



Reading

Having a good night sleep is so important for a healthy body and mind. Watch a bedtime story to help you relax before falling asleep

<https://www.bbc.co.uk/iplayer/episodes/b00jdlm2/cbeebies-bedtime-stories>



Challenge:

Tell your grown up, what you liked about that story, which was part was your favourite and what it reminds you of.

Phonics

Sign up for and play the game 'Teach your Monster to Read.' This is a super fun game to help you practise your phonics and reading!

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

Challenge:

How many levels can you complete?!

PE

Get your body up and moving! Can you complete a cricket challenge? (See attached sheet). Get your family involved if you can!



Challenge:

Look at the Design, Research and Writing challenges – complete some of these to be like Aim High Hippo!

Maths

5 a day! Choose 5 different fruits or vegetables that you may eat to stay healthy. How much do they weigh? Measure these using balance scales (if you have) and order these from the lightest to the heaviest. Try to use words including: lightest, lighter, heaviest, heavier.



Challenge:

Choose some of your favourite toys and weigh these too, ordering from lightest to heaviest.

Happy Healthy Hartford

Healthy body, healthy mind

(Mental Health awareness week 18th-24th May)



Year One

We hope that these engaging tasks will help you to continue with your learning whilst staying safe and healthy at home. For any of this work, please feel free to use homework books or Tapestry to share this with your teacher.

PSHE

Help keep your mind happy and healthy by doing this mindfulness exercise... Lay down on your back and place your hand or your favourite teddy bear on your tummy. For 2 minutes, take some deep breaths. Can you notice your hand or teddy bear gently moving up and down as you breath? Can your tummy gently rock your teddy to sleep?



Challenge:

Create or research a new mindfulness activity.

Writing

Can you write a simple recipe to help you make your healthy snack/meal? You might like to use sentences starters like this:

You will need...

Get the...

Chop some...



Challenge:

Number the instructions in your recipe so that you know which order to do each step or use time words like first, then, next, finally etc.

Science

Find out how you can keep your body and mind well by making healthy food choices. What types of food are good for you? What types of food should we have as a treat? What should we be drinking to feel good? You could watch Barnaby Bear discuss healthy food & look at the food activities here:

<https://www.bbc.co.uk/programmes/p011lbd4>

<https://www.bbc.co.uk/cbeebies/topics/food>



Challenge:

Draw and label a dinner plate full of healthy food!

Design Technology

Thinking about your learning from the science challenge, can you create a delicious healthy snack or meal for you and your family to enjoy? Before you begin, be sure to design your snack/meal first. What are you going to make? What ingredients will you need? What cooking utensils will you use? How will you prepare it?



Challenge:

Ask your family to help you evaluate your healthy snack/meal by giving you a review!

Cambridgeshire and Peterborough Virtual School Games

Week 3– Cricket Challenges

CHANCE TO SHINE
Spreading the power of cricket



ACTIVELY CHALLENGE



CROSS-CURRICULAR



We hope you enjoy the cricket challenges this week. While they won't be happening at the moment. When things start to get back to normal All Stars Cricket & Dynamo cricket will return at local clubs. This could even be in the winter at indoor venues. Follow All Stars Cricket for school years reception to 3 (5-8 year olds) or Dynamo Cricket for years 4 to 6 (8-11 year olds) on social media to hear when the programmes will resume

Monday

Catching

Head, Shoulders, knees, toes, catch.

Throw a ball up in the air and touch different body parts before catching the ball. Watch the first part of the video below to help

<https://www.youtube.com/watch?v=1pUilVjuL0I>

or you can download the activity card at the bottom of this page called cool catcher individual challenge <https://bit.ly/C19WC>

Tuesday

Bowling

Target Bowling

Create a set of stumps you can use as a target at home. If you haven't got any stumps you could put tape on a bin or chalk on a wall, be creative! Bowl 10 balls at the stumps and award yourself 3 points each time you hit the stumps and 1 point for near misses. Remember to keep your arm straight when bowling. This can be done either overarm or underarm. This video will help explain

https://www.youtube.com/watch?v=eg-9Y_Qdfk or you can download the activity card at <https://bit.ly/C19WC>

Brilliant bowler individual challenge

Wednesday

Batting

Space Race

Create some planets in your garden or house. You could use cones, plant pots or anything you have at home, be creative! Get a bat and ball and dribble the ball between all the planets seeing how quickly you can get to them all. If you don't have a cricket bat you could try different sports equipment like a tennis racket or household items like a frying pan or broom. The first part of this video will help explain

<https://www.youtube.com/watch?v=AfYM6RZUERg> or you can download the activity card at

<https://bit.ly/C19WC>

Super Striker Individual Challenge

Thursday

Fielding

Run them Out

This challenge requires a fielder and a runner. When the runner shouts "Yes!" the fielder must run around a cone or object, pick up a ball and throw it at a set of stumps. While the fielder is doing that the runner must try and run to a cone and back again. 10 points to the fielder for every run out and 2 points to the runner for each completed run. Part 2 of this video (from 0:43) will help explain

<https://www.youtube.com/watch?v=J9EGTYdl7Es> or you can download the activity card at <https://bit.ly/C19WC>

Ferocious Fielder Pairs

Friday

Game

Create your own cricket game

Using the skills you have developed this week, create your own cricket game. You could use any of the activities from this week, games you may already play at school or other sports you play as inspiration. As long as it links to cricket. These 2 videos may help to give you some ideas

<https://www.youtube.com/watch?v=JPAEHL1QLMk>

<https://www.youtube.com/watch?v=E09nwNrlHnE>

English

Crazy Commentator

Watch a video of the last ball of last summers cricket world cup final here https://www.youtube.com/watch?v=T19xPsdcxJM&feature=emb_logo turn the sound off and come up with your own commentary. You can hear instructions and advice from radio commentator Alison Mitchell here

<https://www.youtube.com/watch?v=QL6KutsD3PI>

Maths

Cool Counter

Throw a ball or other safe item between you and a partner. Every time someone catches the ball say the next number in the times table. For example in the 2 times table you would shout 2,4,6,8,10,12,14,16,18,20 etc. Pick a times table you are confident with to begin with and challenge yourself to move onto more difficult times tables as you go along. You can watch this video to help explain

<https://twitter.com/Chance2Shine/status/1243149555803226112>

Design

The Hundred is a new cricket competition that was due to start this summer but will now start in 2021. You can learn about The Hundred here

<https://www.thehundred.com/info/what-is-the-hundred> We would like you to design a trophy that could be given to the winning team in either the men's or women's competition next year.

Twitter & Facebook

@SouthCamsSSP
@HuntsSSP
@CambridgeSSP
@WitchfordSSP
@StabgroundAcad
@cambspborodg
@CambsCricket
@Cricket_East

South Cams School Sports Partnership
Hunts School Sport Partnership
Cambridge SSP
Witchford Sport Partnership
Stanground Academy
Cambridgeshire & Peterborough School Games
Cambridgeshire Cricket
Cricket East

Children are encouraged to submit photos/videos of themselves and their families completing the challenges. Entries must include a school name & can be submitted via any of our social media platforms or emailed to schoolgames@twinkl.co.uk

#StayAtWorkOut #CricketInIsolation

Research

Research a top cricketer such as Ben Stokes, Joe Root, Eoin Morgan, Heather Knight or Tammy Beaumont and complete a player profile on them. Use the template to help

Writing

Write some instructions for the game you have played today. You might want to include some rules for the game, a list of the equipment needed and reasons why people should play the game. A drawing of the game layout might be useful

Other Cricket activities you can complete at home:
5-8 year olds can download the All Stars Cricket activity booklet here which has cricket skills you can do at home, recipe cards, wordsearches and other puzzles to complete <http://www.cambscricket.org.uk/page/community/all-stars-cricket/participant-activity-booklet-2020-17011/>
8-11 Year Olds can download the new "Dynamo Cricket" app from wherever you download your apps. This has activities, quizzes and more games to play and help develop your cricket skills
All Age groups Chance to Shine are doing weekly challenges at this time. These will be added here <https://bit.ly/C19WC> every Monday afternoon for active challenges and Thursday afternoon for cross curricular

