



# Lanesend Home Learning 02/07/20

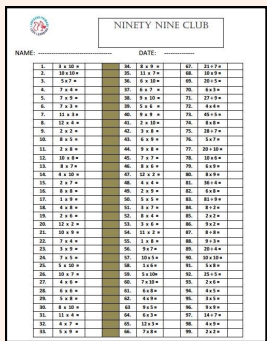


Welcome to our latest home learning newsletter, I never would have thought that in March when this all started we would still be creating home learning in July but here we are. This week we are doing our 'Quad Kids Sports Week' challenge. Details of this are below, it would be great for the children at home to join in as well as those in school and let's make sure Slytherin are champions! We have a new addition to our newsletter this week, a 'Good News' section, hoping to spread some cheer. This week's story is about an orchestra that performed classical music for house plants before they were given to care workers to say thankyou. Please let me know if you find any 'Good News' that I can share next week (my email is [graham.andre@lanesendpri.iow.sch.uk](mailto:graham.andre@lanesendpri.iow.sch.uk) .) Our 'Trick Box' trick this week from Mrs. Napier is the 'Lightbulb' and how negative emotions can get in the way of our thought processes. Miss Westbrook has added some extra activities as well as those for 'Sports Week' and our online safety guide is about 'Tik Tok' which seems to be everywhere at the moment, I wonder what the next big thing will be? If we could invent it I am sure it would make us a lot of money. Thank you again for your hard work and support, we will continue to offer home learning during transition week for the days that children are not at school so look out for the newsletter next week.

## The Lanesend Learning Project Overview 06/07/20

EIFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<a href="#">06/07/20</a>	<a href="#">06/07/20</a>	<a href="#">06/07/20</a>	<a href="#">06/07/20</a>	<a href="#">06/07/20</a>	<a href="#">06/07/20</a>	<a href="#">Work A</a> <a href="#">Work B</a>

Here are some extra resources that you can use by clicking the images below.



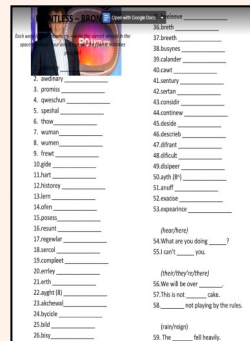
99 Club



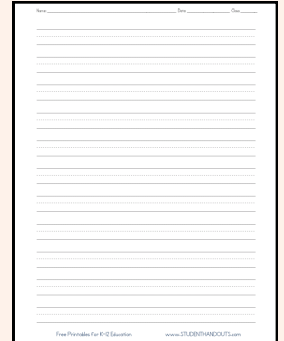
100 Word Challenge



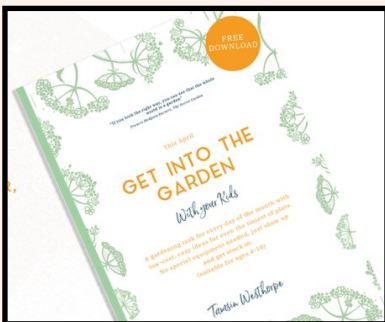
Painting of the Week.



Pointless Spelling.



Handwriting Resources



Projects in the Garden.



Creative Projects.



Cartoon/Comic activities.

# Sports Week Home Learning Challenge.

## Sports Week – Home Learning Challenge

Starting this Friday (in school) each class will be taking part in an athletics competition with children from their own class/year group. This is called 'Quad Kids' in which each child will take part in a sprint, longer distance, throw and jump. Points will then go forward at the end of the week (when all classes have completed their challenge) towards an overall score for each of the four "houses".

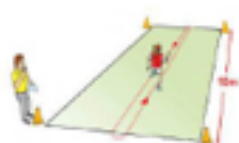
We would like children learning from home to be part of this too by participating in the Pentathlon Challenge (which some of you may have previously completed).

To take part is simple! All you need to do is:

1. Complete as many of the 5 activities as possible (all 5 if you can).
2. Write down your results, take pictures and send them to your class teacher.
3. You will earn one point for your house for every event completed.
4. Your class teacher will gather the points and submit them towards the end of week total.
5. We will let you know which house has won on Friday!

Good Luck!

### 20 x 5m Shuttle Run



Set up a distance of 5m marked at either end using cones or an alternative mark (pegs, tape, tins etc...) to create the running lane.

Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stopwatch or smart phone stopwatch can be used to record the time

**PLEASE USE A FLAT / DRY SURFACE**

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.

The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

**PLEASE USE A FLAT / DRY SURFACE**

### Standing Long Jump



### Vertical Jump



The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched.

Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. Record the number reached and calculate the difference between stretched height and jumped height.

If you do not have access to a printer you can use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved.

### Speed Bounce



The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.

### Target Throw



The participant stands behind a line and throws three items into the target placed at 3m. The target is then moved to 5m and the process is repeated.

4 points if the item lands in the target. 2 points if the item bounces out of the target or if the item touches the floor before the target

Tennis Balls, Rolled up socks or small soft toys can be used. A washing basket, paper bin, cardboard box or dog basket are example target items.



# Light Bulb

## Why?

We are not able to often solve a problem if negative emotions get in the way. When we allow our minds to wander then ideas can flow more freely. This is when those 'light bulb' moments are more likely to happen.

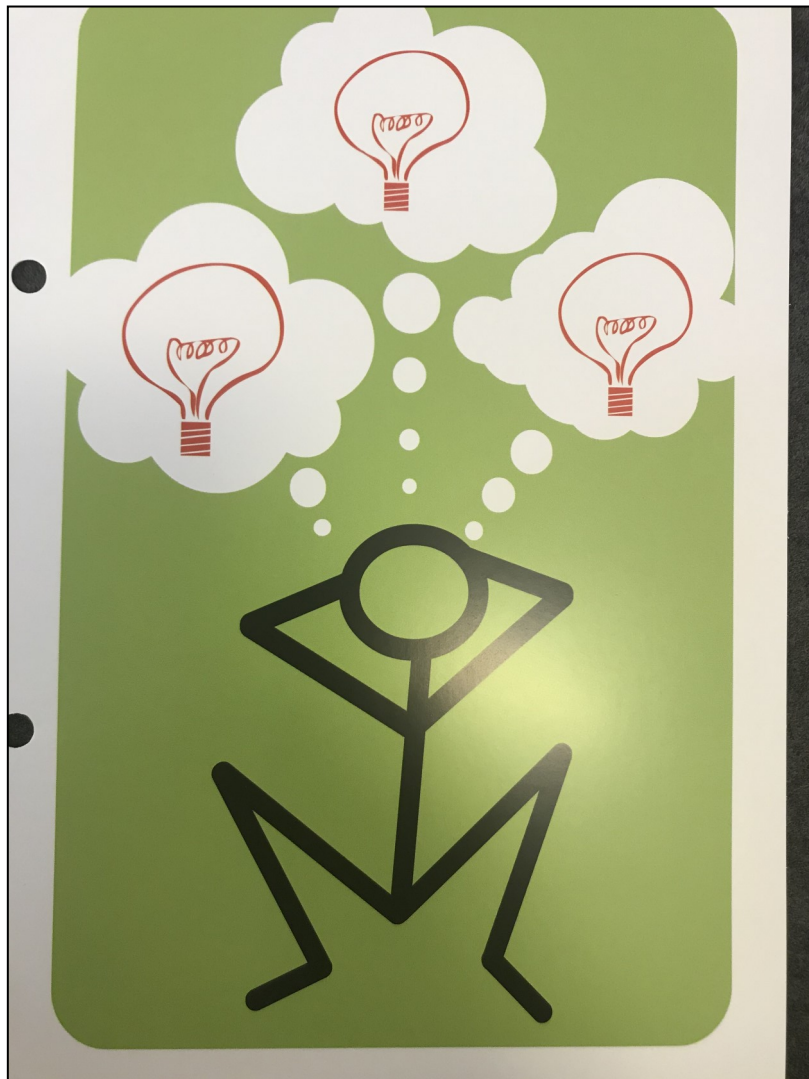
## How

Find a random object ... think to yourself what is this? What is it used for? What else could it be used for? How many different uses could you think for it?

Our brains are amazing and like to find answers to questions and problems. It can be frustrating if we can not find an answer to a problem. If you are really stuck , you can ask your family or a teacher for help but often we can answer it ourselves.

Firstly , you need to relax. Use tricks like 'colour breathing' or 'floating cloud' to help. When you are relaxed , your brain is freer to think about something else for a bit. Then hopefully , your clever brain will come up with an answer!

Give it a go!





<https://www.goodnewsnetwork.org/string-quartet-performing-puccini-for-plants/>

The photo shows an opera hall in Spain who are re-opening after lock down with a performance, for potted plants.

The concert organisers explain that as lockdown took hold of the country, nature silently crept into many of the places humans vacated. Our cities have been occupied by nature. So as the country re-opens and people reclaim their cities, the opera house feels it is only right that the first performance should in honour of plants.

“Let’s invite nature into our great concert hall!”

After the performance, palms will be pressed together instead of clapping. Then all the plants will be given to care workers as a thank you for their work.

If you are not a plant, you can watch the performance streamed live over the internet.

- Why did the opera house closed?
- How and why has nature ‘taken over’ our cities?
- Why do you think the opera house have decided to play to an audience of potted plants?
- How do you think the musicians will feel during the performance?
- What does this show about how people are responding to lock down?
- How do you think in 20 years people will look back on this story?
- Why do you think the plants are being given to care workers?
- What can we learn from the opera house?



#stayhomestayactive

@PEatHome1

**EXPLORE**



Shooting is an important skill in football.

For this practice, you will need a ball.

Stand opposite a wall with the ball at your feet.

How many different parts of the foot can you use to strike the ball against the wall?

**Bright Ideas**

- Can you use the inside of your foot?
- Can you use the outside of your foot?
- Can you use your laces to strike the ball?
- Can you use your left foot then your right foot?

Which method produces most power behind the ball?

Which method produces the most accuracy?



Now try striking the ball with your laces – make sure you are balanced before you start!



@KESSPB  
@awhitehousePE  
@SarahLayPE

Where can I find out more about Football?  
<https://www.scfb.com/>  
<http://www.bhamfutbol.com/>  
<https://www.facebook.com/santiagocolts>

**PRACTICE**

For this practice, you will need two markers or cones.

Place the markers a distance apart and stand a confident distance away from your cones. Strike the ball, using your laces and try to get it to go in between the two cones. Every time you hit the target, you get one point. How many goals can you score in 1 minute?

For more of a challenge, get a family member to roll the ball to you. Strike the ball first time and see how many goals you can score!



Can you invent your own goal celebration?



**History Challenge!**



Liverpool and Egypt footballer, Mo Salah won the PFA Player of the Year in 2018. Ancient Egypt is famous for its pyramids and pharaohs.

Tutankhamun was 8 years old when he became Pharaoh of Egypt in 1334.

- Can you find out 5 more facts about him?
- When was Tutankhamun's tomb discovered and who found it?
- Can you name 3 other Pharaohs?
- What interesting facts can you find out about these Pharaohs?

**Foreign Languages Challenge!**



N'Golo Kante, Mesut Özil, David Silva and Daniel James are Premier League Footballers.

- Can you find out which country they were born in?
- Can you find 10 words that would be spoken in these countries?
- Can you try to form a sentence with these languages?

**DEVELOP**



Ask someone in your family to help you with this practice.

Use your goal that you set out in the last task. Get your family member to deliver the ball to you in different ways; rolling the ball from the left, rolling the ball from the right, bouncing the ball to you, throwing the ball over your shoulder. Can you score a goal with the ball coming to you in different ways?



Wembley is England's national football stadium.

Can you name 5 stadiums where Premier League football clubs play?

- Design your own football stadium!
- What would it look like?
  - What colours would your team have?
  - What would the club's badge look like?



**Parent's Tip!**

Move the cones further apart when shooting to support success – the closer the cones, the more challenging the task is. Deliver the ball in different ways to your child to increase the difficulty of the shot – if the ball is bouncing, this is more challenging!



Make sure you have enough room to complete the tasks.

**KS2**

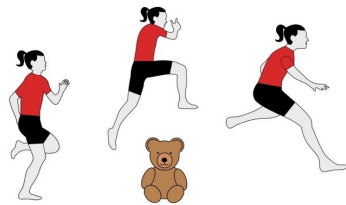
**60 Second Challenge  
Obstacle Course**

How will you move to make sure your jump as many as you can?

**The Physical Challenge**

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.



#StayHomeStayActive

**Equipment**

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

**Achieve Gold**

45 points



**Achieve Silver**

30 points



**Achieve Bronze**

15 points



**WEEK 10 HAMPSHIRE SCHOOL GAMES SECONDARY PERSONAL BEST CHALLENGES**

**BOWLED OVER: DO YOU HAVE THE PATIENCE TO HIT A STRIKE?**

Challenge

Set up a 'bowling alley' using objects as pins and a suitable bowling ball.

Can you knock over all the objects in the quickest time/least number of deliveries?



- SPACE:** Can you make your 'alley' longer and space the 'pins' out more to make it harder. Or lessen the length and put the pins closer together to make it easier.
- TASK:** How few bowls does it take you to knock over all the 'pins'? Reduce the number of pins to make it easier. Try it blind folded with a partner directing you.
- EQUIPMENT:** Use water bottles, cuddly toys, shampoo bottles as 'pins'. Use a football, tennis ball or rolled up socks as the ball. (Make sure your area is safe and clear of hazards and that you don't break anything valuable!)
- PEOPLE:** You can do this alone or challenge your family and friends. If you are in a wheelchair or walker, have a go too. Reduce the length of the 'Alley'

**Fact File**

- A bowling lane is 18.2m long.
- Bowls are made of plastic and weigh between 2.7 and 7.3kg.
- It is the number one participation sport in the USA.
- Topping all 10 pins in a single bowl is called a strike.



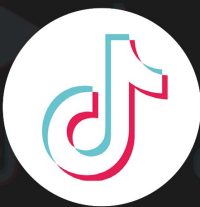
YOUTH SPORT TRUST



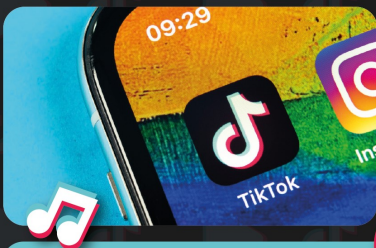
Believing in every child's future





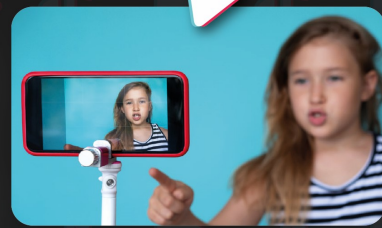


TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

# TIKTOK



## MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.



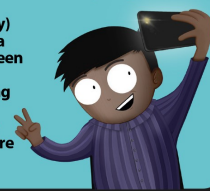
## INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing other user's videos on the app.



## TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



## ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



## ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



## IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



# Safety Tips For Parents



## TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



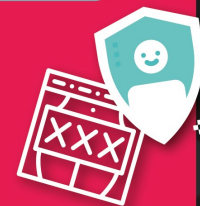
## USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



## ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



## EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



## LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



## MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



## Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



## \*NEW FOR 2020\* FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.







# Words for Writing - July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Let's keep writing in July!</b> <b>Use the daily prompts to come up with your own pieces of writing.</b>						
6 Today's setting: <b>A library</b>	7 Today's story idea: <b>Finding a long-lost twin</b>	8 Today's character: <b>An imaginary friend</b>	9 Today's setting: <b>In a dark cave</b>	10 Today's text type: <b>A postcard</b>	11 Today's story idea: <b>Stepping into a new world</b>	12 Today's character: <b>A pirate</b>
13 Today's story idea: <b>Searching for something</b>	14 Today's story idea: <b>Being magical</b>	15 Today's text type: <b>An acrostic poem</b>	16 Today's story idea: <b>Taking part in the Olympics</b>	17 Today's character: <b>A mum</b>	18 Today's setting: <b>Under the sea</b>	19 Today's character: <b>A friendly ghost</b>
20 Today's story idea: <b>Visiting a new country</b>	21 Today's character: <b>Someone mean</b>	22 Today's setting: <b>In a magnificent castle</b>	23 Today's character: <b>A knight in shining armour</b>	24 Today's story idea: <b>Falling out with friends</b>	25 Today's text type: <b>A newspaper article</b>	26 Today's setting: <b>Inside a snowglobe</b>
27 Today's character: <b>Your favourite animal</b>	28 Today's setting: <b>A BBQ</b>	29 Today's setting: <b>On a rollercoaster</b>	30 Today's text type: <b>A letter</b>	31 Today's character: <b>Your teacher</b>	<b>Dive deep into your imagination and produce some brilliant writing! Share it with your friends and family! Have fun!</b>	



# Active July!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Let's get active in July!</b> <b>Try each of these activities with the people you're with!</b></p>	<p><b>1</b> Practise <b>balancing on right leg</b>: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p><b>2</b> Practise <b>balancing on left leg</b>: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p><b>3</b> See how many <b>tuck jumps</b> you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p><b>4</b> Create your own <b>circuit of exercises you've learned over the past few months!</b></p>	<p><b>5</b> Teach the people at home your <b>circuit</b> and see who <b>impresses you most!</b></p>	
<p><b>6</b> Do some <b>burpees</b>: Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees</p>	<p><b>7</b> Practise <b>throwing and catching</b> with someone at home: Bronze: 20 catches Silver: 40 catches Gold: 60+ catches</p>	<p><b>8</b> <b>Hopscotch</b> until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes</p>	<p><b>9</b> Do some <b>lunges</b> in a minute: (remember to do both legs) Bronze: 10 lunges Silver: 20 seconds Gold: 30 seconds</p>	<p><b>10</b> <b>Push ups!</b> Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups</p>	<p><b>11</b> Challenge yourself to <b>learning some new yoga posts</b> – watch a Youtube video to help.</p>	<p><b>12</b> Practise those yoga skills your learned and <b>see if you can balance for longer</b> than you did yesterday.</p>
<p><b>13</b> Try and do some <b>crunches</b>: Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches</p>	<p><b>14</b> Do some <b>lunges</b> on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg</p>	<p><b>15</b> <b>Step jumps</b> – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times</p>	<p><b>16</b> <b>Squat</b> – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats</p>	<p><b>17</b> Do some <b>frog jumps</b>: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p><b>18</b> Go outside and be active with someone from your house. <b>Go for a run or a walk!</b></p>	<p><b>19</b> Use your outdoor time to <b>jump</b> over things, <b>balance</b> along things and <b>move</b> in different ways.</p>
<p><b>20</b> <b>Stand up/sit down in a minute</b>: Bronze: 10 times Silver: 15 times Gold: 20+ times</p>	<p><b>21</b> Do some <b>shuttle runs</b>: Bronze: 15 runs Silver: 30 runs Gold: 50 runs</p>	<p><b>22</b> Practise <b>leaping</b> without stopping: Bronze: 10 leaps Silver: 25 leaps Gold: 40 leaps</p>	<p><b>23</b> Practice <b>dribbling</b> a ball: Bronze: 1 minute Silver: 2 minutes Gold: 5+ minutes</p>	<p><b>24</b> <b>Toe touches</b> – touch a ball with your toe for a min. Bronze: 10 times Silver: 20 times Gold: 30+ times</p>	<p><b>25</b> Find a song on Youtube to <b>dance along to!</b> See if you can dance so hard you get sweaty!</p>	<p><b>26</b> Ask someone at home to choose a song on Youtube to dance along to and <b>have a dance party!</b></p>
<p><b>27</b> Try <b>hurdling</b> over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p><b>28</b> <b>Catch</b> a ball with your <b>OTHER</b> hand: Bronze: 15 catches Silver: 25 catches Gold: 35 catches</p>	<p><b>29</b> Do some <b>sit ups</b>: Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups</p>	<p><b>30</b> Do some <b>star jumps</b>: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p><b>31</b> Have a <b>jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p><b>Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</b></p>	