

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!

11th - 15th May	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	Write a poem/rap about Money. Here's Benjamin Zephaniah reciting 'Money' https://www.bing.com/videos/search?q=poetry+foundation+poems+ks3&view=detail&mid=B4D7A2E73F63DAED4208B4D7A2E73F63DAED4208&FOR M=VRD GAR&ru=%2Fvide os%2Fs earch%3Fq%3Dpoetry%2520foundatio n%2520poems%2520 ks3 %26qs%3Dn%26form%3DQBVR%26sp%3D-1%26pg%3Dpoetry %2520foundation%2520poe ms%2520ks3%26sc%3D0-27%26sk%3D%26cvid%3D227FE67 FB8A74636A514D30C5689BAC3	Can you illustrate a poem? Here's an animation of the poem "We Real Cool" by Gwendolyn Brooks https://www.youtube.com/watch?v=0USvSvhue70	Learn to play the cup song: https://youtu.be/Y5kYLOb6i5I
Tuesday	10-12min https://youtu.be/dXkcWgznrWI 20-22min https://youtu.be/dA8YrNg_Zl4 Pilates https://youtu.be/iGa9uVPysxE	How many different birds can you spot on your daily walk? Send us your photos! https://www.rspb.org.uk/birds-and-wildlife/bird-songs/what-bird-is-that/	Write an acrostic poem https://www.youtube.com/watch?v=ybexYTzmZ5Y	
Wednesday	10-12min https://youtu.be/K9ii0BpJRdg 20-22min https://youtu.be/7rRH8C4i2IA Hip Hop https://youtu.be/ZWk19OVon2k	Have a look at the BBC Earth website for more information and ideas. https://www.bbcearth.com/shows/ How can we help with preserving the natural world?	Learn how to paint like Turner https://www.tate.org.uk/kids/make/paint-draw/paint-turner	Can you Solve these riddles?
Thursday	10-12min https://youtu.be/RaAatMwx0fA 20-22min https://youtu.be/7rRH8C4i2IA Mobility https://youtu.be/nLcjSv4e-kc	Subscribe to 'First News'. Newspaper for 8-14 year olds (so that students can read current affairs in digestible chunks) https://subscribe.firstnews.co.uk/?msclkid=8dd6fd7e41e61f61045fa30dc245c00c&utm_source=bing&utm_medium=cpc&utm_campaign=Branded%20-%20First%20News&utm_term=first%20news&utm_content=Brand%20-%20Exact%20-%20General	Watch "The Journeys of Apollo" to find out who's done what in space. https://m.youtube.com/watch?v=GNJpoP642wc	Can you solve the rebel supplies riddle? https://youtu.be/3viZhIumUNo
Friday	10-12min https://youtu.be/ds0hh8bMn9o 20-22min https://youtu.be/pbN5VwIwG0g Zumba https://youtu.be/bm4WZyH5p2I	Find the lyrics of your favourite song. Why do you like it so much? Look for some images/take photographs that reflect the story/feelings of the song and make a poster.	Create your own comic characters https://www.bing.com/videos/search?q=C artoon+Art&view=detail&mid=73894B53E8D62BDABC1973894B53E8D62BDABC19&FORM=VRD GAR&ru=%2FVideos%2Fsearch%3Fq%3DCa rtoon%2BArt%26FORM%3DREStAB	Can you solve the stolen rubies riddle? https://youtu.be/2QJ2L2ip32w
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)		

