

Kestrel Signposts 63

1. Starter: Draw people riding bikes!
2. 20 mins morning read! Keep a note of what you've read
3. Spellings – Practice your spellings by writing them out twice each in alphabetical order in best handwriting.



If you could be anywhere in the universe right now, where would you be? Today's task is to do a piece of creative writing based on this question. Remember to email your work over to me at nhill@meldreth.education – I can't wait to see what you come up with!



Recorder

Don't give up now! And get started again if you've taken a break!



Spanish

Follow and join in Mrs Millington's lesson in the classroom. Pause it from time to time to practice the language in the lesson.



Maths

Continue with yesterday's challenge mystery: The Book Day mystery

If you're interested in saving the planet why not try [Blue Peter's Green Badge](#) in the Six Badges of Summer project.
It's available for 7 more days on BBC iPlayer

Science! Living Things

LO The Characteristics of ALL Living Things

All Living Things Move, Respire, Sense their surroundings, Grow, Reproduce, Excrete and depend on Nutrition

Read and watch the Slideshow [and this video](#) in the Classroom, then create a poster to explain what the seven characteristics of All Living Things are and what they mean.

Wednesday's Sports Week Activities

Today's activities are the Keepy Uppy Challenge and the Standing Long Jump.

There are videos of how to do each activity in [this link](#)

Collect your scores on the sheet in the Classroom.

3. Keepy Uppy Challenge

How many times can you keep a ball in the air in 60 seconds? You can use a football, bat and ball, racket and ball, balloon - you choose!
You score 1 point per hit.



4. Standing Long Jump

Jump forward from two feet to two feet. Use a tape measure to find your score. Record your best jump from three attempts.

Scoring

Up to 1m	5 points
1m to 1.5m	10 points
1.5m to 2m	15 points
2m to 2.5m	20 points
2.5m plus	25points



Well-being Wednesday

Here are a few of the relaxing tracks from our Well Being Wednesday work. Choose a couple; close your eyes, listen relax and enjoy

[daydreaming](#)

[RELAAAAAAAAAAAAAX](#)

[And relax again](#)

[shut your eyes and relax for five minutes!](#)