

Five Fun Activities

WB: 25th May 2020

1. Do a Skipping Workout

Single Bounce

Bring the skipping rope over your head. Jump once over the rope as it comes towards the ground. You could try skipping in time to a favourite piece of music!

Skiing

Mark a line on the ground using chalk, string or other marker. Make sure it won't trip you up! Stand next to the line. Jump over the rope and land on the other side of the line. Continue jumping side to side over the line as you skip.

Double Bounce

Bring the skipping rope over your head. Jump once over the rope as it comes towards the ground. As you bring the rope back up behind you, jump a second time.

Back and Forth

Mark a line on the ground using chalk, string or other marker. Make sure it won't trip you up! Stand behind the line. Jump forwards over the rope and land in front of the line. Continue jumping back and forth over the line.

Jogging Step

Instead of jumping over the rope with both feet together, use just one foot followed by the other to jog over the rope on the spot.

Forward Motion

Like the jogging step but take a step forward each time so that you can move forwards while jogging over the rope.

If you want some inspiration, google pro jump roping!




2. Develop your Cooking Skills

Get Set to Eat Fresh

Aldi and Team GB have joined together to create free materials for teachers and parents to support young people aged 5–14 in developing their understanding and love of fresh, healthy food, the skills they need to cook for themselves and the desire to celebrate food with friends and family. There is a home learning hub which is worth having a look at with some free resources you can complete at home. The link is below.

<https://getseteatfresh.co.uk/>

I have chosen one of the resources I thought you might like to try at home. It is something you could pin up on your fridge and tick off over several weeks. It is an 'Advanced Olympic Cooking Skills Record', whereby you tick off a skill when you practice it, and earn your gold medal once you have practiced it three times. Its great for learning essential skills! I have attached the PDF along with this word document, it looks like the picture below.








ACTIVITY SHEET
ADVANCED OLYMPIC COOKING SKILLS RECORD

CLASS NAME _____

Record your progress as you develop your cooking skills. Blank rows have been included in the chart so you can add in additional skills you would like to develop.

SKILL FOCUS	EQUIPMENT <small>The equipment you will need and suggested foods to use</small>	SKILL TIPS <small>Includes a drawing or sets in some tip tips that will help you remember the skill</small>				SKILL FOCUS	EQUIPMENT <small>The equipment you will need and suggested foods to use</small>	SKILL TIPS <small>Includes a drawing or sets in some tip tips that will help you remember the skill</small>			
											
Weigh food in multiples of 25g and 50g	Digital weighing scales Flour, rice					Sub in, mix and knead dough, shape or roll out, and use cutters	Sieve, floured surface, cutter Scone recipe				
Measure accurately using a measuring jug	Measuring jug Oil, stock					Mash or blend foods	Masher/blender Potato, milk, butter or pesto ingredients				
Core fruit	Vegetable knife/corer Apple, pear					Mix ingredients using a spoon or electric mixer	Wooden spoon or mixer, bowl Butter and sugar				
Drain liquid from tinned food	Sieve Tinned tuna, sweetcorn					Baking dishes	Oven, oven proof dish/ cake tin, oven gloves Custard, cake mix				
Peel vegetables	Vegetable peeler Carrots, potatoes					Fry foods or boil water	Hot, pan Onion, pasta				
Use the bridge hold	Vegetable knife Russet potato, apple, tomato					Cook foods under the grill	Oven, grill pan Vegetable kebabs				
Use the claw hold to prepare equal-sized pieces	Vegetable knife Cakes, carrots					Steam vegetables	Hot, steam pan Broccoli, cauliflower				
Use the fork secure	Vegetable knife, fork Cucumber					Stir-fry foods	Hot, wok Chicken, vegetables, noodles				
Crush foods	Golfic press or rolling pin Golfic or biscuits										
Zest fruits	Zester (fine side) Lemon										

SET SOME FOOD PREPARATION GOALS

1. What food preparation skills do you want to improve further?

2. What new food preparation skills would you like to learn?



getseteatfresh.co.uk
#GetSetEatFresh

3. Make Frozen Strawberry Yoghurt

Prep: 10 mins

Serves: 5

Ingredients

140g strawberries

½ x 405g can light condensed milk

500g tub 0%-fat Greek yogurt

Method

1. Roughly chop half the strawberries and whizz the rest in a food processor or with a stick blender to a purée.
2. In a big bowl, stir the condensed milk into the puréed strawberries then gently stir in the yogurt until well mixed. Fold through the chopped strawberries.
3. Scrape the mixture into a loaf tin or container, pop on the lid or wrap well in cling film and freeze overnight, until solid. Remove from the freezer about 10-15 mins before you want to serve the frozen yogurt. Can be frozen for up to 1 month.

Watch the video of how to make it here: <https://www.bbcgoodfood.com/recipes/frozen-strawberry-yogurt>



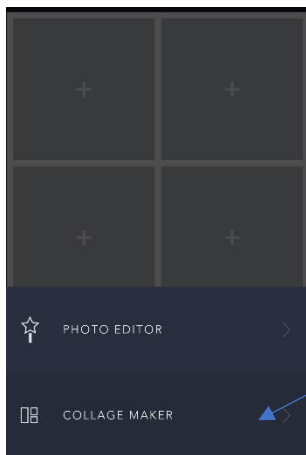
4. Make a Photo Collage

Make a photo collage filled with the activities you have been doing at home. Maybe you could share your photo collage on the school Facebook page, but you must check with your parents before you do.

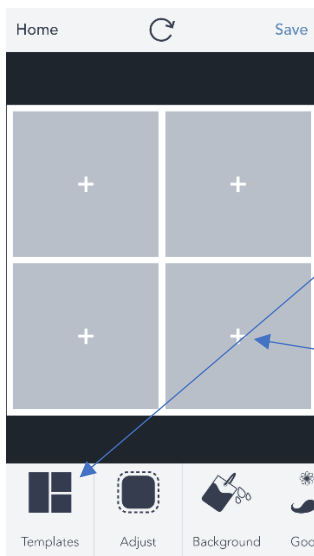
To do this activity you will need access to a laptop or a smartphone.

Smartphone Instructions

If using a smart phone, download an app called 'BeFunky'



Select 'Collage Maker'



Select 'Templates' to choose how many photos you want to add to your collage.

Select '+ to add a photo. Fill the spaces with your chosen photos.

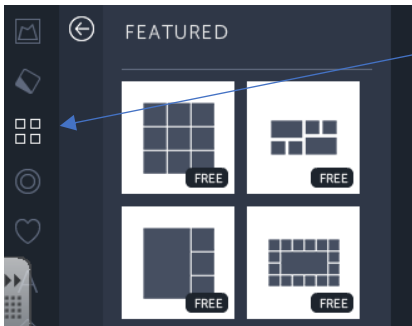
You may wish to try the other options from the menu at the bottom of the screen which include, background, goodies and text to make your collage even better.

Laptop Instructions

If you are using a laptop visit this website: <https://www.befunky.com/features/collage-maker/>



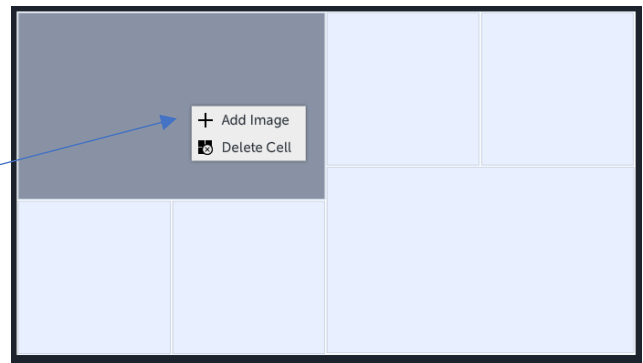
Click 'Get Started'



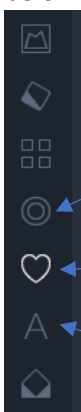
Click Layouts

Choose your layout, and how many photos you want in your collage.

Select a box by clicking on it and then click add image. This will open up the files on your computer and you can select your chosen photo. Repeat this until your collage is complete.



If you wanted to, you could have a go at adding patterns, graphics or text to your collage using the options below.



Patterns

Graphics

Text

5. Be a Garden Bird Detective

Garden bird detective



www.wildlifewatch.org.uk

Pictures: Chaffinch, Blue tit, Goldfinch and Great tit (c) Amy Lewis / Greenfinch (c) Gillian Day / House sparrow (c) Stewart McDonald / Blackbird (c) Neil Aldridge / Collared dove (c) Ian Rose / Starling (c) Margaret Holland / Wood pigeon (c) Steve Waterhouse

Hopefully, some of you have had a go at making your own bird feeders. Now its time to become a garden bird detective! Above are some of the birds that might just visit your garden! See how many you can spot!