

Rang 3 Work for Week 15/6/20 to 19/6/20.

Creative Monday 15/6/20

Today I thought we might try a bit of baking. The following is a really simple recipe for baking buns which I trialled out with my nieces and nephew and worked well:

- (6oz margarine, 5oz castor sugar & 2 tbsp honey) beat together.
- 4 eggs (add one at a time)
- Beat well and then add 1tsp vanilla extract.
- 8oz self raising flour: add flour gradually with mixer on slow
- Place spoonfuls of mixture in bun cases and bake at 180c (gas mark 4) for 20 minutes.

I'm no Mary Berry but this was really easy to do and made 16 buns.

Active Tuesday 16/6/20

The plan is to get everyone active today!!

-Create your own obstacle course in the garden. Try to use as many materials as possible. If you have siblings maybe race against them to see who can get the fastest time.

-40 second high knees running on the spot –Rest-40 seconds more if you can!!

Play Simon Says with your family.

Challenge for the week: Walk or jog 1km today. Maybe really challenge yourself and try to walk/jog 5km between today and the end of the week. If anyone has a fit bit and would like to forward onto me evidence of how much they have done that would be great 😊

Wellness Wednesday 17/6/20

Mandalas, meaning circles in Sanskrit are symbols that are used for meditation, healing and art therapy for both adults and children. Mandalas have been shown in clinical studies to boost the immune system, reduce stress and pain, lower blood pressure and promote sleep. If you click on the PDF below there are a range of Mandalas to try out today.



Mandala.pdf

Active Thursday 18/6/20

- Skills practice: for 20 minutes practice kicking or catching with a ball (hurling ball off a ball counts too!)

-20 sit ups –Rest-20 more if you can

-Try a Go Noodle or exercise video on YouTube

Artistic Friday 19/6/20

Today I would like every child to design their own poster with a message for their classmates. The poster can be any size and be decorated with any type of colours. Let's be creative here and express ourselves. The message is something you would like to share with the rest of the people in your class; perhaps how much you miss them or what you look forward to most when you all return to school together. Try and make the writing in your message really stand out so try to do it in bubble writing or even do a collage.