



## KS1 - Grid 6

## 5 activities a day

Ideas for things to do at home with your child.

*Choose 5 activities you would like to do at home with your child each day.*

Count how many steps it takes to get from one side of the room to the other. Which room in your house takes the most steps?	Go for a walk in the rain (with wellies on). Find the biggest puddle and jump up and down in it 10 times. Send a picture of you jumping into school.	Create a picture with fruit. Help an adult to cut up some fruit and arrange it in a picture. Eat and enjoy! Challenge: What about making a picture on a pizza and then eating it!	Make your own phone. Ask an adult to cut holes in the bottom of yogurt pots. Attach string to both cups and talk to each other. What happens if you make the string longer or shorter?	Play Simon Says. Use verbs and words Position. e.g. "Simon Says Jump!" "Simon Says sit behind the chair"
Make a ramp(s) with boxes, books or bits of wood. How far can a toy car go? Does it go farther on different ramps? Will it go down one ramp and up another? <b>Challenge:</b> Write what you find out. Draw some diagrams.	Get 10, 15, 20 and then 25 stones, pencils or anything else you can find and some plates/bowls. Find different ways to share them equally. How many ways can you find for each number? Write down what you find out. <b>Challenge:</b> look at other numbers and different ways to share them.	Go for a walk with a small bag. Can you find some treasures to put in your bag whilst you are out? It might be a precious looking stone or an old snail shell. What will you find? At home make a log of what you have found, use some adjectives. Remember: wash your hands when you get home!	Make a Stick Man. (You can watch the story on BBC iplayer) Find a stick whilst out on a walk and a turn it into stick man. Challenge: make the stick children three and the stick lady love. Act out the story using your characters.	Practice doing the buttons up on your school shirts, tying your shoe laces, doing the zip up on your coat or folding some of your clothes neatly so they fit in your drawer.
Look on the school website and learn the NHS song <a href="https://www.youtube.com/watch?v=OdQVVojQ_bc">https://www.youtube.com/watch?v=OdQVVojQ_bc</a>	How many books can you and a grownup read in the week? Keep a list of the ones you have read.	Collect 5 items that you can hold in your hands. Now order them from tallest to shortest. Draw or take a photo.	Plant some seeds and watch your plant grow (it might take a long time). Draw the plant as it grows new parts.	Watch a bird. What does it do? Can you find out what birds like to eat?
Draw or write about your favourite part of one of the stories.	Make something. Use whatever you have at home – recycling, Lego,...	Draw a picture or write about your favourite lockdown memory so far.	Do a puzzle.	On a computer or tablet, type your full name and address.
Guess what it is. Describe an object to a family member. Give 3 clues and see if they can guess what it is.	Make a circuit of 3 stations. A jumping, running and stretching station. Get your whole family to keep fit.	Find 10 objects around the house. Have someone hide one (or 2), can you remember what is missing?	Read a book to a soft toy. Remember to change your voice for different characters in the book.	Find a flower in the garden. Sketch it and see if you can label it (petal, stem, leaves, roots).



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### **BLESSED WITH THE NHS**

Tom Kirkham and Matthew Crossey

Look around and you'll see  
Everywhere there's heroes.  
Courageous, dutiful, oh so devoted too.  
While we're all safely at home,  
Let's remind them they're not alone,  
Offering thanks for the work that they do.

For the sacrifices you make each day,  
The love and kindness that come our way,  
The selfless acts reminding us that we are blessed  
To have the NHS  
To have the NHS

Every doctor and nurse,  
Every single carer,  
Support staff, volunteers and the forgotten few.  
We'll always be in your debt,  
And we shouldn't ever forget,  
What it was like, we're so grateful to you.

For the sacrifices you make each day,  
The love and kindness that come our way,  
The selfless acts reminding us that we are blessed  
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