

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!



8 th – 12 th June	Well-being / Workouts	Activity 1	Activity 2	Weekly Challenge
Monday	10-12min https://youtu.be/lsCtyv9NAQM 20-22min https://youtu.be/06cBkK6Xkg0 Kickboxing https://youtu.be/EcqYeThduWk	Herts Awards Project Create a piece of artwork, drawing or project for this space-based theme: Aliens . Send a picture of your work, your full name & age to: HertsAwardsReach@hertfordshire.gov.uk	Who would you most like to meet? Imagine you were interviewing them for a magazine. Which 10 questions would you ask them? We'd like to know! virtualschool@hertfordshire.gov.uk	Learn how to taxi whistle: https://youtu.be/7ygsDIOJSo8
Tuesday	10-12min https://youtu.be/dXkcWgznrWI 20-22min https://youtu.be/dA8YrNg_Zl4 Pilates https://youtu.be/jGa9uVPysxE	If you have some ice have a go at this science experiment. http://www.sciencefun.org/kidszone/experiments/ice-fishing/ If you have no ice then carry out some research about ice, igloos and icicles – find five fantastic facts.	Product Wars! (multiplication with playing cards) Turn two cards over, multiply the numbers together. Challenge yourself to see how quickly you can do it or how many you can do in a minute. Or challenge a partner: turn over two cards each and each multiply your pair. The player with the highest answer takes the cards and wins that turn. Can you win all the cards?	
Wednesday	10-12min https://youtu.be/K9ii0BpJRdg 20-22min https://youtu.be/7rRH8C4i2IA Hip Hop https://youtu.be/ZWk19OVon2k	Competition Time! Take a look at the picture for today on Pobble. Write or tell a story/poem based on the picture. It is called 'Lost'. Pobble 365: https://www.pobble365.com/ A new image is published daily to inspire creative writing	Make a picture of a wood or forest. You could use paint or pens or you could pick up sticks and leaves etc on your daily walk. Send a photo of your results to: virtualschool@hertfordshire.gov.uk	Can you solve these riddles?
Thursday	10-12min https://youtu.be/RaAatMwx0fA 20-22min https://youtu.be/7rRH8C4i2IA Mobility https://youtu.be/nLcjSv4e-kc	Risky (mental addition with playing cards) Turn over cards and add the numbers as you go. If you turn over a king or an ace, then you lose your points for that turn. You can bank your score at any time. First to 100 wins or see how many can you do in a minute – try to beat your own score.	Have a go at making at making a lava lamp http://www.sciencefun.org/kidszone/experiments/lava-lamp/ You will need some ingredients including a fizzy tablet. If you haven't got the ingredients find out what lava is and read about Pompeii where Lava overflowed over the whole town.	Can you solve the penniless pilgrim riddle? https://youtu.be/6sBB-gRhfiE
Friday	10-12min https://youtu.be/ds0hh8bMn9o 20-22min https://youtu.be/pbN5VwIwG0g Zumba https://youtu.be/bm4WZyH5p2I	Playing card maths: Countdown Choose six cards See how close you can get to each of these numbers by adding, subtracting, multiplying or dividing the numbers on your cards. Can you make 20, 32, 75, 132, 1010?	Settle down with a book: feel free to send us a review of what you read. Finish the week with a good read or audio book. Look for some ideas here: https://www.hertfordshire.gov.uk/services/libraries-and-archives/books-and-reading/ebooks-and-audiobooks/ebooks-and-audiobooks.aspx	Can you solve the buried treasure riddle? https://youtu.be/tCekIW2e6_E
Books, reading, literacy		www.booktrust.org.uk , www.worldofwalliams.com/elevenses , www.pobble365.com , https://www.hertfordshire.gov.uk/services/libraries-and-archives/libraries-and-archives.aspx		
General videos/activities		https://www.nationalgeographic.com/family/at-home-education-resources www.natgeokids.com www.thekidsshouldseethis.com www.theday.co.uk https://www.bbc.co.uk/bitesize		
Maths games/videos		www.corbettmaths.com https://www.topmarks.co.uk/maths-games www.nrich.maths.org		
Health and well-being		www.fitnessblender.com (exercises and workouts)		

