

Keeping Active Home Learning Pack



Included in this pack:

- Fitness circuit cards and recording sheet
- Reading practice – tongue twisters
- Word hunt – find the clues and solve the riddle!
- The human skeleton
- Keeping healthy investigation
- Daily activity journal

This home learning pack is designed for children in years 3 to 6 (ages 8–11) to complete, with some adult support where possible, over a week. It contains fun, engaging opportunities to develop and practise reading and writing skills that can be completed within a child's home environment, based around the topic of 'Keeping Active'. Activity sheets are provided – but if you do not have access to a printer, all activities could be completed using any paper or writing books that you have at home.

For teachers' reference, the pack covers these key curricular skills:

Reading

- to prepare poems to read aloud and perform, showing understanding through intonation, tone, volume and use of actions.

Writing

- to spell statutory spelling words for KS2

Science

- to identify that humans (and some other animals) have skeletons (and muscles) for support, protection and movement;
- to recognise the impact of... exercise on the way their bodies function;
- to take accurate measurements;
- to set up scientific enquiries

PE

- to develop flexibility, strength, technique, control and balance;
- to compare their performances with previous ones and demonstrate improvement to achieve their personal best

A week's worth of activities are described on the next page, with helpful information for adults explaining how to use these resources with your child. They are designed to be as fun, practical and creative as possible – nurturing children's natural curiosity, developing their literacy skills and keeping learning lively!

Activities

Fitness Circuits

Use the **fitness circuit cards** to create your own fitness circuit! Your child can time themselves for one minute doing each exercise and note how many repetitions they complete on the **recording sheet**. The six exercises are designed so they can be undertaken indoors or outside.

Encourage your child to complete the fitness circuit regularly, and see how their scores for each exercise increase over time. Talk with them about how they could improve their technique so that they can complete more of each exercise.

Tongue Twisters Reading Practice

Enjoy reading the three **tongue twisters** with your child. Can they read them out loud? Ask your child to explain **why** they are tongue twisters – what makes them so difficult to read? (For example, the repeated sounds in the words, called ‘alliteration’.) Encourage your child to practice reading them, thinking about how they use their voice. They could perform them, and teach them, to other members of the family.

Word Hunts

This **activity** gives you the opportunity to keep your child active and also practise their spelling! The code breaker sheet shows emojis that represent each letter of the alphabet, and there are ten colour coded card sets, each of which contains the letters of a word. Cut out the individual cards and hide them in the house or garden (it’s a good idea to fix them in place with blu tack or similar). The answer sheets show children how many cards they need to find for each word. Once all of the cards have been found, your child should unscramble the letters to find the hidden words and write them on the answer sheets. All ten words are taken from the statutory spelling words for KS2, and they are shown, unscrambled, on the word list sheet. If you enjoy this activity, you could always create your own word hunts, too!

The Human Skeleton

Use the **human skeleton worksheet** to find the names of some of the bones in our bodies. Children should do some research, using books or the internet, to find out where the bones in the human body on the sheet are. Challenge your child to find out the names of other bones in the skeleton and add these to the sheet. Can they also find out how many bones there are in the human body? (There are 206 in an adult skeleton. Babies have more, 270, but some fuse together as they grow.)

Investigate the three functions of the skeleton: to support, protect and move the body. Your child can find out how the skeleton does this and write answers on page two of the worksheet.

Keeping Healthy Investigation

Support your child to complete their own **scientific investigation**. They need to choose three different physical activities (perhaps use ideas from the fitness circuit cards) and measure their pulse before and after each exercise.

Use the worksheet to record their results, writing up which exercise raises their pulse rate the most, and beginning to explain why this happens.

Daily Activity Journal

Encourage your child to keep a daily journal showing how they have kept themselves active. Have they: gone for a walk; played in the garden; completed the fitness circuit; danced to their favourite songs?

Keep a record of these to encourage your child to stay active – and use their writing skills, too!

Other Activities:

- Can the children make a den, inside or out?
- Can you do some extreme reading? Find an unusual place to read. It could be under a table, in a den, in a garden, on the windowsill or anywhere else – as long as it is safe! Take photos to share with your friends and family.
- Make your own scavenger hunts for your family to complete!
- Go for a walk outside if you can.
- Design your own fitness circuits and challenge your family to complete them with you.
- Investigate skeletons of different animals. Make your own skeletons using straws, cotton buds or pasta.