



PE Tasks

1 minute challenge

How many of each of these can you do in 1 minute:

- Star jumps
- Hopping
- Shuttle runs
- Throwing and catching a ball
- Skipping
- Jump and touch the floor

What other activities can you think of to do in one minute?

Can you beat you're the following day?

What is your best score?

Complete one of Joe Wicks' children's workouts

https://www.youtube.com/results?search_query=joe+wicks+children

Take some time to relax and complete a Cosmic Yoga!

<https://www.youtube.com/user/CosmicKidsYoga>

History and Geography Tasks

1. Hastings Pier

Talk to your grown-ups, What can they remember about Hastings Pier from when they were a child?

2. Past and present comparison.

Can you use the internet to find facts about Hastings Pier now and in the past?
Can you write a comparison of Hastings Pier Now and in the past?

3. What other piers are there in the UK?

Can you write a few sentences about other Pier around the UK? What facts have you found about them?
Can you label them on a map of the UK?

4. Design your own pier

If you could create your own pier what would you have on it?
Why have you chosen these things?

Science Tasks

1. Ice experiment

Freeze 6 Ice cubes.

Put the frozen ice cubes in different places around your house.

Which ice cubes melted first?

Which ice cube melted last?

Why do you think this happened?

Can you write up what you have found out in a few sentences?

2. Clean Pennies with Vinegar

<https://sciencebob.com/clean-pennies-with-vinegar/>

3. Build a habitat for one of you cuddly toys

(You may wish to use junk modelling or blankets etc.)

4. Draw a picture of yourself

Can you label your body parts?

What jobs do the parts of your body have?

Art Tasks

1. Sketch

Look out of a window in your house.

What can you see?

Can you create a sketch of the view from your window?

2. Create some sculptures using playdough

(simple recipes available online)

Can you make a flower?

Can you make a statue of yourself?

Can you create a house?

What else can you create?

3. Create a collage

Use things you find around your house to create a collage of The Pier, or your favourite place to visit in Hastings.

4. Finger painting

Can you create a picture using just paint and you fingers?