



Hello to all our families

As you will all be aware there has been a great deal of unrest globally over the last few weeks linked to the sad death of George Floyd. Therefore, our theme for this week is linked to our school mission and will open up the opportunity to discuss equality with the children. Please choose activities that most engage your child/ children and yourselves! Should you wish to share any of your activities you are more than welcome to take a photograph and send it to our year group email or school Twitter account. @StAnnesCP Just a reminder that we do not expect any families to print off worksheets/ resources. Work with what you have at home and most importantly stay safe.

RE- Wednesday Word (available in RE tab in home learning)

Enjoy a quiet moment reading the Gospel and praying to God. "How to pray" - video series. Each week, the video will be shared via the @StAnnesCP Twitter account and then the links will be added each subsequent week to the overview.

Video Four: YouTube: <https://www.youtube.com/watch?v=NAi1GVI7gfI> How to pray: Lecto Divina

Meditation for children and young people The World Community for Christian Meditation have developed a series of videos on meditation which children can participate in, whether in school or at home. The meditation videos for children are released every Monday, Wednesday, Friday.

https://www.youtube.com/channel/UC6Cb5LrAIU7_MPTRDMUBcvQ?view_as=subscriber

Activity: Do you like to sing? There are daily virtual singing sessions from the *Diocese of Leeds Schools Singing Programme* which are now available at 2pm every weekday. Every session includes sacred music, RE and music curriculum learning (and lots of vocal fun and songs to keep you engaged in lifting your voices to God!) They're led by the Diocese's expert Choral Directors, and sessions for younger and older children are also available. Please subscribe to the YouTube channel, found at www.schoolssingingprogramme.org.uk

Theme for the week ...Unique and Special

Suggested activities....

Take some time to reflect and celebrate all of our wonderful differences and to remember that everybody should be treated equally and with respect.

Here are some words to think about;

EMPATHY

When we think about how other people feel, because different people have different feelings. Sometimes it helps to think about how you would feel if the same thing that happened to your friend, happened to you.

DIVERSITY

Different people do different things and have different feelings. It's so important that we have lots of different kinds of people in our community and that everyone feels safe

UNAPOLOGETICALLY

People should not have to apologise or say sorry for being different. One way we are different is the colour of our skin. It's important that all people are treated fairly. The following resources and activities will support an understanding of these words. Please choose the activities that are appropriate for the age and stage of your child.

All of the links to the resources below have been saved on the school website below <https://stannescatholicprimaryschoolbirmingham.secure-primariesite.net/unique-and-special/>

- Black Lives Matter 2020 Resource - Read through the experience of American author Shola Richards. What can it teach us about the effects of racism on his daily life?
- Black men and women - read these factfiles to find out more about famous people
- Design a poster to reflect one or all of the words - empathy/ diversity/unapologetically (please send a picture of it to your year group email)
- Listen to the 'I have a dream' speech by Martin Luther King. If you could dream of a world without worries, what would it look like? Write a poem or draw a picture to illustrate your thoughts.
- Read the school mission and think about the following questions What makes me special? What makes me unique? How can I show care and Love? How has God shown his love to us? What does it mean to be created by God's love? How has God's love shone on your life? Create a 'Unique and Special' poster/card with a photo of yourself.
- Music** - Listen to Bruno Mars 'You're Amazing Just the Way You Are' - think about that. We are all created by God and we are amazing! Don't let anyone tell you otherwise.
- Art/Craft** - Design a placard on a piece of a cardboard box. What message about being unique and special would you want to share with the world -in less than ten words?

Purple Mash Activities



Make sure you check your **2Dos on Purple Mash** - these will support you with

Maths and English, as well as this week's themed topic of **'Unique and Special' and Black Lives Matter**, you may wish to select a few of the "2Dos". Your teacher loves to see your completed activities.

PSHE: Self Portrait

There are many ways that we are like other people, there are also many ways in which each of us is different. Seeing pictures of your self makes you feel special. Make a self-portrait, you could paint, draw or use photography. Where will you hang your self-portrait for your family to see?

Story time

We now have a YouTube channel that we have uploaded videos of the Year __ staff reading you bedtime stories! This will be updated weekly with new stories so please do enjoy ☺ Here is the link -

https://www.youtube.com/playlist?list=PLBI_XHJy9tKLNCUz9llwNi8rwlNofbTT6

Love to read and want to find out more?

Here is a list of books that link to this week's theme:

<https://www.youtube.com/watch?v=LnaltG5N8nE> 'A Kid's Book About Racism' (5+)

<https://www.youtube.com/watch?v=Mp4GZ110pfY&feature=youtu.be> 'I am enough'

https://www.youtube.com/watch?v=Jl_jlQc2lok 'I love my hair'

<https://www.youtube.com/watch?v=9m8JvdBZiSE&feature=youtu.be> 'Sulwe'

<https://www.youtube.com/watch?v=ukUfbzrHmNQ> 'Michelle Obama'

All of the books above and many more are available on this link

https://docs.google.com/presentation/d/18pOK3roiwPQ9WF7D2wA0o7Ktr8KwAJeZfn-o6O8T_Y/mobilepresent?fbclid=IwAR2bWyAR5xJin9uS-bV6O_JPzzkEsM5OQIEUrrxuZFf1tmeb3cfqOU_I81M&slide=id.p



Please follow our Twitter page and if you would like to share work with us, please include our twitter link @StAnnesCP in your tweet.

If you have any queries about learning and logins, please contact our year group email

s83year5@st-annes.solihull.sch.uk

You can also use this to share your

children's work and activities i.e. a photo of baking a cake via this year group email

If you have any queries about other matters, please continue to use Parent Mail -

parentmail@st-annes.solihull.sch.uk

More Video Links

<https://stannescatholicprimaryschoolbirmingham.secure-primariesite.net/unique-and-special/>

KS1 AND KS2 Assembly powerpoints

Heart Hand Kindness Activity

<https://www.youtube.com/watch?v=PVI-JNa9Cu8&feature=youtu.be>

Suitable for teaching 5-11s. Harriet Tubman tells the story of her life. She shows us how she escaped slavery and then went back to help others escape too.

<https://www.youtube.com/watch?v=mn0ep5u0kZo> Story called 'Mixed' with follow up activity to create your own 'Mixed' characters (see website link above)

<https://www.bbc.co.uk/cbbc/watch/horrible-histories-songs-martin-luther-king-jr-they-were-the-heroes?collection=black-history-month> Fun video song to carry the message

<https://www.bbc.co.uk/teach/class-clips-video/true-stories-rosa-parks/z7rtvk7> Rosa Parks tells the story of her life, showing how her refusal to give up her seat to a white person on a segregated bus

<https://www.bbc.co.uk/teach/school-radio/english-ks1-ks2-english-victorians-life-of-mary-seacole/zj7vscw> The life of Mary Seacole is told in three short video episodes.

P.E.

Real PE Website: <https://home.jasmineactive.com/>

Username parent email: parent@stannescat-2.com Password: **stannescat**

The bugs group: Videos and mindfulness activities to help try and keep children active, and aid in their mental health. <https://www.thebugsgroup.com/footiebugs-videos-2/>

<https://www.thebugsgroup.com/yogabugs-videos/>

<https://www.thebugsgroup.com/dancebugs-videos/>

Joe Wicks: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Go Noodle - <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

Choose a super movers dance - <https://www.bbc.co.uk/teach/supermovers>

Youth Sport Trust Home - <https://www.youthsporttrust.org/pe-home-learning>

Cricket for Girls YouTube Channel

The Cricket for Girls YouTube Channel will be a brilliant resource to support you on your cricketing journey. By subscribing to the channel you will have access to:

- Coaching insight to help you develop techniques
- Challenges set by Cricket for Girls Head Coach, Lydia Greenway
- Masterclasses with England Players

Click on the link below to subscribe to the Cricket for Girls YouTube channel. <https://protect-eu.mimecast.com/s/qFoWCvNRtxDMQBTg1cWb?domain=cricketforgirls.us18.list-manage.com>

Virtual School Games Challenges and Empowering Girls resources on page 3 & 4!

PRIMARY

Monday 15th June – Friday 19th June

BASKETBALL



Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to the Think Active webpage www.thinkactive.org/cyp/school-games-virtual-challenge/

Challenge 1 – Around the Body

Equipment –

- A ball (size 3 or bigger) - or alternatively, use a toilet roll.
- A small area of space where you'll stand.

Video Support Link - <https://youtu.be/ZyKB1wESboA>



KS1 Yr. 1&2

- Collect your ball and find a place to stand.
- Standing with your legs together, move the object around your knees and then your waist. Keep repeating this pattern for the full 60 seconds (knees, waist, knees, waist etc..).
- **1 circuit = moving the object around your knees AND waist.** Every circuit completed scores 1 point. **SEE VIDEO FOR GUIDANCE.**

KS2 Yr. 3/4/5&6

- Collect your ball and find a place to stand.
- Standing with your legs shoulder width apart and knees slightly bent, move the object around each knee (one at a time in a figure of 8). Keep repeating this pattern for the full 60 seconds.
- **1 circuit = a full figure of 8.** Every circuit completed scores 1 point. **SEE VIDEO FOR GUIDANCE.**



Recording your score -

You have 60 seconds to complete as many circuits as possible. Set up a timer for 60 seconds or ask someone to time you. During the 60 seconds count how many times you complete a circuit.



SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – alik1@campion.warwickshire.sch.uk

Challenge 2 – Shoot Out

Equipment –

- 3 items to throw - 3 balls or 3 toilet rolls.
- 2 markers/cones (to create your shooting lines).
- A tape measure or ruler to measure the correct distance.
- A chair, table or bench - to give your target some height!
- A target - a laundry basket, bin or bucket.

Video Support Link - <https://youtu.be/ZyKB1wESboA>

- Place your target on top of the chair/table/bench.
- Place Marker 1 - **2 metres away** from your target, and place Marker 2 - **3 metres away** from your target.
- Place your 3 balls or 3 toilet rolls onto one of the markers (you will take your first shots from here).
- Pick up the balls one at a time and shoot at the target. Retrieve your **own** balls. Shoot again from either marker (you choose). Keep repeating this until your 60 seconds is up.



Recording your score -

Shoot & score from Marker 1 = **2 points**. Shoot & score from Marker 2 = **3 points**. You have 60 seconds to score as many points as possible. Set up a timer for 60 seconds or ask someone to time you. During the 60 seconds keep count of how many points you score.



TOP TIP

Stand with feet shoulder width apart. Focus your eyes on the target and line up your shooting elbow with the target. Follow through leaving your hand extended and pointing towards the target.

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – alik1@campion.warwickshire.sch.uk

SUBMIT YOUR SCORE

Take your final scores from both challenges and add them together to get your result.

Around the Body + Shoot Out = TOTAL SCORE

Submit your **TOTAL SCORE** via the link – www.surveymonkey.co.uk/r/CSWVirtualBasketball

Entries must be submitted by 1pm on Friday 19th June



Thankyou for joining us for the **Virtual School Games** competition! Make sure you get involved in National School Sports week and join us again week commencing **29th June** for our **Olymp-Mix!**

#STAYINWORKOUT
#STAYHOMESTAYACTIVE
FOLLOW, RETWEET, GET INVOLVED

Participants – All participants will receive an e-certificate via e-mail on completion of each challenge.

Individuals – At the end of each week the top 3 individuals from KS1, KS2, KS3 and KS4 will receive **a £5.00 E-VOUCHER.**

Schools – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will win a **£75.00 PE equipment voucher.**



To empower girls to lead
and inspire as role
models, creating a
lifelong love of
movement

Share your completed
cards with us via Twitter
>>>

We cannot wait to see
your Girl Power skills on
display!



North Solihull:
@SolihullNorth

How to play:

- Once you complete an activity from the grid, tick it off your card.
- If you are finding some of the activities hard, you can adapt them to suit you, or have a rest and then continue.
- Try to achieve one or more of the bronze, silver and gold Girl Power awards.



Complete all 12 activities on
the card



Complete a full line of activities
- either horizontal or vertical



Complete 1 activity from each
line - horizontal or vertical

Write down 5
things that make
you unique

Lead a fun
fitness session
with your family

Create a social-
distanced game
you'd like to
play with Girl
Power club

Create a poster
to help your
teacher to
promote Girl
Power club

Design an
obstacle course

Read a book that
inspires you and
write a book
review on why

Design your own
Girl Power
themed word
search

Create a Girl
Power bracelet
and take a photo

Draw a picture
of your favorite
female sports
person

Create a dance
using lively
music then teach
it to someone else

Write a poem
about your
experience at
Girl Power Club

Re create your
favorite game
from Girl Power
club at home

#STAYINWORKOUT

FOLLOW. RETWEET. GET INVOLVED.

June 8th – June 26th

