

**Home learning week beginning 23.3.2020**

**Other activities you could complete this week.**

**If you complete any of these, we'd love to hear about it. Send us a picture or email to [office@cedarchildrensacademy.org.uk](mailto:office@cedarchildrensacademy.org.uk)**

**Listen to a new story at**

<https://stories.audible.com/start-listen>

Can you retell it to someone in your house?

Can you create a book review (or video it) to recommend it to others and explain why?

**Learn some British Sign Language**

You can learn greetings:

<https://www.youtube.com/watch?v=kyicdRl3ULg>

You can learn animals:

<https://www.youtube.com/watch?v=7-LwkSZOE44>

**Draw a map of your local area and highlight interesting landmarks.**

**Get active outside**

If you have a garden, you could:

- Play hopscotch
- Paint the fence with water
- Make an outside den

**Start a nature diary.** Look out the window/go out into garden each day and keep note of what you see.

Birds, flowers, changes in the weather, what else?

Can you learn the names of the birds you see?

**Play with words**

How many different words can you make from the letters in this sentence below. Grab a paper and pencil and write a list!

“Learning from home is fun”

Learn to draw with Rob at:

<http://www.robbiddulph.com/draw-with-rob>

Learn some basic first aid

This week learn to help someone with choking, burns or Choking:

<https://www.youtube.com/watch?v=BbulBmE3Kp4>

Burns:

<https://www.youtube.com/watch?v=2NsYRoKsw8c&list=PLZqB1U2YzcaY2zdnVsXaKBo9S0eetB689&index=3&t=0s>

Broken bones:

<https://www.youtube.com/watch?v=RI348a1nNRw&list=PLZqB1U2YzcaY2zdnVsXaKBo9S0eetB689&index=3>

Practice on a teddy or doll!

**Spell your name work out**

find the letters of your name and do this workout every day.

Can you do workouts with your family?

**SPELL YOUR NAME**

**DO THE WORKOUT EVERY DAY**

- |                            |                            |
|----------------------------|----------------------------|
| <b>A:</b> 10 PUSH UPS      | <b>N:</b> 5 SETS OF STAIRS |
| <b>B:</b> 1K JOG           | <b>O:</b> 20 LEG RAISES    |
| <b>C:</b> 10 SQUAT JUMPS   | <b>P:</b> 1 MIN PLANK      |
| <b>D:</b> 20 BURPEES       | <b>Q:</b> 30 STAR JUMPS    |
| <b>E:</b> 10 SQUATS        | <b>R:</b> 2 MIN SKIPPING   |
| <b>F:</b> 20 STAR JUMPS    | <b>S:</b> 20 BURPEES       |
| <b>G:</b> 20 LUNGES        | <b>T:</b> 30 SEC PLANK     |
| <b>H:</b> 1 MIN SKIPPING   | <b>U:</b> 15 SQUATS        |
| <b>I:</b> 45 SEC PLANK     | <b>V:</b> 15 PUSH UPS      |
| <b>J:</b> 3 SETS OF STAIRS | <b>W:</b> 20 SIT UPS       |
| <b>K:</b> 10 BURPEES       | <b>X:</b> 10 LUNGES        |
| <b>L:</b> 20 SQUATS        | <b>Y:</b> 20 SQUAT JUMPS   |
| <b>M:</b> 2 MIN PLANK      | <b>Z:</b> 2 MIN PLANK      |