

# 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!

22 <sup>nd</sup> – 26 <sup>th</sup> June	Well-being / Workouts	Activity 1	Activity 2	Weekly Challenge
<b>Monday</b>	Agility Astro-Course: <a href="https://youtu.be/11N4AOHr1JE">https://youtu.be/11N4AOHr1JE</a> Home strength: <a href="https://www.bbc.co.uk/sport/av/52287608">https://www.bbc.co.uk/sport/av/52287608</a> Up to 60mins: #TRAINWRIGHT <a href="https://www.bbc.co.uk/sport/live/52647501">https://www.bbc.co.uk/sport/live/52647501</a>	<b>Herts Awards Project</b> Create a piece of artwork, drawing or project for this space-based theme: <b>Spaceships</b> . Send a picture of your work, your full name & age to: <a href="mailto:HertsAwardsReach@hertfordshire.gov.uk">HertsAwardsReach@hertfordshire.gov.uk</a>	Watch and review a film. Here are some tips on writing a film review <a href="https://www.bing.com/videos/search?q=How+to+Write+a+Film+Review&amp;view=detail&amp;mid=357347938D83E915B924357347938D83E915B924&amp;FORM=VRD&amp;ru=%2Fvideos%2Fsearch%3Fq%3DHow%2Bo%2BWrite%2Ba%2BFilm%2BReview%26FORM%3DVRBPRS">https://www.bing.com/videos/search?q=How+to+Write+a+Film+Review&amp;view=detail&amp;mid=357347938D83E915B924357347938D83E915B924&amp;FORM=VRD&amp;ru=%2Fvideos%2Fsearch%3Fq%3DHow%2Bo%2BWrite%2Ba%2BFilm%2BReview%26FORM%3DVRBPRS</a>	Learn to draw: <a href="https://youtu.be/7TXEZ4tP06c">https://youtu.be/7TXEZ4tP06c</a>
<b>Tuesday</b>	Crew Strength Training: <a href="https://youtu.be/TBUimfBOSBk">https://youtu.be/TBUimfBOSBk</a> Taekwondo HIIT: <a href="https://www.bbc.co.uk/sport/av/taekwondo/52261487">https://www.bbc.co.uk/sport/av/taekwondo/52261487</a> Up to 60mins: #TRAINWRIGHT <a href="https://www.bbc.co.uk/sport/live/52647503">https://www.bbc.co.uk/sport/live/52647503</a>	RSPB competition – make a painting or piece of creative art inspired by nature <a href="https://www.rspb.org.uk/fun-and-learning/for-kids/rspb-kids-competitions/wild-art/">https://www.rspb.org.uk/fun-and-learning/for-kids/rspb-kids-competitions/wild-art/</a> If you enter, please let us see the entry as well! <a href="mailto:virtualschool@hertfordshire.gov.uk">virtualschool@hertfordshire.gov.uk</a>	<b>Make a pie chart of how you're spending your days. Here's an example of how to draw a pie chart</b> <a href="https://www.bing.com/images/search?view=detailV2&amp;id=7FC0060BFA76664DB23298321C6CECB3968E56D6&amp;thid=OIP.sA1zF10DKLAIcaxr9dHZQHAK&amp;mediaurl=http%3A%2F%2Fytimg.com%2Fvi%2F1oShnkmA_w%2Fmaxresdefault.jpg&amp;exph=720&amp;expw=1280&amp;q=How+to+Do+a+Pie+Chart&amp;selectedIndex=0&amp;ajaxhist=0&amp;vt=0&amp;eim=1,2">https://www.bing.com/images/search?view=detailV2&amp;id=7FC0060BFA76664DB23298321C6CECB3968E56D6&amp;thid=OIP.sA1zF10DKLAIcaxr9dHZQHAK&amp;mediaurl=http%3A%2F%2Fytimg.com%2Fvi%2F1oShnkmA_w%2Fmaxresdefault.jpg&amp;exph=720&amp;expw=1280&amp;q=How+to+Do+a+Pie+Chart&amp;selectedIndex=0&amp;ajaxhist=0&amp;vt=0&amp;eim=1,2</a>	
<b>Wednesday</b>	Mission control: <a href="https://youtu.be/MeWC3E0b7Zw">https://youtu.be/MeWC3E0b7Zw</a> Football Fitness: <a href="https://www.bbc.co.uk/sport/av/52563364">https://www.bbc.co.uk/sport/av/52563364</a> Up to 60mins: #TRAINWRIGHT <a href="https://www.bbc.co.uk/sport/live/52647505">https://www.bbc.co.uk/sport/live/52647505</a>	Who would you most like to meet and which 10 questions would you ask them? What do you think they would say? We'd like to know! <a href="mailto:virtualschool@hertfordshire.gov.uk">virtualschool@hertfordshire.gov.uk</a>	Make your own instant ice cream <a href="https://learning-resources.sciencemuseum.org.uk/wp-content/uploads/2019/02/SMG-Learning-Activities-Instant-Ice-Cream.pdf">https://learning-resources.sciencemuseum.org.uk/wp-content/uploads/2019/02/SMG-Learning-Activities-Instant-Ice-Cream.pdf</a>	Can you solve these riddles?
<b>Thursday</b>	Building an Astronaut core: <a href="https://youtu.be/4ggTyC2e3uo">https://youtu.be/4ggTyC2e3uo</a> Bollywood dance: <a href="https://youtu.be/3NomZw-KD34">https://youtu.be/3NomZw-KD34</a> Up to 60mins: #TRAINWRIGHT <a href="https://www.bbc.co.uk/sport/live/52647507">https://www.bbc.co.uk/sport/live/52647507</a>	Plan a day of healthy meals. Look up some recipes and write a shopping list. Cook one of the recipes <a href="https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/">https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/</a>	Challenge! Can you write a poem in under 10 minutes – this video shows you how <a href="https://www.bing.com/videos/search?q=wrie+a+poem+in+3+minutes&amp;view=detail&amp;mid=154EBDBAB6358A905F9154EBDBAB6358A905F9&amp;FORM=VRD&amp;ru=%2Fvideos%2Fsearch%3Fq%3Dwrie%2Ba%2Bpoem%2Bin%2B3%2Bminutes%26FORM%3DVEDVXX">https://www.bing.com/videos/search?q=wrie+a+poem+in+3+minutes&amp;view=detail&amp;mid=154EBDBAB6358A905F9154EBDBAB6358A905F9&amp;FORM=VRD&amp;ru=%2Fvideos%2Fsearch%3Fq%3Dwrie%2Ba%2Bpoem%2Bin%2B3%2Bminutes%26FORM%3DVEDVXX</a>	Can you solve the control room riddle? <a href="https://youtu.be/3mbdiky5dLw">https://youtu.be/3mbdiky5dLw</a>
<b>Friday</b>	Do a Spacewalk: <a href="https://youtu.be/-iszsmF0Sk">https://youtu.be/-iszsmF0Sk</a> Netball workout: <a href="https://www.bbc.co.uk/sport/av/netball/52698067">https://www.bbc.co.uk/sport/av/netball/52698067</a> Up to 60mins: #TRAINWRIGHT <a href="https://www.bbc.co.uk/sport/live/52647509">https://www.bbc.co.uk/sport/live/52647509</a>	Create a piece of art, or take a photograph to represent The Environment and the Home <a href="https://www.worcester-bosch.co.uk/environment-2020/childrens-art-competition">https://www.worcester-bosch.co.uk/environment-2020/childrens-art-competition</a> If you enter, please let us see the entry as well! <a href="mailto:virtualschool@hertfordshire.gov.uk">virtualschool@hertfordshire.gov.uk</a>	What makes a rainbow? <a href="https://m.youtube.com/watch?v=5pYnC-ONdXQ">https://m.youtube.com/watch?v=5pYnC-ONdXQ</a>	Can you solve the egg drop riddle? <a href="https://youtu.be/NGtt7GJ1uiM">https://youtu.be/NGtt7GJ1uiM</a>
Books, reading, literacy		<a href="http://www.booktrust.org.uk">www.booktrust.org.uk</a> , <a href="http://www.worldofwalliams.com/elevenses">www.worldofwalliams.com/elevenses</a> , <a href="http://www.pobble365.com">www.pobble365.com</a> , <a href="https://www.hertfordshire.gov.uk/services/libraries-and-archives/libraries-and-archives.aspx">https://www.hertfordshire.gov.uk/services/libraries-and-archives/libraries-and-archives.aspx</a>		
General videos/activities		<a href="https://www.nationalgeographic.com/family/at-home-education-resources">https://www.nationalgeographic.com/family/at-home-education-resources</a> <a href="http://www.natgeokids.com">www.natgeokids.com</a> <a href="http://www.thekidsshouldseethis.com">www.thekidsshouldseethis.com</a> <a href="http://www.theday.co.uk">www.theday.co.uk</a> <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>		
Maths games/videos		<a href="http://www.corbettmaths.com">www.corbettmaths.com</a> <a href="https://www.topmarks.co.uk/maths-games">https://www.topmarks.co.uk/maths-games</a> <a href="http://www.nrich.maths.org">www.nrich.maths.org</a>		
Health and well-being		<a href="http://www.fitnessblender.com">www.fitnessblender.com</a> (exercises and workouts)		