

1st and 4th Barnehurst & 4th North Heath goes virtual

Let's go international...



WEEK 1

We're off to India, Denmark and Greece this week.



A visit to India

In India we're going to have a go at some Yoga.

The next two screens give you a pose for each letter of the alphabet, can you try them all?





A Airplane



B Butterfly



C Cobra



D Dog



E Easy Pose



F Frog



G Grasshopper



H Happy Baby



I Inhale



J Jack-in-the-Box





K Kite



L Lion



M Mouse



N New Pose



O Otter



P Peacock



Q Queen



R Rag Doll



S Swan



T Triangle



U Unicorn



V Volcano



W Waterfall



X **Y**



Z Zero

A visit to India

Now you have had a go at all of them, which one did you like the best?

Can you spell out your name in Yoga poses?



A visit to Denmark

We're going to the home of LEGO.

This challenge is all about building a boat and seeing if it floats.



Build a boat - will it float?



A visit to Greece

It's time to get active again!!

This time we're going to the birthplace of the Olympic Games!!



Greece - Home of the Olympics

1) Make a flag for your own country (add land to the end of your name)

e.g. Cloudy-Land,
Misty-land,
Charlotte-land,
Gracie-land



Greece - Home of the Olympics

2) It's the opening ceremony; create a short routine you could perform



Greece - Home of the Olympics

3) Challenge time

How high can you jump

How long can you balance on one leg

How long can you balance a book on your head



WEEK 2

We're off to Italy, Australia and China this week!!



A visit to Italy

We're off to Italy and we're visiting Venice.

We're going to make our own Gondolas out of fruit.



Italy - Gondolas

What to do

1. Cut off the bottom of the banana, so it sits flat on the plate
2. Cut a piece out of the middle of the banana at the top to make a place for two strawberry people
3. Cut the tip off each strawberry and the grape
4. Use the cocktail stick to connect the main part of the strawberry with the blueberry and the strawberry tip. This will make the person's body, its head, and the hat
5. Make two people like that and place them in the middle of the banana
6. Make a similar assembly for the grape and place the grape gondolier at the end of the banana
7. Make a small hole on a side of the grape and insert the chocolate biscuit stick there
8. Enjoy!



Ingredients

- 1 banana
- 2 strawberries
- 3 blueberries
- 1 green grape
- 1 chocolate finger biscuit or matchmaker
- 3 cocktail sticks



China - Pandas

Pandas are only found naturally in China and are one of the rarest animals on Earth. They feed on bamboo



What to do

1. Cut two circles of white card the same size. Cut 2 black circles larger than the wobble eyes from the black paper and glue in place for the panda's eyes, add the wobble eyes.
2. Cut 2 half circles for ears and glue in those to the back of the white card. Also cut out a nose and glue in place.
3. Draw on a mouth with a marker.
4. Attach a craft stick and glue your second circle of white card on the back to cover the stick .

Equipment

- White card
- Black paper
- Wobble eyes
- Marker
- Craft stick



Australia - Fairy Bread

What to do

1. Cut crusts off the bread slice and eat the
2. Spread with butter.
3. Sprinkle hundreds and thousands.
4. Cut to make 4 triangles per slice.
5. Enjoy.



Ingredients

- white bread
- Butter
- Hundreds and thousands

