

Keeping Active – Keeping Healthy. (3)

Hi everyone, here is this week's list of keeping active things to do.

For further ideas for keeping active:

School Games Challenge: <https://www.sgochallenge.com/> {if you want to register, the invite code is **Shenley** (not case sensitive); account type **parent**}

Premier League Primary Stars: <https://plprimarystars.com/home-learning/physical-activity>

For a broader range of activities, try BBC Supermovers: <https://www.bbc.co.uk/teach/supermovers>

And don't forget that Y1 – Y6 still have their own **class dance routines** to work on (details on the Padlet). The children will start to put these together as a class the week after next, so now is the time to practise!

Here are the activities for week 3 (days 11 – 15) of the **Commonwealth Passport Physical Activity Challenge**

Monday: How many star jumps can you do in 60 seconds?

Tuesday: What do you know about Papua New Guinea?

<https://www.sportbirmingham.org/3-commonwealth-challenge-questio>

Wednesday: Play a game of Sportopoly with your family:

<https://www.youthsporttrust.org/system/files/resources/documents/Sportopoly.pdf>

Thursday: Try some athletics activities at home: <https://funetics.co.uk/for-parents/funetics-activity-videos/>

Friday: Here are some fun facts on Malaysia:

<https://www.sportbirmingham.org/4-commonwealth-challenge-questio>

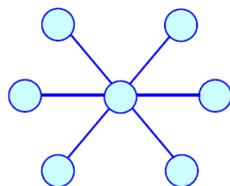
Remember, the interactive resource can be accessed at: <https://www.sportbirmingham.org/commonwealth-passport-and-map>

Just for Fun – family challenges:

Now here's this week's brain gym. Remember, see what you can come up with through reading, observation and conversation, rather than using the internet. Work together with family members and friends. Solutions next week.

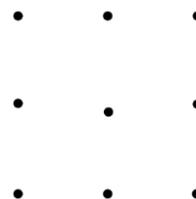
For younger ones:

Can you place each of the digits 1, 2, 3, 4, 5, 6, 7 in a circle so that each straight line adds up to the same total?



For older ones:

Can you join all nine dots with four straight lines, without taking your pencil off the paper? You can not go over any line twice.



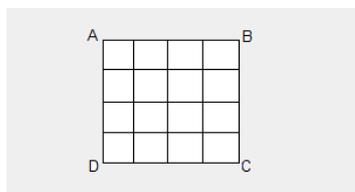
Hint: You may need to think outside the square on this one!

Answers to last week's challenges.

For younger ones: Using the letters from VALENTINE'S DAY, which words can you make? What is the longest word you can make (not counting 'valentine'!)?

How did you do? The longest word I made was 'lenient' (7 letters). Did you manage to beat me?

For older ones: How many squares are there in the figure ABCD?



There were 30 squares in total.

[16 with an area of 1 square, 9 with an area of 4 squares, 4 with an area of 9 squares, 1 with an area of 16 squares].

You may have spotted a pattern here, as 1, 4, 9, 16 are the first four square numbers.

Have fun everyone and stay safe.
Mr Weatherup