



Hello to all our families.

Thank you for all of your wonderful and continued support with home learning. Our theme for this week is 'Our Local Area' and will give the children the opportunity to learn something new about their special place in the world. Please choose activities that most engage your child/ children and yourselves! Equally feel free to create your own activities linked to the theme e.g a Zoom interview with an elderly relative about their memories of Chelmsley Wood when they were younger.

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. "Creative Prayer" Another wonderful video series shared by Kenelm Youth Trust. Please follow the link to take part in a 'pebble prayer' The team spend time reflecting, listening to calming music, designing a pebble with bright colours and words that are important to them. They then prayer together to Mary. You may wish to join along in this creative prayer time.

<https://www.youtube.com/watch?v=4Inmb5hMgA4> -Pebble Prayer

Animals in the Bible <https://www.godwhospeaks.uk/wp-content/uploads/2020/05/Our-Top-Ten-Animals-in-the-Bible.pdf> What are your favourite animals in the Bible? Follow the link to see animals with a scripture link. Can you find the quotes in the Bible? What is your favourite animal and why? Can you find other animal links in the Bible and write the reference with the image?

Activity: <https://standrewsbookshop.co.uk/wp-content/uploads/2020/03/COLOURING-CHILDREN.pdf> Using the following link, you will find several images to colour with important words from scripture. During the year 'The God who Speaks' it is important we look at scripture and what it means to us. All of the pictures will hopefully fill you with a sense of calm in this uncertain time, knowing that God is always with us. If you haven't got access to a printer, please copy the scripture quote and design your own art work based around this quote.

Theme for the week ... Our Local Area

My address: Support your child to memorise your address including the postcode.

Do they know the name of their street? Can they create a street sign with their street name?

My street: Think about their street. What type of houses are on their street? What type of house do they live in? What other buildings are close by? How old are some of those buildings? How have they changed over time? Look on Google Earth. Draw their own map of their local area.

Google Maps: Find your house on google maps. Explore using google maps to look at your house from above and on street view. Use the arrows to move up and down the road and around your area. Can they find key places e.g. the corner shop, their school, grandparents houses. Search for a house in a different part of the world and discuss how it is similar or different to your own. Can you find Solihull, Marston Green, Kingshurst, Birmingham?

Time to Talk: Were their family members all born in this local area? If they were, how different is the local area since they were born? Talk about their memories.

Understanding Others and Appreciating Differences: Research different places of worship that can be found in their local area. Can they find their nearest Church? Mosque? Synagogue? Temple? Gurdwara? What can they find out about them? Draw pictures and label them with any information they find out.

Get creative: Photograph the meadow that is growing by the Asda traffic lights. Can they recreate the beauty and colour in a painting, collage or drawing? (see photo below)

Reflect: Think about what would improve their local area? What is their local area lacking? What spoils their local area? What could be done?

Promoting Your Local Area: Tell your child that a visitor from another country is coming to stay in the city for a week. They really need to impress them by showing them the most interesting places in their local area. Where would they take them each day? Plan the itinerary for each day detailing the transport that will be taken to each location, how long will be spent there, what will be eaten and any activities that may take place.

Meriden Park: We are blessed with this wonderful park in Chelmsley Wood. Be a photographer for the day and visit the park to take photographs to capture the beauty.

Graffiti Art: Digbeth is the home to its own Graffiti Art Walk, but has graffiti always been seen in a positive light? How have attitudes towards graffiti changed over time? Is all graffiti good? Discuss these questions with your child and then ask them to design their own graffiti art using paper and crayons or felt tips.

Cadbury World: the Cadbury family had and still have a significant impact on Birmingham, in particular Bournville. Find out more about them through this link.

<https://www.cadburyworld.co.uk/schools-and-groups/schools/resources>

Famous musicians – Birmingham is a wonderfully creative city. Research which famous music acts came from, or were influenced by, Birmingham – e.g UB40 , ELO, Dexys Midnight Runners,. Do you recognise any of the music?

Purple Mash Activities Make sure you check your **2Dos on Purple Mash** - these will support you work in **Maths and English**, as well as this week's themed topic of **Our Local Area**. You may wish to select a few of the "2Dos". We love to see your completed activities.



PSHE: Relax and unwind with some guided meditation:

<https://www.bing.com/videos/search?q=Guided+Meditation+for+Kids&docid=608039297236665462&mid=E7DC6BE7C129895A776CE7DC6BE7C129895A776C&view=detail&FORM=VIRE>

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_XHJy9tKIusyYmKiTYazaYxN3W

Love to read?

No Place Like Home by Rhonajoy Ghosh

https://www.youtube.com/watch?v=tOmAa_y_Ak

If I built a house / If I built a school by Chris Van Dusen

<https://www.youtube.com/watch?v=pXW89Pc8B7I>

<https://www.youtube.com/watch?v=vgqt0POTSQV>

Brum at the Seaside

<https://www.youtube.com/watch?v=5p7HGhWNrrQ>

The Day the Crayons Came Home

<https://www.youtube.com/watch?v=-bEyOrsGVf0>

A Different Pond – a story about a Vietnamese Immigrant who has a new home

<https://www.youtube.com/watch?v=SPMeRTAu91A>



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: s83year4@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: s83year3@st-annes.solihull.sch.uk

If you have any queries about other matters, please continue to use Parent Mail - parentmail@st-annes.solihull.sch.uk

More Video Links

Photographs of our area

https://www.picturesofengland.com/England/West_Midlands/Chelmsley_Wood/more

History of Chelmsley Wood – nostalgic photograph album

<https://www.birminghammail.co.uk/news/gallery/chelmsley-wood-nostalgia-7360530>

Home learning activities from wonderful museums in our area, including ThinkTank

<https://www.birminghammuseums.org.uk/learning-at-home-activities>

Leicester Space Centre

<https://education.spacecentre.co.uk/information/learning-resources>

Maths activities linked to your home

<https://www.aspire-sports.co.uk/programme/maths-move-home-challenges>

Design a new playground for your school/ local park

<https://www.twinkl.co.uk/resource/t-t2-077-ks2-stem-perfect-playground-design-challenge-activity>

P.E.



Please see pages 4-9 for a range of resources you can use throughout the week to celebrate National Sports Week at home!

We would love to see photos of you taking part in the challenges. Please tag us on Twitter with the hashtag #NSSWtogether or send in your photos to the year group email ☺.



'Our Local Area' meadow.
You will find this beautiful meadow
of colourful flowers opposite Asda
in Chelmsley Wood



Dear Parent,

How do you fancy challenging friends, family or neighbours to some fun, virtual sporting activities this summer?

At national children's charity, the Youth Sport Trust, we are determined to ensure that young people stay active and connected through this difficult time. We've been helping families do this with our daily #StayHomeStayActive activities since March and now we're challenging the public to go one step further by joining us in our first ever National School Sport Week at Home, supercharged by Sky Sports.

Taking place from 20-26 June, the week will give families, communities, schools and sports clubs the opportunity to take part in a series of virtual sporting challenges which help young people capture the enjoyment, competition and camaraderie they may be missing out on and the Youth Sport Trust is delighted that Sky Sports will be helping to supercharge the campaign.

How do I find out more?

Registering couldn't be simpler. Just go to our website www.youthsporttrust.org/nssw and click on the link for parents. You will be asked a couple of questions as you register about who you might challenge and how many people you would like to get involved.

After signing up we will provide you with free and easy-to-use resources to help plan your week of National School Sport Week at Home Activity, set challenges for your families, friends and neighbours, and shout about it online.

So, what are you waiting for? Join the growing number of people who will be running, jumping and throwing their way to glory from 20-26 June.

National School Sport Week at Home 2020

Celebrating the power of sport to bring people together

#NSSWtogether



Activity Ideas



supercharged by
sky sports



supercharged by
sky sports

Consider the five ways to wellbeing throughout your chosen activity:



Take part in individual skills challenges / events. Can you go faster, higher, stronger?



Encourage each other to improve your Personal Bests (PBs)



Show your acts of kindness through support for each other



Make a note of the progress and improvement you each make



Learn new skills and see self-improvement through preparation and practice

Choose



Challenge



Capture

Choose your event, these are just a few ideas:

- **Quick Start** - How fast can you react from different starting positions to sprint a set distance?
- **Right Way Wrong Way** - in 60 seconds, can you challenge someone to turn everything the right way, as you turn everything the wrong way? You could play this in teams, or as a relay.
- **Wacky races** - can you create your own Wacky race? Add obstacles, find different ways to move and compete against the clock? Challenge someone in your home, or virtually to take part too.
- **Running cards** - race against the clock and an opponent to reveal the Ace to the King in a suit of cards. How quickly can you complete the challenge? Can you improve your time?
- **Nutty squirrels** - as a team or individually, how many items can you collect before they are all gone?

Challenge yourself, your family, your friends:

- How far could you run with all your quick start attempts
- How many people could you challenge to do speed bounce at the same time?
- Can you support each other to improve your personal best?

Capture it, create memories and celebrate. Why not...

- Create and stage your own 'old school' sports day using multiple activities
- Have fun with it - you could wear fancy-dress
- Have a parents'/guardians' race
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. [#NSSWtogether](#)



Sky Sports Scholar

Samantha Kinghorn, wheelchair racing

"Sport is amazing!

Give everything your best, try new things and never give up."

Consider the five ways to wellbeing throughout your chosen activity:



Practise target and rally games. How many can you do? Can you improve your personal best?



Work together to achieve a shared goal or score



Know yourself and how you can make a difference to help others



Take notice of the target and goal you are working towards



Develop your hand-eye coordination and aiming, as well as patience and control

Choose



Challenge



Capture

Choose your event, these are just a few ideas:

- **Frisbee golf** - get creative with setting up a course around your house, either indoors or out. Decide how many shots to allow per hole and have fun.
- **Target games** - there are lots of ideas here for you to try. So why not try them all? Decide which is your favourite, then attempt to beat your personal best.
- **King of the cones** - can you be the king or queen of the cones? Hit your opponent's cone, collect it and add it to yours. Can you hit them all to win?
- **In the box** - how far away from the box can you get and still land your ball on target? Challenge yourself to improve your personal best.
- **Tap up tennis** - how many times can you tap up a tennis ball in 60 seconds? How many times can you rally with a partner to keep the ball up in 60 seconds?

Challenge yourself, your family, your friends:

- What is the highest score you can achieve together in a set time?
- How many can you do or how far can you go without stopping?
- Can you work together to improve your score over three attempts?

Capture it, create memories and celebrate. Why not...

- Take part dressed up like a famous sports person from your chosen activity
- Add a theme and pretend to be Robin Hood
- Send your video to friends and family challenging them to beat your score
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. [#NSSWtogether](#)

Sky Sports Scholar

Emily Appleton, tennis

"When I was at school I absolutely loved competition, and taking part in PE lessons was my favourite time of the week so I cannot imagine the thought of not being allowed to do this over the period of lockdown. As a result I am sure you are all itching to get back out there and be active which is why National School Sport Week at Home is the perfect opportunity to do so!"



Consider the five ways to wellbeing throughout your chosen activity:



Choose



Challenge



Capture

Choose your event, these are just a few ideas:

- **Super session** - there are lots of ideas here for you to try. So why not try them all? Decide which is your favourite, work together and aim to beat your personal best.
- **Fast feet** - how many times can you dribble a ball around a marker and back in 60 seconds? Does this improve when you are part of a team? Try using different types of ball!
- **Wastepaper Basketball** - how far can you shoot a basket from into a bin? Challenge someone to beat your distance and find new ways to throw it in!
- **Keepy uppy challenge** - an oldie but a goodie! How many can you do in a pair, as a team? Try using different types of balls or objects.
- **Cool catcher** - how many throws and catches can you do with a partner in 60 seconds? Could you make it more challenging? E.g. turn around after each throw.
- **Sock wars** - a bit like tag rugby, can you protect your socks from capture by your opponents?

Challenge yourself, your family, your friends:

- How many can you do without stopping?
- Can you work together to improve over three attempts?
- Can you adapt the challenge to make it more creative or encourage more family members to be involved?

Capture it, create memories and celebrate. Why not...

- Create a team celebration to complete after the challenge? Film it and share it.
- Take a 'professional' team photo to include everyone who took part in your activity.
- Create a team identity and dress the same to play.
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. [#NSSWtogether](#)



Take part in team challenges



Work together as part of a team



Recreate that sense of belonging. What does it feel like to be part of a team?



Take notice of what it feels like to achieve as a team



Develop your passing, kicking and coordination skills. Don't forget the importance of teamwork



Sky Sports Scholar

Imani Lansiquot, athletics

"In these unprecedented times, it's even more integral children are keeping fit not only for physical benefit but also for mental benefit."

Consider the five ways to wellbeing throughout your chosen activity:



Find new trails to explore and set yourself a personal challenge to beat



Get ready for an adventure. Use your chosen event to explore what is around you. Try something new together



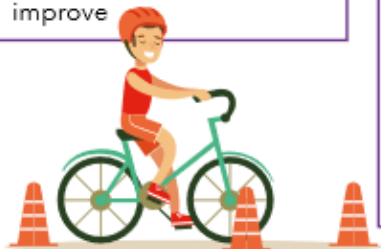
Share your experiences with others. Involve your family, friends and neighbours in your activities



Take notice of your environment. Use this as an opportunity to learn more about your surroundings



Challenge yourself to learn more about your limits and find creative ways to improve



Choose



Challenge



Capture

Choose your event, these are just a few ideas:

- **Race across the river** - using only two flat objects can you cross the river without touching the floor? Challenge yourself to find new ways to move, can you get faster?
- **Orienteering challenge** - create an orienteering treasure hunt in your own home or local surroundings. Can you make the challenge more difficult by hiding items that spell out a hidden word?
- **Swipe and swap** - how good are you at moving objects with different parts of your body? This is a great activity for core stability and balance. Can you challenge yourself to beat your personal best in three attempts?
- **Horizontal climbing** - don't worry you don't need to climb the side of your house for this one! Just use socks and gloves and remember to maintain three points of contact!
- **Go for a bike ride** - find a new route, challenge yourself to cycle further or faster in a time trial. Stay safe and take notice of your environment.

Challenge yourself, your family, your friends:

- Creativity is key, challenge yourself to set up exciting routes and give them a try.
- Time yourself from start to finish, then try to improve your time.
- Find new creative ways to move, test your limits to improve.

Capture it, create memories and celebrate. Why not...

- Go outdoors and find a new space to take part in your activity.
- Take pictures along your journey, can you find all the colours in the rainbow?
- Can you draw a map of the route you take on your journey?
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. [#NSSWtogether](#)



Sky Sports Scholar

Max Litchfield, swimming

"Sport is an absolutely incredible thing for so many reasons, but above all for living a happy and healthy lifestyle! As you have signed up to the National School Sport Week at Home you clearly agree with me and I would just like to say good luck with everything this week, learn, make friends (even if it is socially distanced friends) but most of all, have fun!"

Consider the five ways to wellbeing throughout your chosen activity:



Get creative and come up with fun new activities to try!



Create activities to perform together



Take part in your activities for pure entertainment. Have fun and put a smile on everyone's face



Take notice of your own and others' creativity. Be proud and have fun trying something new



Learn to choreograph and use your imagination. Challenge yourself to be creative

Choose



Challenge



Capture

Choose your event, these are just a few ideas:

- **Partner dance** - find a partner and have fun. Either copy this dance or get creative and choreograph your own.
- **Disney Dance Along** - looking for inspiration, then check out these Disney themed dances. Find a partner, pick your favourite Disney Dance, practise and perform.
- **Cosmic Kids Yoga** - relax and practise your poses with some Yoga. Can you get your whole family involved? Could you then create your own Yoga flow?
- **KIDZBOP** - choose your favourite song, gather your backing dancers, watch the video and recreate the dance. Could you use this as inspiration to create your own dance?
- **Upside down challenge** - can you balance something on your body as you turn upside down? Head stands, handstands, balances - get creative.
- **Become a super mover!** - there are lots of ideas here for you to try. Dance with Alex Scott, Max and Harvey or The Vamps! Get the whole family involved in the dance mat fun. Follow the moves and feel the groove!

Challenge yourself, your family, your friends:

- Can you support each other to try new activities?
- Pick your favourite song and choreograph a new routine.
- Showcase your performances and hold up scores like you are on Strictly Come Dancing! Don't forget to share top tips to help someone improve.

Capture it, create memories and celebrate. Why not...

- Put on a performance, film it and share it with family and friends.
- Have a dance off! Who has the best moves? Would you put this on TikTok?
- Create a poster to showcase your performance.
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. [#NSSWtogether](#)

Sky Sports Scholar

Joe Fraser, gymnastics

"With it being National School Sport Week at Home, I think it's a great opportunity for us all to get active and involved! Giving us all the opportunity to try some new sports and experiences. Enjoy yourself, get involved and have fun"

