



English ideas

You could:

- Keep a diary (none of us have experienced anything like this before). It could be your 'Daily Blog'.
- Your top tips to stop the boredom!
- Think of a subject and see if you can think of something for each letter of the alphabet! Challenge your family.
- If you do any cooking, you could have a go at writing your own set of instructions for the recipe?
- Teach someone else how to play your favourite game. Can you explain how to play 'Yu-gi-oh' for example?
- Write a movie, book review
- Create a 'Time capsule' to bring into school and talk about why you have chosen the specific items!

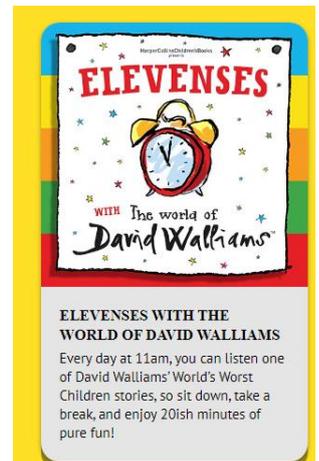
Other links and websites which might help you keep you busy.

Storytime With David Walliams

Free story everyday at 11am on his website:

www.worldofdavidwalliams.com

More Links....



Key Stage 3

<https://www.funbrain.com/games> (Range of facts and fun/ Maths & English)

<https://pbskids.org/> (Games English & maths/ eco-journey)

<https://www.highlightskids.com/> (Quizzes/jokes/facts)

<https://www.switchzoo.com/> (Animal quizzes/puzzles/memory games)

<https://www.natgeokids.com/uk/> (Geography & animals)

<https://reading.ecb.org/> (Reading techniques with audio)

<https://www.seussville.com/> (videos & word games)

Key Stage 4

<https://360.visitlondon.com/#> (Virtual tours around London sites)

https://www.youtube.com/watch?v=FtGN2wK9g_s (Virtual tour around Buckingham Palace)

https://www.360cities.net/video_gallery (Tours of cities around the world)

<https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html> (Teenage articles/interests – 20 days of learning)

<https://wonderopolis.org/> (Interesting information from all over the world)

<https://homeschoolhideout.com/educational-shows-on-netflix/> (Netflix educational shows)

http://www.wordsforlife.org.uk/sites/default/files/Wally_25th_activity.pdf

(Where's Wally?)

<https://www.educationquizzes.com/ks3/english/adjectives-01/> (Literacy quizzes)

<https://www.literacyplanet.com/uk/comprehensive/#chooseplan> (Literacy planet – 14 day free trial)

<https://www.bbc.co.uk/bitesize/subjects/z3kw2hv> (Daily range of activities)

https://www.superteacherworksheets.com/causeeffectfactopinion/factopinion1_WBNNQ.pdf?up=1466611200 (Range of free worksheets)

FUNCTIONAL SKILLS (KS4 FED)

<https://www.excellencegateway.org.uk/interactive-resources/literacy>

<https://www.skillsworkshop.org/english>

<https://learnenglish.britishcouncil.org/> <https://www.bbc.co.uk/bitesize/subjects/zmqj2nb>

Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com

12.00pm - Lunch (cooking with Jamie Oliver)
<https://bit.ly/33MVjjE>

1.00pm - Music with Myleene Klass
<https://bit.ly/2xISzh0>

1.30pm - Dance with Darcey Bussell
<https://bit.ly/39mmBym>



2.30pm Taskmaster set by Alex Horne &
judged by The Taskmaster himself
<https://bit.ly/33KLpPv>

4.00pm - Home Economics with Theo
[Michael](#)s (Mon/Wed/Fri)

Maths links

(see Maths Login page for support for RM Easimaths/ MyMaths)

<https://www.mathsisfun.com> (maths is fun)

<https://www.topmarks.co.uk/> (Top Marks)

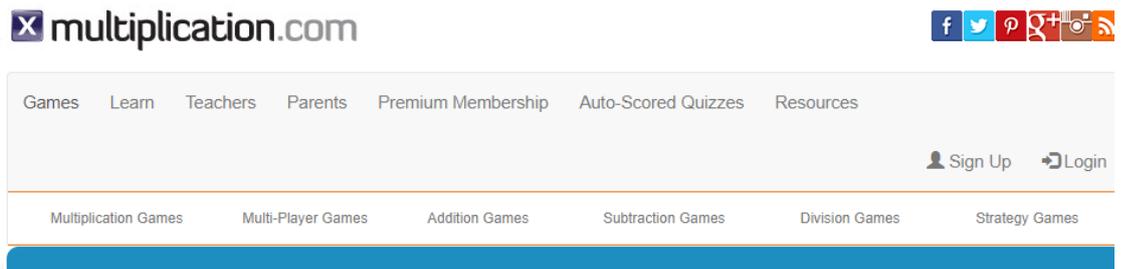
<https://mathszone.co.uk/> (Maths zone)

Math Antics <https://www.mathantics.com>

Maths Playground <https://www.mathplayground.com/> - Lots of maths games

<https://www.multiplication.com/> Lots of games for multiplication, division, addition and subtraction

Multiplication Games





PE with Joe Wicks On YouTube
Week days at 9am but you can visit any time on youtube to view the workout.

Free delivery on all orders

Search for a product

PE Essentials Gymnastics Football Athletics Netball Rugby Other Sports Coaching & Resources Clothing Outdoor & Playground Health & Fitness Storage Clearance

Home > 60 Second Personal Challenge

Coronavirus Update: Davies Sports are committed to supporting you and will continue to deliver to schools, nurseries and homes, offering next day delivery. [Click here](#) to read our statement.

60 Second Personal Challenge

The Davies Sports 60 Second Personal Challenge is a weekly challenge you can set yourself to help improve your fitness. These challenges only take 60 seconds to complete and require little-to-no equipment. Simply stand up from your desk and get moving. Each day of the week complete the challenge, note down how many jumps you can do and try to beat your score the next day, at the end of the week track your scores to see how well you have done.

60 Seconds Fitness Challenges : Davies Sports

Technique is important so please supervise to avoid injury.

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-16-keepy-uppies/>

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-17-high-knees/>

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-18-bicep-dips/>

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-14-jump-reach/>

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-12-burpees/>

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-11-sit-ups/>

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-10-balancing-beanbag/>

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-9-bounce-catch/>

<https://www.daviesports.co.uk/blog/personal-challenge/challenge-6-slow-catch/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-4-run-on-the-spot/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-3-star-jump/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-2-quick-jump/>

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-1-hopping/>

A word about press ups :

If your child cannot maintain a **completely straight back** and appears to be straining, please advise they come onto their knees. Keeping wrists in line with their shoulders so that the weight is going onto their arms. **Dipping in the lower back** can lead to injury. **Wall press-ups** are a great and safer alternative!

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-8-press-ups/>

A word about lunges :

It is important to ensure that there is a straight line between **knee and ankle** when stepping forwards. Do not allow the knee to cave inwards.

It is often easier to do a **backwards lunge** and holding on to the wall will help improve technique whilst learning

<https://www.daviessports.co.uk/blog/personal-challenge/challenge-7-lunges/>