

Welcome to the Hertfordshire Virtual School weekly Activity Sheet.

You can use a wide range of activities to help you learn, including what your school has set.

If you are looking for something different or additional to do – Try these!

WEEKLY CHALLENGE Make a world record paper aeroplane: <https://youtu.be/3BNg4fDJC8A> Send a picture or short video of your success to virtu@hertfordshire.gov.uk

20th - 24th April	Well-being / Workouts	Activity 1	Activity 2	Daily Riddle
Monday	10-12min https://youtu.be/lsCtyv9NAQM 20-22min https://youtu.be/06cBKK6Xkg0 Kickboxing https://youtu.be/ECqYeThduWk	Play 'Gogglebox' with your household. Watch 3 different types of programme together e.g. documentary, comedy, reality show. Do you share the same tastes? What makes a good TV programme?	Keep a diary of your lock down days – we're making history! Look up other people who have written diaries that are now famous.	Can you solve the bridge riddle? https://youtu.be/7yDmGnA8Hw0
Tuesday	10-12min https://youtu.be/dXkcWgznrWI 20-22min https://youtu.be/dA8YrNg_Zl4 Pilates https://youtu.be/iGa9uVPysxE	*Photography Competition* Take a photo and send it to virtu@hertfordshire.gov.uk and win a Herts Award nomination. Look at Pinterest.co.uk for ideas Themes: "Spring" or "Isolation"	Make a mini book for a friend, what will you write in the book, a story, some pictures, a comic book? https://www.youtube.com/watch?v=sDdTdyueDU	Can you solve the three Gods riddle? https://youtu.be/LKvjlsYng8
Wednesday	10-12min https://youtu.be/k9ii0BpJRdg 20-22min https://youtu.be/7rRH8C4i2IA Hip Hop https://youtu.be/ZWk19OVon2k	Most people are inspired by their 'heroes' or events. Use 'Google' and 'You Tube' to research that hero. It could be a celebrity or someone you know. Write a newspaper or magazine style report from the research you have done.	RSPB competition – make a painting or piece of creative art inspired by nature https://www.rspb.org.uk/fun-and-learning/for-kids/rspb-kids-competitions/wild-art/	Can you solve the passcode riddle? https://youtu.be/7Vd1dTBVbFg
Thursday	10-12min https://youtu.be/RaAatMwx0fA 20-22min https://youtu.be/7rRH8C4i2IA Mobility https://youtu.be/nLcJsv4e-kc	Plan a day of healthy meals. Look up some recipes and write a shopping list. Cook one of the recipes https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/	Listen to a song you enjoy. A lot of people change the lyrics to tell how they are feeling about an issue or event. Can you change the lyrics to a song to make it personal to you? When you have finished send your song to virtu@hertfordshire.gov.uk	Can you solve the wizard standoff riddle? https://youtu.be/mmkCS5eA4f8
Friday	10-12min https://youtu.be/ds0hh8bMn9o 20-22min https://youtu.be/pbN5VwIwG0g Zumba https://youtu.be/bm4WZyH5p2l	Write a review of a book you have read recently - here's how to write a good review: https://www.booktrust.org.uk/books-and-reading/tips-and-advice/writing-tips/writing-tips-for-teens/how-to-write-a-book-review/	Blue planet - watch episodes from i-player, research animals, explore issues with microplastics. Make a short video or blog about what you feel about this issue.	Can you solve the river crossing riddle? https://youtu.be/ADR7dUoVh_c
Books, reading, literacy:	www.booktrust.org.uk , www.worldofwalliams.com/elevenses , www.pobble365.com , http://www.hertfordshire.gov.uk/services/libraries and archives			
General videos/activities	national geographic- www.natgeo.com www.natgeokids.com www.thekidsshouldseethis.com www.theday.co.uk https://www.bbc.co.uk/bitesize			
Maths games/videos	www.corbettmaths.com www.topmarks.co.uk/mathsgames www.nrich.maths.org mathsvzombies app			
Health and well-being	www.fitnessblender.com (exercises and workouts)			