ent anon ds pdp pc pg-1-cntr-0-15

Foreverywhere tells the tale of a young unicorn (perhaps the last on Earth?!) and his quest, along with a Giant named Rick, a spider named Betsy and the guitar-shredding Princess Rainbow, to form the best band in the fantastical world of Anyville. But first, they'll have to contend with the increasingly strange weather that seems to follow Princess Rainbow everywhere, and a rival band determined to bring them down. Will this group of misfits be able to rise above?



The Merry **Adventures Of Robin Hood**

https://stories.audi ble.com/pdp/B002 UZKP76?ref=adbl ent anon ds pdp pc pg-1-cntr-0-48

Here are the beloved adventures of the mischievous hero Robin Hood and his brave and merry band of outlaws, who forged a chivalrous code to protect the oppressed and despoil the oppressors. Follow along as Robin makes his breath taking escapes from his archenemy, the Sheriff of Nottingham, while classic characters like Friar Tuck, Will Scarlet, and Little John create one hilarious escapade after another. Pageantry, knights, and beautiful maidens of old abound in the episodes comprised by this favourite story.





There are over 100 <u>Story Time</u> videos on the school YouTube channel.

Please go to the school website:

https://www.kingathelstan.kingston.sch.uk/covid-19-home-learning/story-time/

or search King Athelstan on YouTube to view them!

https://www.youtube.com/channel/UCEuHtSqtBWlaAnsKKUvh3AA/videos







Year 1 Story Time 13.7.20



Year 2 Story Time 13.7.20



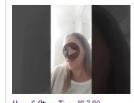
Year 3 Story Time 13.7.20



Year 4 Story Time 13.7.20



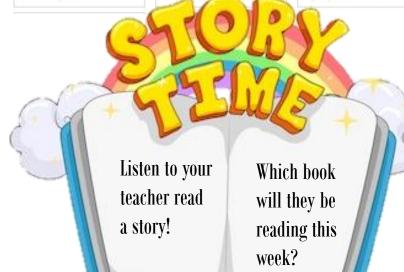
Year 5 Story Time 13.7.20



Year 6 Story Time 13.7.20



Mystery Reader 20 13.7.20

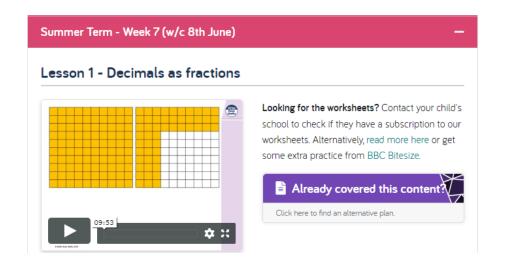


Daily Maths Video Lesson and Activity sheet

Watch these videos and pause them to answer the questions on the activity sheets. There is an answer sheet for you to check your work- don't look until you have had a go!

You can find the worksheet for this week on the school website.

If you have already been following these at home, then continue from where you left off.



https://whiterosemaths.com/homelearning/year-5/

Select: Summer Term - week 7
Worksheets are on the school website!

Maths Activity X



Sealed Solution

7

8

13

14

3

A set of ten cards, each showing one of the digits from 0 to 9, is divided up between five envelopes so that there are two cards in each envelope. The sum of the two numbers inside it is written on each envelope:

What numbers could be inside the "8" envelope? You must remember that there must also be cards inside the other envelopes from your stack of 10







Chocolate



This challenge is about chocolate. You have to imagine (if necessary!) that everyone involved in this challenge enjoys chocolate and wants to have as much as possible.

There's a room in your school that has three tables in it with plenty of space for chairs to go round. Table 1 has one block of chocolate on it, table 2 has two blocks of chocolate on it and, guess what, table 3 has three blocks of chocolate on it.

Now ... outside the room is a class of children. Thirty of them all lined up ready to go in and eat the chocolate. These children are allowed to come in one at a time and can enter when the person in front of them has sat down. When a child enters the room they ask themselves this question:

"If the chocolate on the table I sit at is to be shared out equally when I sit down, which would be the best table to sit at?"

However, the chocolate is not shared out until all the children are in the room so as each one enters they have to ask themselves the same question.

It is fairly easy for the first few children to decide where to sit, but the question gets harder to answer, e.g.

It maybe that when child 9 comes into the room they see:

- •2 people at table 1
- •3 people at table 2
- •3 people at table 3

So, child 9 might think:

"If I go to:

- •table 1 there will be 3 people altogether, so one block of chocolate would be shared among three and I'll get one third.
- •table 2 there will be 4 people altogether, so two blocks of chocolate would be shared among four and I'll get one half.
- •table 3, there will be 4 people altogether, so three blocks of chocolate would be shared among four and I'll get three quarters.

 Three quarters is the biggest share, so I'll go to table 3."

Go ahead and find out how much each child receives as they go to the "best table for them". As you write, draw and suggest ideas, try to keep a note of the different ideas, even if you get rid of some along the way.

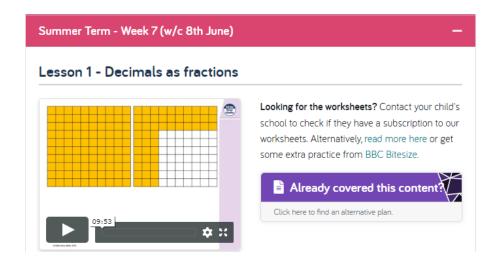
THEN when a number of you have done this, talk to each other about what you have done, for example:

- A. Compare different methods and say which you think was best.
- B. Explain why it was the best.
- C. If you were to do another similar challenge, how would you go about it?

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https://whiterosemaths.com/homelearning/year-5/

Select: Summer Term - week 7 Worksheets are on the school websitel

Maths Activity & =



Sealed Solution

14

Answer: The answers inside 8 could be: did 7+ 1

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- •2 people at table 1
- •3 people at table 2
- •3 people at table 3

Answer:

Table 1 could have 5 children Table 2 could have 10 children

Table 3 could have 15 children

Then each child would get the same amount.

Why is there a connection between the number of bars of chocolate on the table and the number of children at that table?

ple altogether, so one block of chocolate would I I'll get one third.

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Writing Activity 14 🦃



As this is our final week of slides, I thought it would be nice to reflect on our year.

Your task is to write about all the things that happened this year. You can write about whatever you wish, however, I have included some points that you may want to write about:

- Our school trip Wonderlab
- Having new people join our class
 - Your talk partner and friends
- Achievements that you recived like most dojos, pen license, achievement assembly
- A funny memory or when something strange happened
 - Things that you will miss
 - What you have learnt in Year 5.

You may want to separate this piece of writing into sections. I have done an example of this below.

My favourite memory: In Year 5, my favourite memory was..

What I learnt: In Year 5 I learnt about..

What I will miss: The part of Year 5 1 will miss the most

Also, if you want to get creative, feel free to write your memory page on the computer.

You can also draw pictures around your memory page, if you are writing it by hand.







Topic Activity



This week we can think about all the learning you have done this term. We've looked at Queen Victoria, Victorian baking, schools, houses, family and lots more. Your task this week is to show off everything you have learnt about the Victorians in a presentation. This doesn't have to be done in the most obvious way. Think about how you can be creative. If you want to, you can use PowerPoint but there are lots of other ways too. How about filming a documentary? Making a board with pictures on to refer to? Even a rap! Try to think of the most interesting and unique way to show off the information you have learnt.

When you are finished, try to deliver it to somebody so that you can pass on your knowledge. Not only will this help other people learn but will let you practise your public speaking (or rapping)! Maybe you could do it to your relatives or a friend? If you can, send it in so Miss Disher and Mr Morris can see! You have probably learnt some things in your research that we don't know yet and we always love to learn! Alternatively, you could upload it to J2e.

Whatever you choose, have fun doing it!



Science Activity



As it is the final week of term, I thought we'd continue to play some cool and fun Science games. I have reattached the link from last week, but also included other games from other websites.

Click on the link to find the Science games.

Try to focus on games relating to topics we have studied this year. However, if you want to play games relating to topics from other years, feel free to do so as well.

Links to new games this week BBC Bitesize – Earth Squad GO!

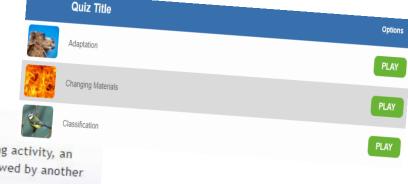
https://www.bbc.co.uk/games/embed/earth-squad-go?exitGameUrl=https%3A%2F%2Fbbc.co.uk%2Fbitesize%2Farticles%2Fzj7s6v4

Primary Games Arena – Different games

https://primarygamesarena.com/Subjects/Science

Science Quizzes – Different topics

https://www.educationquizzes.com/ks2/science/



The fun games from last week http://www.crickweb.co.uk/ks2science.html

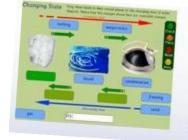


Materials Characteristics

Materials have different properties that make them useful for different jobs.

Learn about

Material properties, Metals, Plastics, Glass, Wood and Fabrics.



Changing State

This resource consists of a labelling activity, an animation of the water cycle followed by another labelling activity.

Changing State 5d lesson outline





@9775 Creative Activity



This week, your creative task is something you are all familiar with - Butterfly Dreams!

However, these butterfly dreams are slightly different. I would I like you to think about a **Butterfly dream for the Summer**

I would I like you to think about something you want to achieve during the Summer Holidays. Obviously you will only have 6 or so weeks to achieve this dream, so make sure it is achievable and not a target that is impossible to reach. You may want to think about:

- Something related to a hobby
- Something related to a family member
 - Something related to your learning
 - Something related to your friends

I have made my own example Butterfly dream to show you; feel free to get creative and make it however you wish.

If you wish, you can draw your own butterfly, or you could research your own design using Google and books.



Over the Summer, I want to learn and play a completely new song on the guitar from scratch.

Make a masking tape master piece.

- Make a pattern with masking tape on a piece of paper or card
 Paint or colour around the masking tape
- Wait for your picture to dry and then peel away the masking tape.











Music Activity



It's quiz time!

This week have a go at a music quiz.

Can you guess the children's film these songs are from?

You could work together as a team at home or compete with your friends on Zoom!

https://www.youtube.com/watch?v=jGqrn Fz44

Or try one of these – they are all Disney movies.



https://www.youtube.com/watch?v=9QeK2fDO fA

https://www.youtube.com/watch?v=2ChrRWq7fmQ

If Disney is not your thing, you could make up your own quiz at home.

Take it in turns to try humming a tune for your family to guess — this is actually really tricky but lots of fun!



Physical Activity XXXX

Gymnastics - Rolls

LOG ROLL

This week you are focussing on rolls.

Here are some examples:-

- Forward roll.
- Log roll.
- Rock to feet.
- Rock to shoulder stand.
- Teddy bear roll.

Challenge 1

- Forward roll finishing in straddle.
- Forward roll in a pair finish off with a high 5.

Challenge 2

 Think of other ways to roll. Demonstrate these to a sibling or parent/carer.

Circuit Class

- Each activity is 30 seconds long.
- You can have 15 seconds rest between each activity.
- You will need a stopwatch.
- Work with a partner (sibling or parent/carer).
- Make sure you challenge yourself, this is how you will improve.

Activities

- 1) Jumps
- 2) Wall Sit
- 3) Step up (onto a chair if safe)
- 4) Squats
- 5) Tricep dips on a chair
- 6) Plank
- 7) High knees
- 8) Lunges

Safety

If you are unsure how to perform these activities then please check the technique with your parent/carer or use the internet if you have access.

Challenge

Have 10 seconds between each activity.

Hi guys, I hope my slides are Hopefully soon! Mr



