

# Five Fun Activities

WB: 11<sup>th</sup> May 2020

## 1. Do a Football Workout

Try these different football challenges at home.

This workout is easier in an outdoor space but some of the activities can be completed indoors (check with an adult before you start). You can set up stations and work your way round them. You could do them in the order shown, create your own order or just select your favourite ones and spend longer on those activities. See if you can make your workout last for about 20 minutes.

### THE ACTIVITIES

#### **Ball Skills: Keepy-Uppy Challenge**

*How many keepy-uppies can you do using just your feet?*

- Can you use other parts of your body too?
- Practise using your feet, knees, head and chest to keep the ball up.
- Keep practising to achieve your personal best and then challenge others to try to beat you!



#### **Ball Skills: Dribbling**

Set out a series of cones or suitable objects to dribble round (approximately six) about one metre apart.

- Weave through the cones while dribbling the ball.
- Try to use both feet to control the ball and keep it close.
- You can either do this a certain number of times or for a certain amount of time.

#### **Footwork and Dodging: Knee Tag**

The aim of the game is to score as many points as you can by tapping your partner's knees while trying to dodge and avoid your knees from being tapped.

- Stay on the balls of your feet so you can move quickly.
- Bend from your knees and try to face your partner.
- You get one point each time you tap your opponent's knee.
- How many points can you score in one minute?

#### **Balance and Fitness: Toe Taps**

Place a ball on the ground in front of you.

- Tap the top of the ball with sole of your foot (front part).
- Then use the other foot to tap the top of the ball.
- Keep alternating your feet.
- You can either do this a certain number of times or for a certain amount of time.
- Try to make contact with your foot on the very top of the ball.
- Use your arms to help you stay balanced.

#### **Aiming for a Target: Penalty Shootout**

Set up a goal and decide on a certain distance to shoot from.

- Take it in turns to be the goalkeeper and the penalty taker.
- Have five penalty kicks each and go to 'sudden death' if it is a draw after that.

## 2. Make Crunchy Veggie Kebabs

Serves 4

Prep: 10 mins

Cook: 5-6 minutes

### You will need

1 **courgette**, halved lengthways and cut into chunks

1 **orange pepper**, deseeded and cut into chunks

1 **red pepper**, deseeded and cut into chunks

8 **chestnut mushrooms**, halved

2 tablespoons **olive oil**



### For the Glaze

1 tablespoon tomato ketchup (or Clever Tomato Sauce – see below)

1 tablespoon clear honey

1 teaspoon mustard

Divide the prepared vegetables evenly between 8 well-soaked bamboo skewers or 8 metal skewers, threading them on in a repeating pattern. Lightly brush each kebab with the oil.

Cook the kebabs on a BBQ (or griddle pan) for 5-6 minutes, turning occasionally, until the vegetables are lightly charred in places and tender.

Meanwhile make the glaze. Mix together the tomato ketchup (or clever tomato sauce), honey and mustard.

Remove the kebabs from the heat and lightly brush them with the glaze.

### Clever Tomato Sauce

1 **carrot**

200g/7oz **butternut squash**, diced

50g/1 ¾ oz **frozen peas**, defrosted

415g/14 ¾ oz can **baked beans**

400g/14 oz can **chopped tomatoes**

200g/7 oz **tomatoes**, chopped

In a saucepan of boiling water, boil the carrot, squash and peas for 7-8 minutes until tender, then drain them and return them to the pan. Keeping the pan off the heat, add the baked beans and puree the mixture with a hand blender until smooth.

Return the pan to the heat. Add both the canned and fresh tomatoes and bring everything to the boil. Reduce the heat and simmer for 4-5 minutes until the fresh tomatoes are soft and pulpy. Remove the pan from the heat and puree again until you have a beautifully smooth sauce.

(This is perfect for freezing so it doesn't go to waste)

### 3. Research an Artist

Your artist to research is:

**Wassily Kandinsky (1866-1896)**

Can you find out:

- Information about his life
- What style were his paintings?
- What influenced his style?

Here are some websites you could use, but you may also want to find your own.

<https://www.wassilykandinsky.net/>

<https://www.slideshare.net/nivaca2/wassily-kandinsky-for-kids>

<https://kids.kiddle.co/Kandinsky>

Below are a few of his paintings. What similarities and differences can you see between these paintings? How would you describe his style? See if you can find more of his paintings and choose your top 10.



## 4. Create a Family Tree



Talk to your family about your family history. Can you trace back to your grandparents, great grandparents or even further?

Once you have planned out how many people you will be putting onto your family tree, either draw a tree outline or you could use one like the example below.

If you wanted to you could do fingerprints on your tree for each person when you write their name like the picture to the left.

If you have any, you may want to add pictures to your family tree.



## 5. Learn about Florence Nightingale



May 12<sup>th</sup> (this Tuesday) marks Florence Nightingale's birthday.

See if you can find out some information about her life. Have a look at the website below and watch the video which gives you some information.

<https://www.bbc.co.uk/bitesize/topics/zns9nrd/articles/znsct39>

Once you have watched the video clip, have a go at the activity.

Here is another good website to look at.

<https://www.natgeokids.com/uk/discover/history/general-history/florence-nightingale/>

Teach someone you live with about the work of Florence Nightingale and talk about why you think she is such an important person in history.