

Hi year one!

Once again, we have received so many emails and photos, we can't thank you enough as they really do brighten up our days. Keep them coming! We hope that you are all OK? If there is anything you need or would like to ask us don't forget to email [parrots@writtle-inf.essex.sch.uk](mailto:parrots@writtle-inf.essex.sch.uk) or [turtles@writtle-inf.essex.sch.uk](mailto:turtles@writtle-inf.essex.sch.uk).

We've really loved reading all your pirate adventures and fact files. The stories have all had great beginnings, middles and endings! The fact files have been set out imaginatively and have interesting facts. Well done for including connectives, adjectives and punctuation such as exclamation marks and question marks. We really are impressed with the standard of writing we have seen and can't believe how many of you can now join your handwriting! We are such proud teachers.



Over the past few weeks what have been your favourite facts about pirates that you have learnt?

We've had lots of children who have told us that they have been losing their teeth recently. Have you lost any since we last spoke?

We are so impressed by the numbers of you who have learnt to ride their bikes without stabilisers. Wow, what an amazing achievement! We have given out lots of Dojo points to children who have either emailed us or told us about this on the phone. If you have learnt to do this too and you have not already told us, then please let us know so we can add a Dojo point to your account.

Lots of you have also told us about your video calls with each other and some of you even play with Lego or LOL dolls or do work together virtually. I know that the Musical Academy group video call each other regularly too. We think this is a great idea and is a lovely way to keep in touch with your friends and see each other whilst you are not at school. Some of you have also been making each other little presents like bracelets and dropping them off or sending them to each other through the post. Again, we thought this was such a kind and thoughtful thing of you to do as it shows how much you care and are thinking about others.

Take care and enjoy the suggestions for work that we have set for the next two weeks.

With love

Mrs Espinosa-Davis, Miss Wilson, and the wonderful year one team xxx



Home Learning Plan

## Top Tips for Home Learning

I think we may be out of a teaching job by the end of this! Our parents have been so fantastic with their new routines, it is making it difficult to think of any tips! You are all so passionate about the work you are doing and are tailoring it to your child's needs. Keep up the fantastic work! If you have any other helpful tips, please share so we can use them in our future home learning plans 😊

### Here are a few more small tips to use during home learning:

- Working Part-time: We know sometimes our children can be stubborn. Try completing schoolwork in the morning. This is when we are most motivated, and it will leave the afternoon to enjoy the sun.
- Use a topic or theme for your week. Use the lesson objectives to suit your child's interests. For example, this week in school Mrs Winsley brought in a butterfly for the children to see. They then could not stop talking about mini beasts! For maths we used mini beasts to discuss fractions of amounts i.e. If there are 16 butterflies, find  $\frac{1}{4}$ . They did this to aid the White Rose maths.
- If your child was set next steps such as writing the days of the week/months of the year, ask them to write the long date on their work for the day. This means your child can see the spelling in context and means it will only be one word each day (rather than 7 all at once).  
Brain breaks! This goes for adults too. We all need to take 5 minutes away from our work, away from the screens so that our brains can recharge before starting our next task. This can be done through some YouTube videos. Go Noodle have some hilarious videos that are enjoyable with an element of learning too! We suggest: Don't read like a robot - Blazer Fresh | GoNoodle <https://www.youtube.com/watch?v=xjtPMiumixA>  
This video is an excellent way to learn about using expression when reading. **WARNING: IT IS CATCHY! (Sorry!!!)**
- This is a tip can be used at any time. If you are showing a video via YouTube to aid learning, use YouTube Kids which filters the videos for you. You can also use 'View Pure' which is a helpful website to remove ads from YouTube videos. You just need to copy and paste the YouTube link into the website, and it will be ad free. (The website is free to use!)

## Phonics

Please continue reading and spelling the year one high frequency and common exception words.

Do not forget to visit the phonics play website <https://new.phonicsplay.co.uk/>. Their excellent phonic activities are still available for free to parents by logging in as follows:

Username: march20

Password: home

## English

### Reading

Please read two of your own books that you have at home and then write a sentence about each.

Read your Bug Club books on active learn. It really is a great resource so try and use it if you can! It's good for developing your comprehension skills too. Just remember to click on the bugs to access the questions.

Log on to the **Espresso** website using the log in sent out via Parent Mail and go to **KS1-English-Books- Videos- The Robot and the Bluebird**. Listen carefully to the story then click on **activities** and complete **comprehension: The Robot and the Bluebird** and **Sequencing: The Robot and the Bluebird**

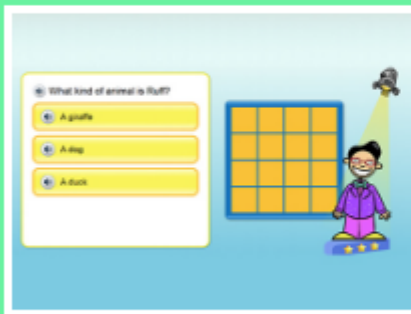


### **New! Books**

Watch a range of video storybooks with different styles and themes to support children's comprehension, vocabulary development and love of literature.

### Comprehension

## Comprehension: The Robot and the Bluebird

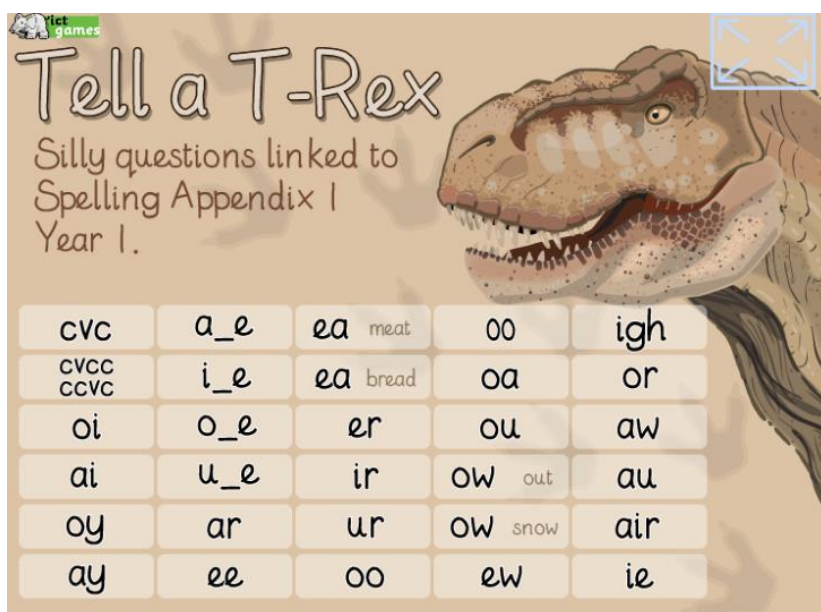


## Sequencing: The Robot and the Bluebird



Also try playing the game Tell a T-Rex.

Log on to <https://www.ictgames.com/mobilePage/tellATRex/index.html>



# Tell A T-Rex, (Silly Questions)

Answer silly questions following **phonic patterns** taught in **Year One**.

## **Learning Objectives: Pupils should be taught to:**

- check that the text makes sense to them as they read, correcting inaccurate reading
- apply phonic knowledge and skills as the route to decode words
- respond speedily with the correct sound to graphemes (letters or groups of letters) for all 40+ phonemes, including, where applicable, alternative sounds for graphemes
- read accurately by blending sounds in unfamiliar words containing GPCs that have been taught

Your job is to feed the hungry T-Rex by reading the silly questions and answering 'Yes' or 'No'. If you're working in a class why not show thumbs up or thumbs down.

The phonics patterns are as listed in Spelling Appendix 1 (Year 1). Other words in each sentence are either from the **Common Exception Words** listed in [Spelling Appendix 1](#), or from the first 100 High Frequency Words.

Have fun!

## Writing

Summer 2 Week 2 (12)	w/b 08/06/20
Lesson 1	<p><b>BBC Bitesize</b>  <b>Attack of the Demon Dinner Ladies by Pamela Butchart</b>  <a href="https://www.bbc.co.uk/bitesize/articles/z627mfr">https://www.bbc.co.uk/bitesize/articles/z627mfr</a></p> <p>Using the book Attack of the Demon Dinner Ladies you will learn how to get information from a text, sequence events and write an advice bubble.</p> <div data-bbox="545 1482 847 1946" data-label="Image"> </div> <div data-bbox="853 1478 1165 1957" data-label="Image"> </div> <p>Attack of the Demon Dinner Ladies</p>

	<p>Izzy and her friends have never liked school dinners. Just recently, things have been a bit strange as the dinner ladies are wearing a new uniform and have new rules. When the lollipop man tells them that the new dinner lady has been here before, the children start to investigate.</p> <p>Watch footballer Jessie Lingard read an extract from Attack of the Demon Dinner Ladies.</p> <p><b>Then try and answer these questions:</b></p> <ul style="list-style-type: none"> <li>• Do you know what Shepherd's Pie is?</li> <li>• Why did the children sit at the Packed Lunch table that day?</li> <li>• What does the word 'weird' mean?</li> <li>• Do you think Mrs Kidd is evil?</li> </ul> <p><b>Video Transcript</b></p> <p>It all started on Friday when we were on our way to school dinners.</p> <p>We were walking down the stairs and that's when Maisie said, 'That's weird. I still can't smell it.'</p> <p>And it WAS weird because Maisie meant that she couldn't smell the SHEPHERD'S PIE and Maisie ALWAYS smells the shepherd's pie before we get to the dining hall when it's Shepherd's Pie Day. And we all knew that it was definitely Shepherd's Pie Day because it was Friday, and the dinner ladies hadn't served it yet this week, and they ALWAYS serve it at LEAST once a week, even though it's stinking.</p> <p>When we got to the dining hall me, Jodi, Zach and Maisie sat down at the Packed Lunch Table because we had packed lunches that day because we all hate the shepherd's pie and Maisie is actually terrified of it.</p> <p>One time, Mrs Kidd (the evil dinner monitor), tried to make Maisie eat the shepherd's pie and Maisie fainted headfirst into it because Maisie faints most of the time when she's scared.</p>
<p>Lesson 2</p>	<p><b><u>BBC Bitesize</u></b>  <b><u>Attack of the Demon Dinner Ladies by Pamela Butchart</u></b>  <a href="https://www.bbc.co.uk/bitesize/articles/z627mfr">https://www.bbc.co.uk/bitesize/articles/z627mfr</a></p>



Jessie Lingard reads a further extract from 'Attack of the Demon Dinner Ladies'.

Now watch Jessie Lingard read another extract from Attack of the Demon Dinner Ladies and think about the following:

- Do you know what a cockroach is?
- Why is Maisie screaming at the beginning of this extract?
- Why does Izzy give Jodie a look?
- What type of a girl is Maisie?

### Video Transcript

Maisie wouldn't stop screaming about the EYEBALL WATER being on her sleeve so I had to take her jumper off and give her mine to wear so she wouldn't faint, even though my jumper was FAR too big for her.

That's when Jodi said, 'Do you think they were real eyes?' And I gave Jodi a LOOK because I had just managed to calm Maisie down and didn't want her to go all wobbly again.

But then Maisie said it was OK to talk about the eyes, because she wanted to know what was going on so she could decide if she needed her mum to write her a note to say she wasn't allowed to go to the dining hall ever again.

Zach said that the eyes had looked like tiny black, beady animal eyes and we all agreed that they had.

And Jodi said that they were probably COCKROACH EYES. And then Maisie had to put her head between her knees for ages until she started breathing normally again.

Nobody was sure what to do next, so we decided to wait until lunch the next day to see if the eyes were in our water jug again.

Lesson  
3

**BBC Bitesize**  
**Attack of the Demon Dinner Ladies by Pamela Butchart**  
<https://www.bbc.co.uk/bitesize/articles/z627mfr>

	<p><b>Activity 1</b> <b>Extract 1</b></p> <p>It all started on a Friday when we were on our way to school dinners.</p> <p>We were walking down the stairs and that's when Maisie said, 'That's weird. I still can't smell it.'</p> <p>And it WAS weird because Maisie meant that she couldn't smell the SHEPHERD'S PIE and Maisie ALWAYS smells the shepherd's pie before we get to the dining hall when it's Shepherd's Pie Day. And we all knew that it was definitely Shepherd's Pie Day because it was Friday, and the dinner ladies hadn't served it yet this week, and they ALWAYS serve it at LEAST once a week, even though it's stinking.</p> <p>When we got to the dining hall me, Jodi, Zach and Maisie sat down at the Packed Lunch Table because we had packed lunches that day because we all hate the shepherd's pie and Maisie is actually terrified of it.</p> <p>One time, Mrs Kidd (the evil dinner monitor), tried to make Maisie eat the shepherd's pie and Maisie fainted headfirst into it because Maisie faints most of the time when she's scared.</p> <p><b>Watch or read the first extract again and answer the questions below.</b> <b>Use the extract to find the answers. The questions go in the order of the extract.</b></p> <ul style="list-style-type: none"> <li>• What day is it?</li> <li>• Why did Maisie say it was weird?</li> <li>• Where did the children sit?</li> <li>• What is Maisie terrified of?</li> <li>• What is the evil dinner monitor called?</li> </ul>
<p>Lesson 4</p>	<p><b>BBC Bitesize</b> <b><u>Attack of the Demon Dinner Ladies by Pamela Butchart</u></b> <a href="https://www.bbc.co.uk/bitesize/articles/z627mfr">https://www.bbc.co.uk/bitesize/articles/z627mfr</a></p> <p><b>Activity 2</b> <b>Extract 2</b></p> <p>Maisie wouldn't stop screaming about the EYEBALL WATER being on her sleeve so I had to take her jumper off and give her mine to wear so she wouldn't faint, even though my jumper was FAR too big for her.</p> <p>That's when Jodi said, 'Do you think they were real eyes?' And I gave Jodi a LOOK because I had just managed to calm Maisie down and didn't want her to go all wobbly again.</p> <p>But then Maisie said it was OK to talk about the eyes, because she wanted to know what was going on so she could decide if she needed her mum to write her a note to say she wasn't allowed to go to the dining hall ever again.</p>

	<p>Zach said that the eyes had looked like tiny black, beady animal eyes and we all agreed that they had.</p> <p>And Jodi said that they were probably COCKROACH EYES. And then Maisie had to put her head between her knees for ages until she started breathing normally again.</p> <p>Nobody was sure what to do next, so we decided to wait until lunch the next day to see if the eyes were in our water jug again.</p> <p>Read or watch extract 2 again and think about what happens. What do you think are the important events? If you could only tell your friend three things that happened, what would they be?</p> <p>Record the three most important things that happen in the extract. Select things from the beginning, the middle and the ending of the extract. Important thing from the beginning of the text .....</p> <p>Important thing from the middle of the text - .....</p> <p>Important thing from the ending of the text - .....</p>
Lesson 5	<p><b><u>BBC Bitesize</u></b>  <b><u>Attack of the Demon Dinner Ladies by Pamela Butchart</u></b>  <a href="https://www.bbc.co.uk/bitesize/articles/z627mfr">https://www.bbc.co.uk/bitesize/articles/z627mfr</a>  <b>Activity 3</b>  Read the ending of the second extract again:</p> <p>Nobody was sure what to do next, so we decided to wait until lunch the next day to see if the eyes were in our water jug again.</p> <p>What do you think the children should do? What advice would you give to them? Choose a child who you want to advise – Izzy, Maisie, Zach or Jodie. Draw a speech bubble and write your advice inside to them. Top tip! You should call the person you are advising ‘you’. You might use this to start you off:</p> <p>....., (insert name of who you are writing to) I think that you should ..... because .....</p> <p>You could also ..... or .....</p> <p>Think about how you will end your advice – maybe Good luck or Take Care.</p>

Summer  
2  
Week 3  
(13)

W/B 15/06/20

lesson  
6

### **BBC Bitesize**

#### **Using capital letters and full stops**

Home learning focus

To understand how to correctly form sentences by using capital letters and full stops.



When we write sentences, we always use a capital letter at the start. We also use capital letters for I and for proper nouns (the names of people, places, languages, days of the week and countries).

Watch the video and see if you can help Captain Capital defeat Captain Chaos.



At the end of a sentence we put punctuation, this is usually a full stop but can also be a question mark, or exclamation mark, depending on the type of sentence.

For this lesson, we're going to focus on full stops.

#### **Activity 1: Punctuate with MC Ernie**

Play the 'Punctuation' mini game on Small Town Superheroes. Use the yellow arrows to navigate to the 'Ernie' section to find the 'Punctuation' game.

If you can, open the game in a new tab. You can do this by right clicking on the window and selecting open link in new tab.



lesson  
7

### BBC Bitesize

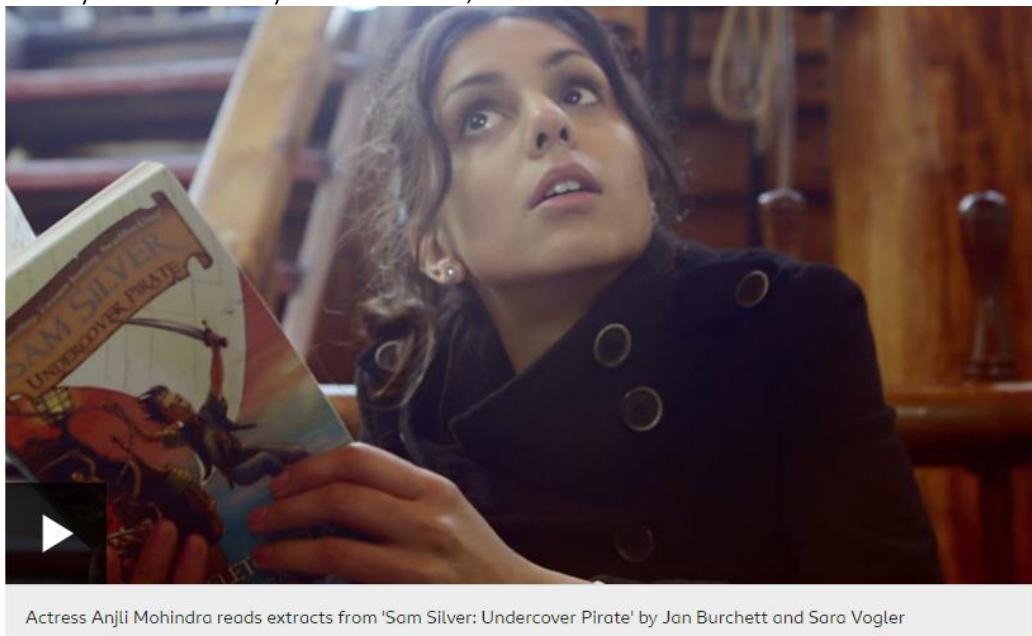
#### Using capital letters and full stops

#### Activity 2: Let's listen to a story

Next you are going to watch a video about a book called 'Sam Silver: Undercover Pirate'.

**Before** watching the video, write three sentences explaining what you think it might be about. Remember to use capital letters and full stops.

Once you've written your sentences, watch the video.



Actress Anjali Mohindra reads extracts from 'Sam Silver: Undercover Pirate' by Jan Burchett and Sara Vogler

Now you've watched the video and you know what the story is about, look back on your sentences - how close were you to guessing correctly?

Now, write three more sentences that would describe the story to someone who doesn't know it.

lesson  
8

### **BBC Bitesize**

#### **Using capital letters and full stops**

#### **Activity 3: Let's write some pirate sentences**

Create a list of words that you would associate with pirates. Here are some to get you started:

eye-patch

skull and cross bones

parrot

Once you've made your list, try writing three sentences about pirates using words from your list. Here are some examples:

Some pirates wear an eye-patch over one of their eyes.

A pirate flag usually has a skull and cross bones on it.

A parrot can sit on the shoulder of a pirate.

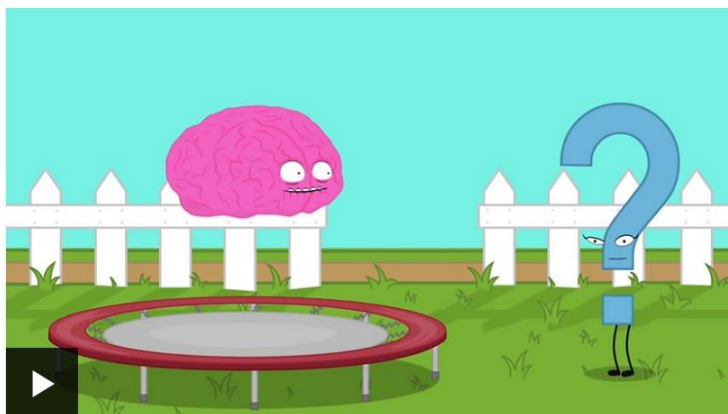
lesson  
9

### **BBC Bitesize**

#### **How to use question marks**

<https://www.bbc.co.uk/bitesize/topics/z8x6cj6/articles/zcm3qhv>

Watch the video then select the words which should be followed by a question mark.



▶ Select the words which should be followed by a **question mark**.

Why was Brain on a trampoline.

Brain was bouncing on the trampoline.

Where does a question mark go.

A question mark goes on the end of every question.

0/2

Check ✓

Now write 5 of your own questions and ask your family to try and answer them!

lesson  
10

**BBC Bitesize**

**Karate cats English**

<https://www.bbc.co.uk/bitesize/topics/zd63xyc/articles/zdp4pg8>



The Karate Cats are here to help with grammar, punctuation and spelling. Chop a capital letter, fly-kick a full stop or smash a sentence in this fun game. Head to the dojo to train with the very best Karate Cats and rank up to become an expert in these important English SATs topics!

Play the games to get treats, then swap them for more cats for your dojo. The harder you train; the more cats will come to visit you. Can you get the black belt and become a Karate Cat?

(Featuring David Tennant as the voice of Sensei.)

## **Maths**

We hope you are still enjoying using school jam! We add new activities regularly so please continue to complete the activities.

Did you enjoy finding  $\frac{1}{2}$  and  $\frac{1}{4}$  of amounts? Now we know that when we are sharing our snacks, unfortunately we cannot have a bigger half!

We will continue to use White Rose as we have found it has really worked for our children. From the emails we have received the children are enjoying them too! As mentioned previously, please ignore the dates that are on the plans. This is just because we created our own plans originally.

<https://whiterosemaths.com/homelearning/year-1/>

## Week Commencing: 8th June 2020

This week we will be following plans from Summer Term - Week 3 (w/c 4<sup>th</sup> May)

### Lesson 1 - Part-Whole Relationships: Number bonds

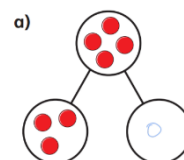
Can you use your number bond knowledge to help answer the questions?

### Lesson 2 - Fact families - linking addition and subtraction (1)

In this lesson, you will recognise the relationship between addition and subtraction number sentences.

### Lesson 3 add together and find a part

In this lesson, you will be completing the missing parts of the part-whole model. Remember when using the part-whole model for addition, the circle at the top is the total.



### Lesson 4 add more and count on within 20

In this lesson you will be adding amounts by counting on. This method makes us more efficient when solving addition number sentences.

Can you complete the Friday Challenge?

## Week Commencing: 15th June 2020

From this week, White Rose will no longer provide the work sheets to parents, but instead to the school. The work sheets will be sent with the home learning plans from the school. You can still access the videos from the website.

This week we will be following plans from Summer Term - Week 4 (w/c 11<sup>th</sup> May)

### Lesson 1 - add by making 10

In this lesson, you will be adding by making 10 first. This can be tricky but persevere and try your best!

### Lesson 2 - subtract within 20

In this lesson, you will be subtracting using a number line.

### Lesson 3 -add and subtract worded problems

In this lesson, you will continue to subtract by solving word problems.

### Lesson 4 - compare number sentences

In this lesson, we will be revisiting greater than less than. We sometimes use 'Gary Greater Than' and 'Larry Less Than' to help us. We will send some resources for those. Just remember crocodiles are greedy, and their mouth will always face the greatest number.

Can you complete the Friday Challenge?

You might find manipulating objects to be helpful. For example, using small toys to add amounts together. You may also want to draw pictures or record your working out. If your child can answer questions quickly that is great. Always ask your children to explain their answers, this will really get the cogs turning!

## Other subjects

### Science/Geography

Please keep a diary of the weather for the next two weeks. It is up to you how you lay this out (we have provided templates which can be downloaded and used if you wish). You can be as creative as you want but make sure you include each of the days of the week. You might decide to draw weather symbols beside each day or write how the weather is. As a challenge you might be able to record the temperature on each day too.


#### **Answer these questions:**


- What type of clothes did you wear each day? Were they always the same type of clothes?
- Did you need to wear gloves and a scarf? Why/why not?
- Was the weather the same every day?
- Did the temperature stay the same every day?
- Does the temperature change depend on the time of day?
- Did it snow? Why/why not?
- Can you name the 4 seasons?
- What season is it now?
- What season is it next?


Ideas for weather diaries:


**Weather Diary**


What is the weather like today?  
Keep a weather diary. You can use these pictures to help you.


  
sunny

  
cloudy

  
sun & cloud

  
rain

  
thunder / lightning

  
windy

Month: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# Weather diary

Woodland Trust  
naturedetectives

	 sun	 rain	 temperature	 wind	 cloud	tomorrow it will be...
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						



## weather diary



 <b>monday</b>	
<b>tuesday</b>	
 <b>wednesday</b>	
<b>thursday</b>	
<b>friday</b>	
 <b>saturday</b>	
 <b>sunday</b>	 

1stCollective.com



## Art

Please create a picture to represent the 4 seasons. You can be as creative as you wish and represent this in any way you choose. We have included some ideas below.





## D.T

### Creating Natural Pictures and Patterns

Can you design then make; a picture or pattern using natural resources in the environment? Maybe you could collect resources during a walk. These resources may include stones and pebbles, sticks, shells, leaves and petals. Here are some examples to support your ideas and remember to be imaginative and creative.



## P.E

Over the past few weeks lots of you have emailed to say that you can now ride your bikes without stabilisers!!! We would love you to send us photos of this.

Don't forget the Chelmsford Schools Sports Partnership send out a weekly sheet with five activities differentiated for KS1 and KS2 children.

[www.chelmsfordssp.com](http://www.chelmsfordssp.com)

Click onto the Parent Zone tab at the top, you will not need to login. It has a letter explaining the process and ways to use the resources. It contains the weekly sheets, guidance documents, healthy ideas and website links. Resources will be added to this on a regular basis.

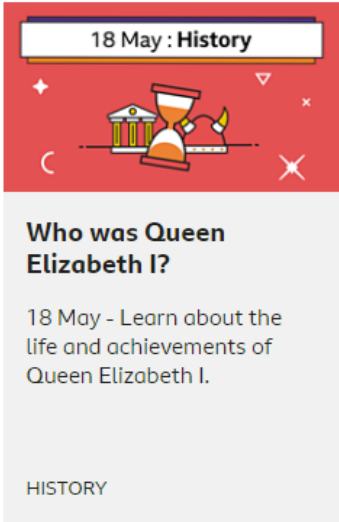
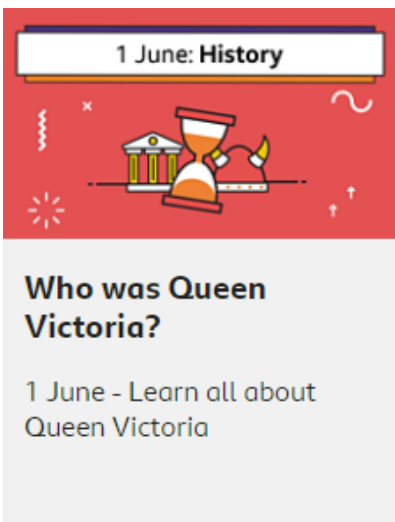
Also Jumpstart Jonny, Joe Wicks and Cosmic Yoga still have some great online videos.

Please look at the BBC bitesize daily lessons for history, computing and music.

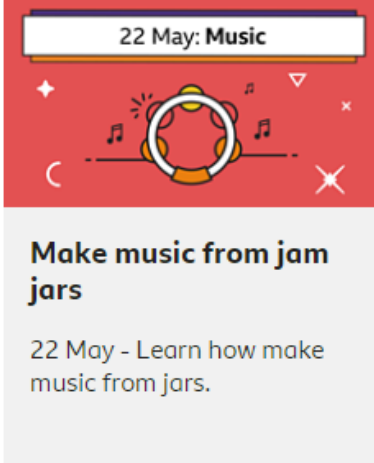
<https://www.bbc.co.uk/bitesize/dailylessons>

Simply click on year one to access the lesson plans and resources. See the lessons below that we would like you to take a look at.

### History

	
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### Music



### Computing



### Extra activities

- Can you make a portrait of Queen Elizabeth I or Queen Victoria?



A portrait of Queen Elizabeth I.





A portrait of Queen Victoria.

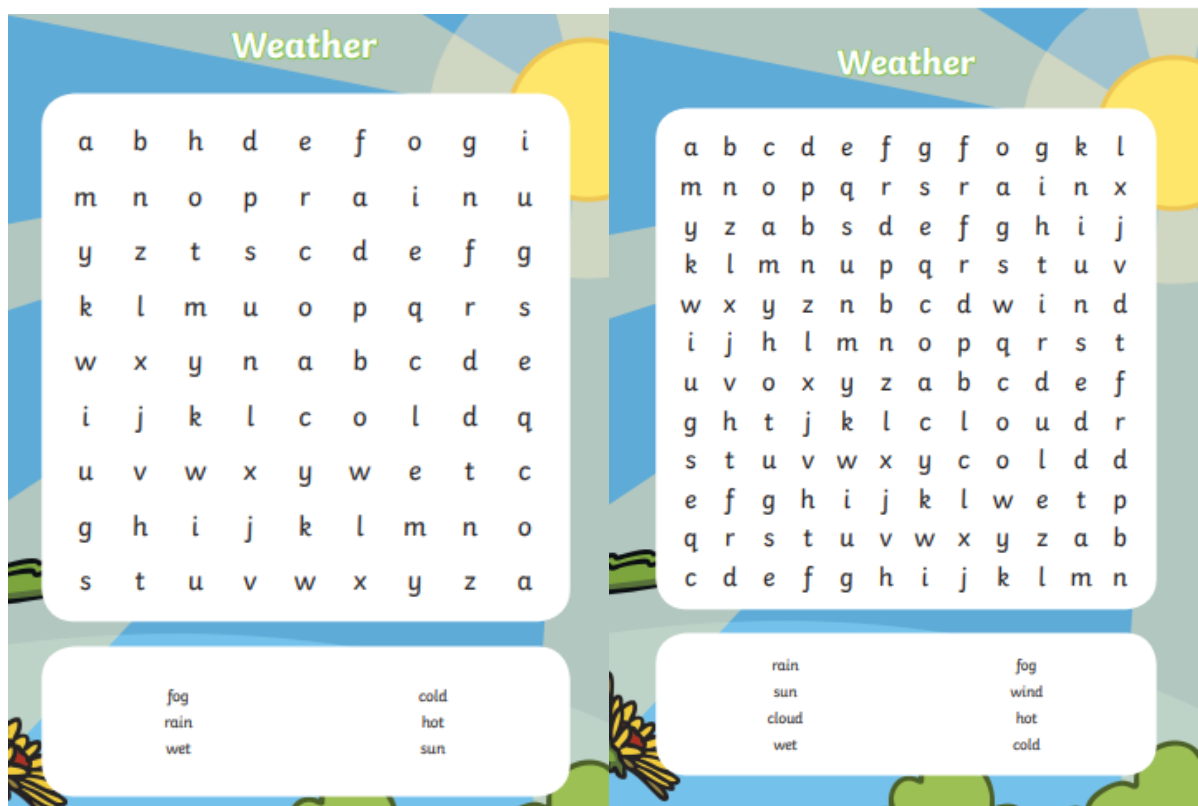
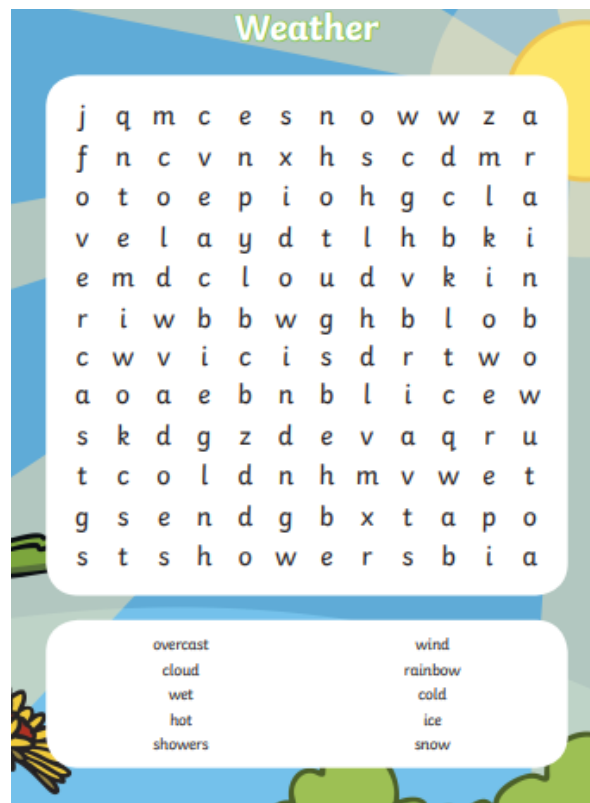


- Do you know who this is?



- Can you find out and write 3 facts about the Queen?
- If you were a king or queen for the day what would you like to do or what rules would you make?

Try one of these weather word search puzzles (available on website for download)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Have a go at each of these daily activities to help you stay active while you're at home!</b> <b>Remember it is important to stay active and healthy!</b>				<b>1</b> <b>Do some star jumps:</b> Bronze: 20 times Silver: 30 times Gold: 50 times	<b>2</b> <b>Create your own obstacle course</b> and time yourself doing it!	<b>3</b> Do your obstacle course again and <b>try to beat your time!</b>
<b>4</b> <b>Hop on the spot:</b> Bronze: 5 times Silver: 20 times Gold: 40 times	<b>5</b> Do some <b>shuttle runs:</b> Bronze: 10 runs Silver: 30 runs Gold: 50 runs	<b>6</b> Play a <b>throw and catch</b> game: Bronze: 10 catches Silver: 30 catches Gold: 50+ catches	<b>7</b> <b>Step jumps</b> – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold: 40+ times	<b>8</b> <b>Dribble a ball</b> of any size: Bronze: 20 times Silver: 50 times Gold: 100 times	<b>9</b> Do some <b>dancing</b> with your family! Choose a Zumba Kids or a Just Dance video and have a dance!	<b>10</b> Choose a song and <b>create your own dance routine</b> for the song! Perform it for your family.
<b>11</b> <b>Clap and throw</b> – throw a ball and clap: Bronze: 3 claps Silver: 5 claps Gold: 8+ claps	<b>12</b> Have a <b>jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	<b>13</b> Practice <b>balancing</b> on <b>right</b> leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	<b>14</b> <b>Sit ups!</b> Bronze: 5 sit ups Silver: 10 sit ups Gold: 15+ sit ups	<b>15</b> <b>Skipping</b> (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	<b>16</b> Find a <b>Yoga</b> video to do on Youtube. Do it with your family.	<b>17</b> <b>Create your own 5-10-minute yoga routine.</b> Teach it to the people at home.
<b>18</b> <b>Keep ups</b> – see how many times you can kick a ball up: Bronze: 5 times Silver: 10 times Gold: 20+ times	<b>19</b> <b>Tuck jumps</b> – see how many you can do in a row: Bronze: 5 jumps Silver: 10 jumps Gold: 20 jumps	<b>20</b> Practice <b>balancing</b> on <b>left</b> leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	<b>21</b> <b>Wall ball</b> – throw a ball off a wall catch it: Bronze: 5 times Silver: 15 times Gold: 30+ times	<b>22</b> <b>Catch a ball</b> with your <b>OTHER</b> hand: Bronze: 10 catches Silver: 20 catches Gold: 30 catches	<b>23</b> <b>Create your own target game!</b> Find some soft things to throw and a target.	<b>24</b> <b>Teach</b> the people at home <b>your target game</b> and see who scores the most points!
<b>25</b> <b>Squat</b> – count how many squats you can safely do in a minute: Bronze: 10 Silver: 15 Gold: 20+	<b>26</b> <b>High knees</b> – how long can you do high knees for? Bronze: 20 seconds Silver: 40 seconds Gold: 1 minute	<b>27</b> <b>Toe touches</b> – how many times can you touch a ball with your toes? Bronze: 5 times Silver: 10 times Gold: 20+ times	<b>28</b> <b>Tennis keep ups</b> – using your hand/racquet, can you hit a ball up? Bronze: 10 times Silver: 20 times Gold: 30+ times	<b>29</b> <b>Hopscotch</b> – how long can you hopscotch for before you're tired? Bronze: 10 seconds Silver: 30 seconds Gold: 1 minute	<b>30</b> <b>Create your own fitness circuit at home!</b> Choose some of the activities from this month to put in your circuit. Time yourself!	<b>31</b> <b>Challenge</b> the people in your house to do your circuit or ask someone to make one for you! Try to get a better time!

We hope you enjoy the activities!