

Summer 2020

Is it raining again? Are you bored?
Why not try one of these English, Maths, PE, RE
or Science activities?!
It might help to give your brain something to do!



St Antony's
Roman Catholic School

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| <p>1 Look at the ingredients listed on the side of a food item in your kitchen. Google the ingredients and find out what the body uses them for.</p> | <p>2 <i>Design a circuit training session and aim to complete it 3 times a week.</i></p>  | <p>3 Learn how to do Sudoku and try a puzzle! https://websudoku.com/</p> | <p>4 If you go somewhere, buy a postcard and send a nice message to a family member you've not seen very much (or at all) since lockdown.</p> | <p>5 Go out of your way to do a good deed to help someone else today.</p>  |
| <p>6 Play a Factors and Multiples game with someone in your house https://nrich.maths.org/factorsandmultiples</p> | <p>7 Catch up on some good news for a change! https://live.firstnews.co.uk/positivity-place/happy-news/</p> | <p>8 Research the Covid-19 pandemic and produce a detailed fact-file about it.</p> | <p>9 Listen to a religious hymn on YouTube, perhaps one that reminds you of Primary School.</p> | <p>10 <i>Go on a walk or bike ride with a friend/family member. Try tracking your distance on Strava.</i></p> |
| <p>11 Research a Saint (not St Antony!) and email your RE teacher with your findings e.g. when they lived, what they did etc.</p>  | <p>12 Pick an exciting activity from the selection at https://www.stem.org.uk/home-learning/family-activities</p> | <p>13 <i>Complete a 60 second challenge for these exercises: press ups, sit ups, burpees, squats and squat thrusts.</i></p> | <p>14 Memorise pi to as many decimal places as you can...</p> | <p>15 Find and watch a documentary that looks interesting on Netflix or iPlayer.</p> |
| <p>16 Find and take a photo of 3 churches (or other places of worship) that you see at home or if you visit another city, and send them to your RE teacher via email.</p> | <p>17 Write an email to your teacher about your favourite film—your job is to persuade them to watch it.</p>  | <p>18 Research Fibonacci in nature and create a poster.</p>  | <p>19 Work through one of the Daily Lessons for Science on BBC Bitesize—maybe something about space or DNA might be good!</p> | <p>20 <i>Plan, practise and record your own TikTok dance.</i></p>  |
| <p>21 Read or write for half an hour - TV off, phone next door, see what happens...</p>  | <p>22 <i>Try a workout with Joe Wicks at https://www.youtube.com/user/thebodycoach1</i></p> | <p>23 There are 73 books in The Bible. Find out about at least 5 of them and write a sentence about each.</p>  | <p>24 Watch 'Operation Ouch!' on BBC iPlayer to learn some interesting facts about the human body!</p> | <p>25 Listen to 'The Infinite Monkey Cage' on the Origin of Numbers https://www.bbc.co.uk/programmes/m00024ph</p> |