Dear Parents/Careers, six weeks is a long time. Below are a few suggestions and challenges to hopefully keep your mind and body active. Please try to achieve as many of these as possible. Best of luck!

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| Physical | Mental |
| During August, attempt to complete a press-up for each day of the month. For example, on the 1st of August complete one press-up, one the 2nd complete two press-ups, one the 5th day complete five press-ups and so on... | Visit a natural Trust Park.Visit Spinney Woods.  |
| With adult permission, build an assault course in your back garden and time yourself to see how quickly you can complete it.  | Visit a museum |
| Alternatively, build a fort or a den. | Write a song. |
| Learn a dance routine |
| **Time My Move**Choose a move and see how long you can perform it while a friend or career uses a timer to measure e.g How long can you balance on one foot?  How long will it take to run up a hill? How long can you keep up a balloon? | Write a creative story.  |
| **Tug of War**Using a skipping rope or towels tied together. Divide the kids (and adults) into two teams. Make sure the middle of the rope is right over a line drawn in the sand or on the field. Hand the ends of the rope to each team and show them how to pull!Required: a skipping rope and strong muscles | Learn the words/lyrics to a Beatles song. |
| **Water fight!**Before you start, fill a huge bucket with water to use as a refilling station. Work together or compete against each other in this fun game. Give each child a squirt gun or spray bottle. Each child has to squirt their opponent with all of their might. | Count forwards and backwards from 100, 200, 500 and 1000, in 100’s, 10’s, 5’s, 3’s and 2’s. |
| Slithery Snake Game - Have two kids or adults hold the ends of a skipping rope down on the ground. Wiggle the rope slowly or quickly depending on the age of the children and have the kids jump over the rope without getting touched by the “snake”.  | Research and find out about a famous person from history. For example Muhammad Ali, Otis Redding, Ghandi, Pele, Adele, Aretha Franklin ... |
| Freeze-upHere’s a great water game that’s easy to set up.If you have a paddling pool, *Freeze-Up* is a fun activity that can help to develop foot coordination, and cool everyone off at the same time. |
| Fill the pool with water and add ice cubes, and then have each person try to remove the ice cubes with their feet. To make it more difficult, see if each of you can remove an ice cube with only one foot. The person to remove the most ice cubes is the winner. | Attempt an age appropriate crossword, puzzle or wordsearch. |
| Egg-and-spoon raceThe Egg-and-spoon race dates back to the 19th century, but remains just as fun and challenging today. It’s also a terrific way to develop balance coordination.All you need is enough spoons and eggs for each participant. Use hard boiled eggs for tiny tots and raw eggs for older children. Another variation of this game is to use a potato instead of an egg. Less mess, but also less stress.Have your competitor’s line up next to each other, each one holding a spoon in one hand with an egg on it. | Play the ‘Yes and No’ game with a friend or an adult. |
| **Wall ball**Here are 8 different actions you can try:1. Throw the ball and catch it before it bounces on the ground.2. Throw the ball and catch it after one bounce on the ground.3. Throw the ball and catch it after two bounces on the ground.4. Throw the ball and catch it after you touch the ground once.5. Throw the ball and clap your hands before you catch it.6. Throw the ball and touch your knees before you catch it.7. Lift your leg and throw the ball under your knee before you catch it.8. Throw the ball and catch it after turning around once.If all this is too easy, change hands and try repeating the same actions with your non-dominant arm. |  **3 Truths and a Lie**Play a game with friends where you reveal four things about yourself, three of them are true and is a lie. Can they guess which one is a lie! |
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Remember, there are still plenty of activities and work on See-Saw and the Year 5 Google Drive pages:

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**Leeside20?**

Have a safe and relaxing summer as possible.

Take care, Mr Folksman and Mr Biggs