

# Welcome back Elves!

Fantastic work yesterday.

Remember to send in your totals for the race across the world. Send to [yearonelearning@farnborough.bromley.sch.uk](mailto:yearonelearning@farnborough.bromley.sch.uk)

Which country will we reach this week?





It's Tuesday!

Tuesday 2nd June 2020

Here's your work for  
today...

Physical activity -  
minimum 30 minutes each day

Link to resource

5 a day

User Name: FP553 / Password: JFz4XqG7

<https://player.5-a-day.tv/>

Joe Wicks - PE sessions

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Cosmic Kids Yoga

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

PE Hub Parents Portal

<https://pehubportal.co.uk/>

Go Noodle

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

Go for a walk/run.

You must go with an adult from your home and make sure you stay 2 metres away from other people.





# English



As we are following the Gruffalo this week, let's remind ourselves of the story of The Gruffalo by Julia Donaldson

The Gruffalo on You Tube

<https://www.youtube.com/watch?v=1XBgfNBs6co>



# English

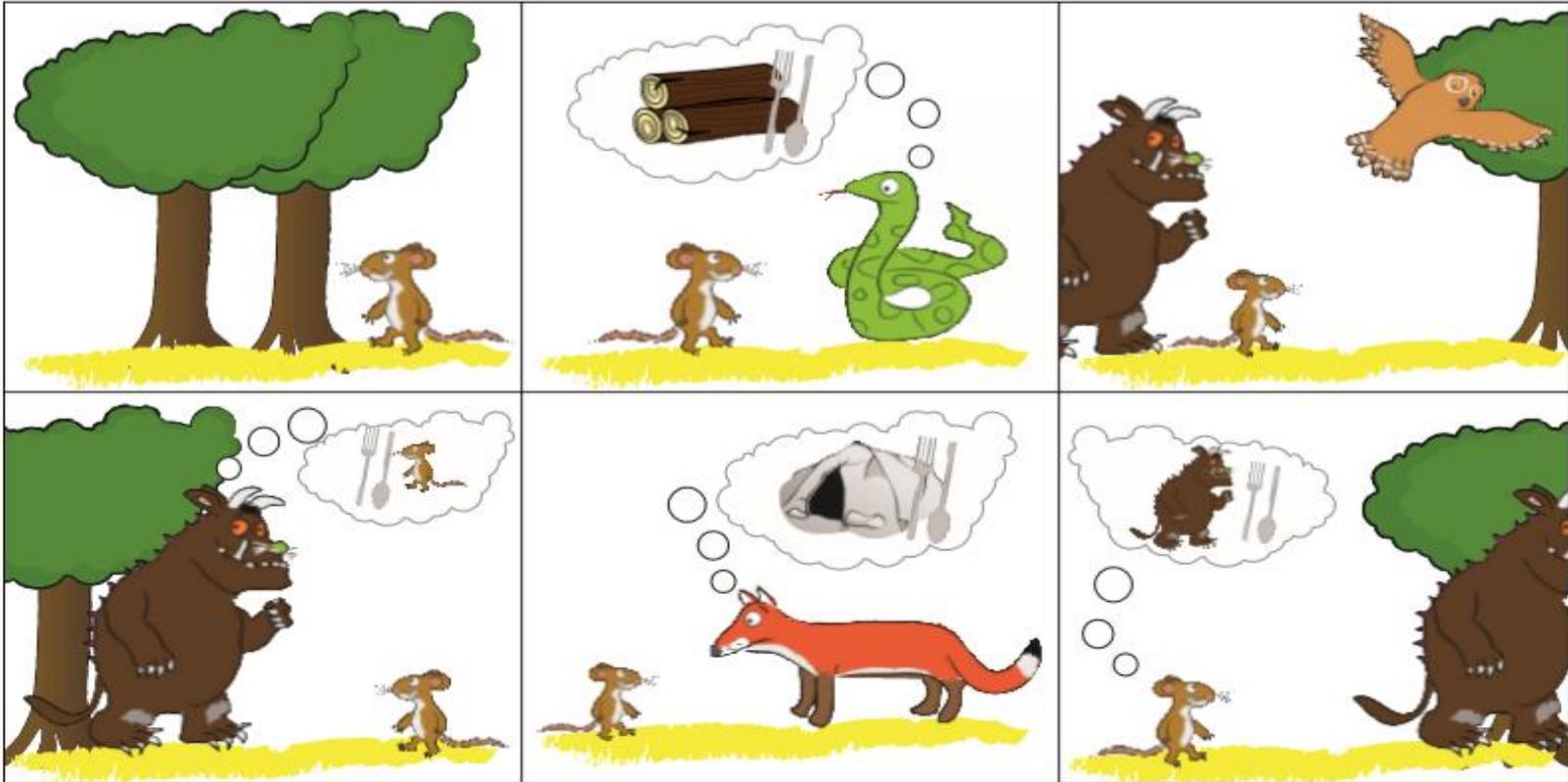
We are learning to sequence a story.





## THE GRUFFALO

Cut out the pictures and sort them into the correct order to tell the story.



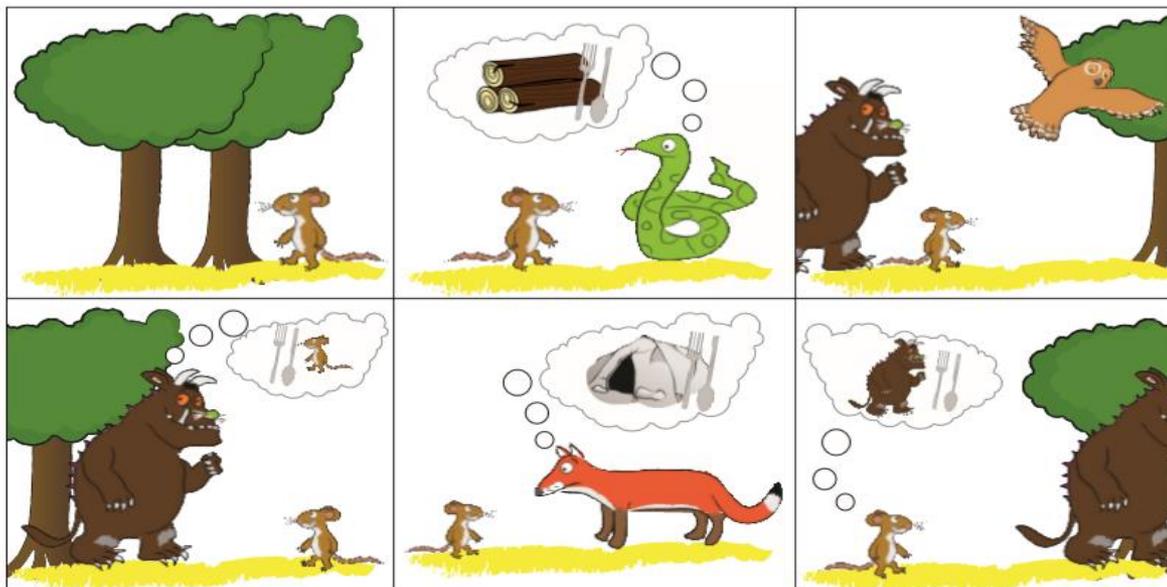


# English



## THE GRUFFALO

Cut out the pictures and sort them into the correct order to tell the story.



Can you write a sentence to match each picture?

Remember to include capital letters and full stops to write in full sentences.



capital letter



full stop



# Farnborough Active Challenge

Thursday 14<sup>th</sup> May to Wednesday 20<sup>th</sup> May



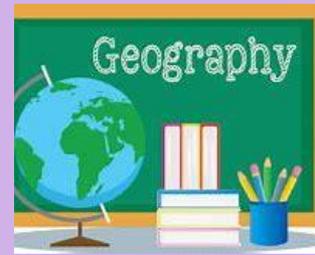
Class	Number of kilometres covered	Which country did your class reach?  From Farnborough School to .....
Pixies	425 km	 France
Elves	423 km	 France
Unicorns	320 km	 France
Phoenix	502 km	 Germany
Pegasus	 1821 km	 Finland
Giants	431 km	 France
Griffins	888 km	 Switzerland
Centaur	495 km	 Germany
Dragons	815 km	 Denmark



cc Which country did your class reach?  
Elves reached France.



Congratulations, We reached France in our Active challenge.



Follow this link and find France on google earth.

[Google Earth](#)

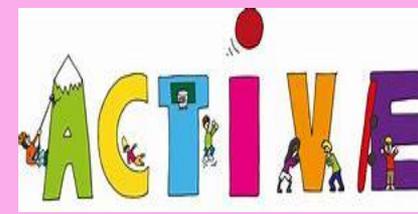
What do you see?

Can you find a famous landmark in France? What is it called?

Can you recreate a famous landmark in France using materials at home?

Can you draw a French flag?





Today is the beginning of a new week for Race around the World.

Create a warm up routine for your family before setting off on your exercise.

Design a poster to show the warm up routine. Have a look at the next slide to give you some ideas.

Some ideas for your poster .....



## Top 10 Flexibility Exercises

<b>SIT AND REACH</b>	<b>TOE TOUCHES</b>
<b>BUTTERFLIES</b>	
<b>STRADDLE STRETCHES</b>	<b>LUNGES</b>
<b>CALF STRETCH</b>	<b>TRUNK LIFT</b>
<b>HAMSTRING STRETCH</b>	<b>Arm Rotations</b>
<b>QUAD STRETCHES</b>	

©Dana Daniels/Corbis/Peter, 2011

## SPIDER-MAN AGILITY TRAINING

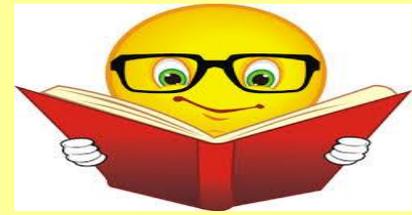
- #1 Do 20 jumping jacks**
- #2 Crab walk for a 15 count**
- #3 Do 12 alternating lunge jumps**
- #4 Do 15 crunches**
- #5 Do 10 diamond push-ups**
- #6 Jog in place for 25 count**

**IF YOU FINISH BEFORE THE MUSIC ENDS, REPEAT THE SIX STEPS AGAIN PAL!**

@PhysEdDepot



# Reading online



I'm so impressed with your reading Elves.  
You should be very proud of yourselves!

Please log on to Bug Club  
Read for at least 15 minutes.

Please read the key words inside the front cover first.  
When you find the bug questions, click and complete them.

Please note down the books you've read in your reading  
record book.



Your personal login details are on the  
inside of your reading record book.

Have a fantastic day Elves.

We will meet again tomorrow!

For tomorrow's science activity you will need an ice cube and a piece of thread.

