**Home Learning**

**Home Learning – Lockdown Challenge**

**Term 6 Week 6 – 6th July 2020**

1. **Music / Drama / Dance Activity**

Learn how to street dance with Marlon from Flawless. Look at the BBC website <https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-street-dance-masterclass-on-b-boying-and-footwork/zkmf47h>

Find out how to top rock, crossover step, get down and generally look cool!

1. **Creative / Craft & Design Activity**

This week I would like you to prepare a 2 minute talk on something that you have learnt or achieved during lockdown. Perhaps you have practised a new football skill, discovered a new craft activity or planted something in your garden. If you are coming to the ‘Keeping in Touch’ session on Wednesday, you could bring some notes with you so that you can share your talk with the group.

You might also like to bring your happiness box on Wednesday so that you can share that too.

1. **Social / Emotional Activity**

Go for a mindful walk by noticing and acknowledging as many different colours as you can find. Listen carefully to the sounds around you. Can you hear different bird calls or the wind rustling through the leaves in the trees? What can you smell? Can you feel the sun on your skin?

1. **Physical Activity**

Take a look at 'The Rainbow Games' for our virtual Sports Day. You can find them in the Covid 19 News tab on the school website.

1. **Spiritual / Reflective activity**

Think about the words of Mother Teresa, ‘Peace begins with a smile.’ Think about any situation you have already experienced since you got up this morning, such as at breakfast time, when leaving the house or seeing a friend or neighbour.

Dear God,

A smile is such a simple thing.

It makes us feel good, and smiling has been proved to be good for us.

A smile costs nothing and is so easy to do, over and over again.

Please help us to meet situations and people with a smile today.

Help us to bless others with our smiles and to bring peace with our smiles.

Amen.

* How might a smile have changed the situation?
* How might a smile have affected the other person?
* Did anyone smile at you this morning?

1. **Supporting the Community Activity**

Michael Rosen has returned home in recent weeks after being in hospital with Covid-19. He has made an amazing recovery. <https://www.theguardian.com/books/2020/jun/24/michael-rosen-home-from-intensive-care-after-coronavirus>. Have a look at his website <https://www.michaelrosen.co.uk/>, and then write him a letter to celebrate his return home.

1. **Reading to Relax**

Take part in the Library Summer Reading Challenge 'The Silly Squad'. <https://www.youtube.com/watch?v=CBLXTwXf4gs>