

## Year 1 Term 6 PRIDE Challenges!

<p style="text-align: center;"><u>Creative challenge</u> <input type="checkbox"/></p> <p>Using a deck of cards, can you build a pyramid? Remember to carefully balance them on top of each other. How tall can you make it?</p>	<p style="text-align: center;"><u>Outdoor challenge</u> <input type="checkbox"/></p> <p>Have a closer look at the flowers in your garden or on your daily walk. What do you notice? Can you spot the pollen? Do you spot any insects visiting the flower?</p>	<p style="text-align: center;"><u>Kindness challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Phonecall</u></p> <p>Call a family member or friend on the phone who might be lonely. What could you say to brighten their day?</p>	<p style="text-align: center;"><u>PRIDE challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Determination</u></p> <p>How have you demonstrated our school PRIDE value '<b>Determination</b>'? Has anyone else in your family demonstrated this value?</p>	<p style="text-align: center;"><u>Physical challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Simon says</u></p> <p>Can you play a game of Simon Says with your family? Can you get faster and make it trickier?</p>
<p style="text-align: center;"><u>Physical challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Dice athletics</u></p> <p>Roll a dice 10 times.  <b>1</b> = 5 star jumps; <b>2</b> = 5 squats;  <b>3</b> = run on the spot;  <b>4</b> = 3 push ups; <b>5</b> = 5 lunges;  <b>6</b> = rest break</p>	<p style="text-align: center;"><u>PRIDE challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Positivity</u></p> <p>How have you demonstrated our school PRIDE value '<b>Positivity</b>'? Has anyone else in your family demonstrated this value?</p>	<p style="text-align: center;"><u>Creative challenge</u> <input type="checkbox"/></p> <p>Using washable paint, paint your whole hand. Then ask an adult to blindfold you whilst you use soap and water to wash off the paint without being able to see. Take off the blindfold. How well did you wash your hands? What parts did you miss?</p>	<p style="text-align: center;"><u>Outdoor challenge</u> <input type="checkbox"/></p> <p>Earlier in the year we created nature sculptures in school. Make an Andy Goldsworthy inspired art work using natural materials. The video link should help you with some ideas.</p> <p><a href="https://youtu.be/FN7w39QKxjk">https://youtu.be/FN7w39QKxjk</a></p>	<p style="text-align: center;"><u>Kindness challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Smile!</u></p> <p>Next time you go out for your daily exercise smile at somebody you see. Do you think they will smile back?</p>
<p style="text-align: center;"><u>Outdoor challenge</u> <input type="checkbox"/></p> <p>When you wake, open your window or go outside to listen to the birds singing the dawn chorus. Please use the link to see if you can identify some of the birds you hear.</p> <p><a href="https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/">https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/</a></p>	<p style="text-align: center;"><u>Kindness challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Thank you postie</u></p> <p>Draw a picture to thank the postman/lady for delivering the post each day. Stick it by your letterbox for them to see.</p>	<p style="text-align: center;"><u>PRIDE challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Respect</u></p> <p>How have you demonstrated our school PRIDE value '<b>Respect</b>'? Has anyone else in your family demonstrated this value?</p>	<p style="text-align: center;"><u>Physical challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Star jump challenge</u></p> <p>How many star jumps can you do in a minute? Record your highest score Can you beat it? Can anybody in your house beat it?</p>	<p style="text-align: center;"><u>Creative challenge</u> <input type="checkbox"/></p> <p>Design a new uniform for an NHS worker. What colours will you use? What symbols might you add? Remember to make it easy for them to work in.</p>
<p style="text-align: center;"><u>Creative challenge</u> <input type="checkbox"/></p> <p>Write a song about your favourite things. What will you include? Will it have a chorus? What tune will you sing it to? Could you add an instrument?</p>	<p style="text-align: center;"><u>Outdoor challenge</u> <input type="checkbox"/></p> <p>Go cloud watching. Choose a comfortable spot to lie down and watch the clouds. What do the clouds remind you of? Can you make up a story about what you imagine the clouds to be?</p> <p><a href="https://www.nationaltrust.org.uk/features/no-33-go-cloud-watching">https://www.nationaltrust.org.uk/features/no-33-go-cloud-watching</a></p>	<p style="text-align: center;"><u>Kindness challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Spread happiness</u></p> <p>Find out something that makes each person in your family happy. Do one thing for one person each day during a week.</p>	<p style="text-align: center;"><u>Physical challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Joe Wicks On YouTube</u></p> <p>Complete one of Joe Wicks morning workouts on YouTube. Can you keep going until the end?</p>	<p style="text-align: center;"><u>PRIDE challenge</u> <input type="checkbox"/></p> <p style="text-align: center;"><u>Independence</u></p> <p>How have you demonstrated our school PRIDE value '<b>Independence</b>'? Has anyone else in your family demonstrated this value?</p>