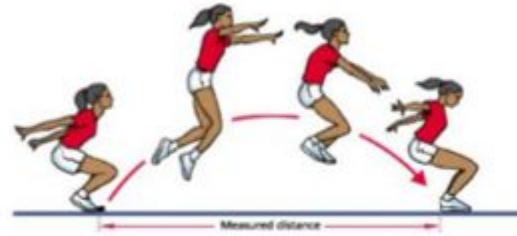


For maths you can practise your measuring skills to see how far you can jump. What can you use to measure the distance?

**Standing Long Jump**

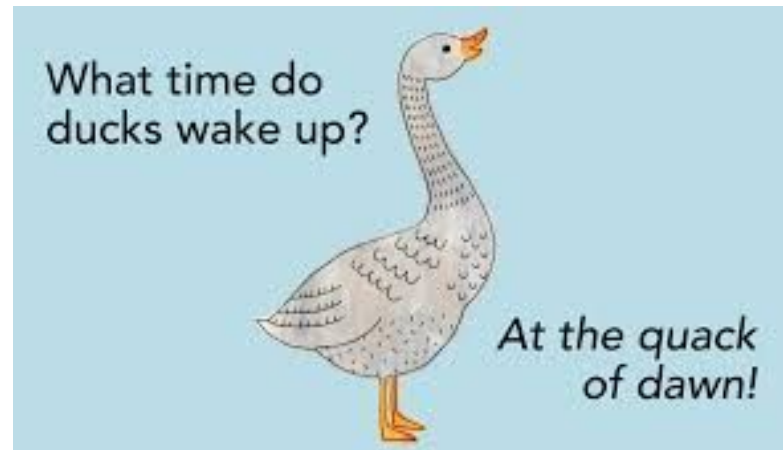
- Start with two feet together and jump as far as you can.
- Measure the distance between the start and where you land.



*Virtual Sports Day*



- Write some jokes that would make your teacher laugh.

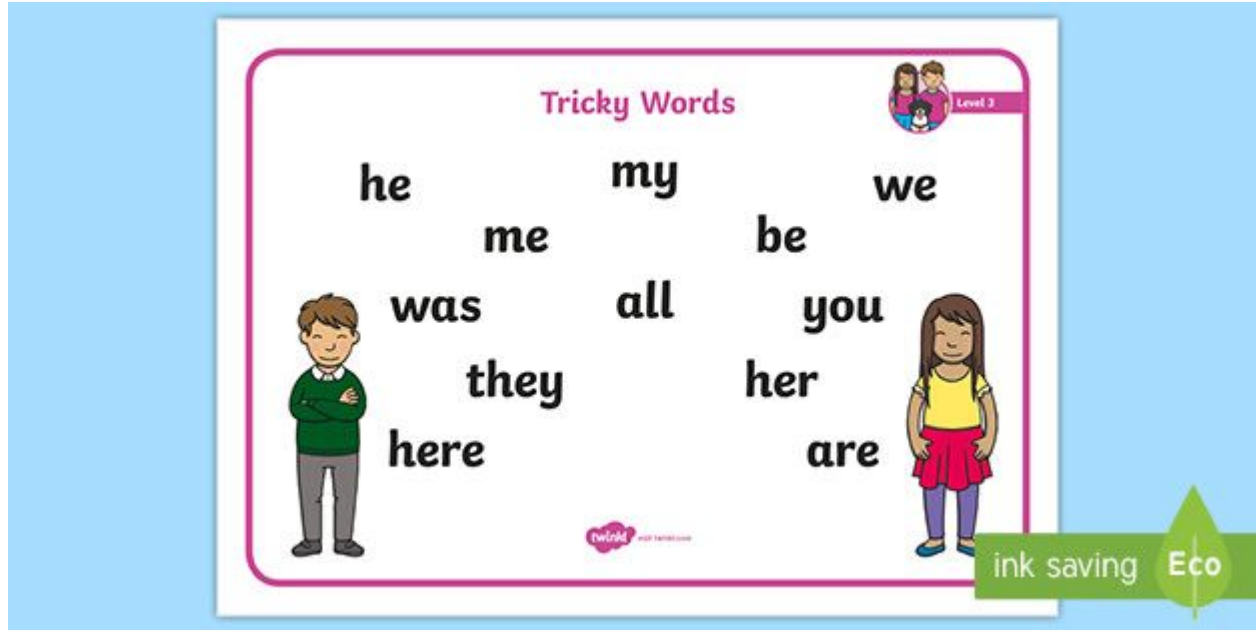


Have a look at the end of this power point presentation and get involved in our virtual sports day. All of the events have been chosen so that you do not need lots of equipment. You can try some of them or all of them if you like. Then you can email me your best scores.

## Phonics;

<https://www.bbc.co.uk/bitesize/topics/zvq9bdm/articles/zr728xs>

Have a look at this link and listen to the song about the tricky words in Phase 3. Can you read them and can you spell them. Try using some of them in some sentences.



Remember there are lots of games you can access on Phonics play for free at the moment to support phonics learning.

Username: **march20**

Password: **home** <https://new.phonicsplay.co.uk/>

Remember to read everyday.



Can you practise forming letters?

English – As it is nearly the end of term we thought it might be quite nice to start thinking about transition. I am sure you are very excited to get back to school in September and to start in your new year groups. Here are some ideas for transition activities to help you prepare. You do not have to do them all just pick the ones that you think you would like to do most.

- Write a letter to your new teacher to introduce yourself.
- Write a story about your wishes and feelings for the future, you could include what you want to achieve when you come back or think even further ahead and write about what you want to do when you grow up.
- Write some jokes to make your teacher laugh.
- Draw some pictures of things that make you happy then tell us why.
- Design a getting to know me poster. You could include any hobbies you have, what you enjoy doing. Maybe you could tell us some things that you do not like or you maybe worried about.
- What wouldn't someone know about you by just looking at you? Tell us a surprising fact!
- Draw a self portrait then describe the things you like about yourself. Can you extend your vocabulary?
- Write a newspaper article about your biggest achievement from last year.

## Arithmetic

Set yourself a 2 minute timer and see how many of these you can answer correctly.

You will try this again tomorrow to see if you can answer more next time.

Remember you already know how to count in 10 and have looked at patterns when adding 10 earlier in the week.



### 10 Times Tables Worksheets

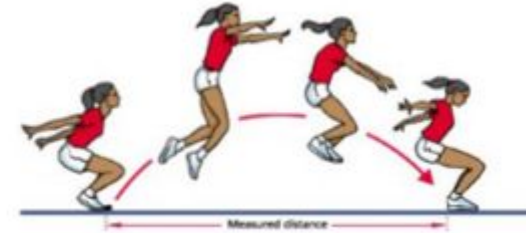
$10 \times 1 = \square$	$2 \times 10 = \square$
$10 \times 2 = \square$	$5 \times 10 = \square$
$10 \times 3 = \square$	$8 \times 10 = \square$
$10 \times 4 = \square$	$3 \times 10 = \square$
$10 \times 5 = \square$	$6 \times 10 = \square$
$10 \times 6 = \square$	$5 \times 10 = \square$
$10 \times 7 = \square$	$1 \times 10 = \square$
$10 \times 8 = \square$	$9 \times 10 = \square$
$10 \times 9 = \square$	$10 \times 10 = \square$
$10 \times 10 = \square$	$4 \times 10 = \square$
$10 \times 3 = \square$	$7 \times 10 = \square$
$10 \times 4 = \square$	$12 \times 10 = \square$
$10 \times 7 = \square$	$20 \times 10 = \square$

## Maths

Today we are beginning our virtual sports day so I would like you to practise your measuring skills when performing your standing long jump or your standing chest pass.

### Standing Long Jump

- Start with two feet together and jump as far as you can.
- Measure the distance between the start and where you land.



What would you use to measure distance? How can you make sure it is an accurate measurement?

Can you have a few tries at these skills and see if you can jump a further distance. Can you work out the difference in cm's between your first and your second jump?

Can you estimate how far you will jump each time then compare your estimate to the actual distance.

## Welcome to Gooderstone Academy's Virtual Sports Day 2020

*All these activities have been chosen as they require minimal equipment so as many of you as possible can take part from home. You can try some or all of them. For each activity you try, please email your best score to your current class teacher.*

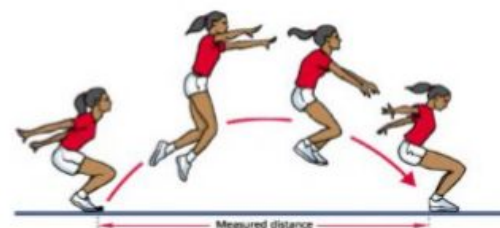
*For the children attending school, you will have a chance to take part in school.*

### Events:

- Standing Long Jump
- Standing Triple Jump (recommended for KS2)
- 10m Egg & Spoon Race
- Daily Mile Distance Running
- Target Throw (with a paper ball)
- Standing Chest Push (with a football)

### Standing Long Jump

- Start with two feet together and jump as far as you can.
- Measure the distance between the start and where you land.



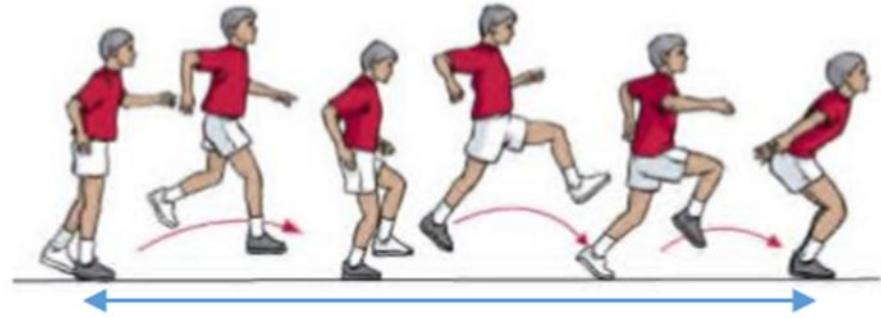
### Paper Ball Throw

- Tear one page of paper out of an A4 school exercise book,
- Screw it into a tight ball.
- Place a waste paper bin on the floor and try to throw the paper ball into .....
- What is the greatest distance away from the mug you can stand and still get the ball in?



### Standing Triple Jump

- Start on one leg, then hop (onto the same leg), step (onto the other leg), then jump (to finish landing on two feet).
- Measure the total distance.



### 10m Egg & Spoon Race

- Measure out a distance of 10m in your garden.
- OR If you don't have enough space, measure 5 metres & run there & back again.
- Balance an egg on a spoon.
- Time how quickly you can run the 10m without the egg falling off.

### Standing Chest Push

- Use a standard football.
- Hold the ball against your chest and push it forwards with two hands.
- Measure the distance from your feet to where the ball first hits the ground.



### Daily Mile Distance Run

- EYFS & KS1: How far can you run in 5 minutes?
- KS2: How far can you run in 10 minutes?