

Literacy

Can you balance on one foot like Debbie Doo?

<https://www.youtube.com/watch?v=kM5875xGZcs>

How many elephants can balance on a piece of string?

<https://www.youtube.com/watch?v=nhBqS8Nbilk>

Hello

Hello St Crispin's Primary Classes 😊
Every week we are going to send out a home learning sheet with some suggested ideas and activities for the week based around a theme.

St Crispin's Primary Classes Home Learning Week beginning Monday 8th of June 2020

Theme: Some Extra Senses!
This week we look at activities using vestibular
and proprioceptive senses! (Balance and body
awareness)

Numeracy

How long can you hold a plank? Not a wooden one!
See below for photo for three different exercises. Count how long you can hold each pose for – next time try for a bit longer – can you count higher?

Improving Core Stability

Plank Positions

1 four point kneel

- Extend one arm
- Extend one leg
- Extend opposite arm and leg

2 elbow plank

- Push cars underneath - how many laps can you do?
- March soft toys underneath

3 high plank

- Count how many times you can roll ball underneath
- Count how many blocks can you build up underneath



Science

Explore the opposite forces of pushing and pulling. Push a pram



Explore gravity in a safe way by hanging upside indoors or do a handstand! Have fun!



Challenge

How many of these 'heavy work' activities can you do? Carry a bag of groceries, sweep the floor with a broom, dig a hole with a spade, ride a bike or trike, jump on a trampoline, catch a ball or beanbag, wheelbarrow walk.



Expressive Arts

Do some painting with hands or feet while balancing across a therapy ball, stool or chair.



Health and Wellbeing

Check in with your body awareness by doing some exercises on a therapy ball – or use a chair. Put your weight on your hands, using core strength to keep your balance. Lift your arms up like superman!



For a nice squeeze, lie on the floor on your front on a mat or rug and have someone roll the ball from your feet to your shoulders, pushing down comfortably hard. Stop at shoulders – don't roll over head or face!

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