



#stayhomestayactive

#PEatHome

## EXPLORE



You are going on a 'colour hunt' around your home. How many colours do you know?

### Bright ideas:

- Look in your bedroom – how many different colours can you find?
- Go to all of the different rooms and spaces inside and outside your home to look for lots of different colours.
- Which colour can you find the most of?
- Which is the most colourful room or place?

*How quickly can you do this? Be careful – do this safely!*

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about OAA?

<https://www.britishorienteering.org.uk/goorienteering>

<https://www.ackers-adventure.co.uk/>

<http://www.coboc.org.uk/>

## PRACTICE

Choose your 5 favourite colours.  
Write down the colour names or draw a blob for each colour.



Now see how quickly you can find 5 objects for each colour. Can you put a ✓ each time you find something?

How quickly can you do this?

### Expressive Arts and Design

Bring all of your colours in nature back home and use them to make a wonderful colours in nature picture.

Could you put it in your window to cheer everyone up?



### Understanding the World Colours in Nature

Find a safe place outside.

Take a small container with you.

How many colours in nature can you see?

Can you name everything that you find?

Can you gather lots of small examples of colours in nature?



Make sure you have enough safe space to complete the tasks!

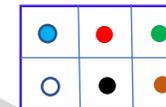
## DEVELOP



Now you are going on a 'rainbow hunt' Choose 6 colours and make a bingo card like the one below.

Go for a walk around your local area looking for rainbows in the windows of houses.

When you find one – look at the colour of the front door and if it matches a colour on your 'bingo card' tick it off.



How quickly can you tick off all of your colours?



### Parent's Tip!

If it is safe to do so, challenge your child to travel in different ways on their 'colour hunts'

Encourage them to be creative – jump, hop, skip, jog, wriggle!!



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## EXPLORE



Find the biggest space you have in your house or garden.

You are going to pretend that your space is a river full of crocodiles!

### Bright ideas:

- Use string, skipping ropes or clothing to mark a river bank on each side of your space
- Find some objects around your house that you could use to cross from one side of the river bank to the other (you could use cardboard, newspaper, pieces of wood, anything safe that you can lift)

- Can you get from one side to the other using the objects, without falling in to the crocodiles ?

- Can you get from one side to the other only using two objects?

- Can you hop, step, jump, turn across?



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## PRACTICE

Invite your family to play the crocodile challenge!

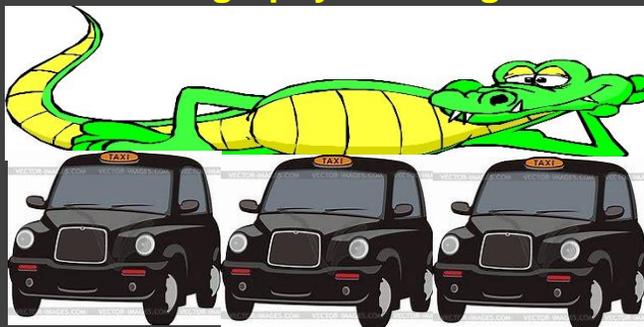
Tell them that the aim of the game is for all of you to get across the river without falling in to the crocs!



Everyone must start on the same river bank:

- \* If anyone falls in you must all start again!
- \* You can only use the objects you have collected to get across.
- \* You must get yourself and your family to the other side safely and with all of your objects.

## Geography Challenge!



The biggest crocodile ever found is thought to be more than three times the width of a taxi!!

In which countries in the world would you find crocodiles living?

What is the difference between a crocodile and an alligator?

## PSHE

Have you enjoyed working as a team with your family?

Did you feel more confident giving instructions as you worked out how to play the game?

Was the game a good way to get your family working together and smiling?

Think about helping and why it is important to listen to instructions whilst you are at home.



Make sure you have enough room and safe objects to complete the tasks!

## DEVELOP



Can you make the challenge more difficult?

Take away some of the objects and see if you can get across using just two or three items.

Split in to two teams and race against the clock to be the fastest.



Make the game your own. Change the objects to different shapes and sizes to make them more challenging to balance on. Blindfold one member of the team. Make the challenge longer. Only allow hopping, jumping and going backwards.

Good Luck!



## Parent's Tip!

Start with more objects to make crossing the river achievable. As they get more confident use the fewest objects possible to encourage problem solving, communication and teamwork. Allow your child to lead!

# KS1

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**EXPLORE**

Find 10 small soft objects that you can throw – these can be screwed up balls of paper or rolled up socks! Find something to use as a target – a bucket, bowl or a sheet of paper will do!

**Bright ideas:**

Set your target a short distance away and then practice throwing your objects to land in or on it.

Now try the same activity with your eyes closed. Were you as accurate?

Try moving the target further away and repeat the activity.

What do you need to think about when you have your eyes closed?



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Ask someone from your family to help you with this!

Repeat the activities from the 'explore' section but this time:

Ask your family member to try it with their eyes closed. You need to have your eyes open and give directions and instructions so that they can hit the target.

**English Challenge!**

Think of an exciting setting for your obstacle activity – maybe in a swampy jungle, out in space or on the high seas.

Think about the quest you are going on to reach the other side!

Write an adventure story describing how you achieved your quest.

What treasure awaits you?

**Computing Challenge!**

Draw a square on piece of paper and draw on randomly placed obstacles.

Imagine you have to guide a robot through your obstacles from one side to the other.

Can you write instructions to get your robot safely to the other side.

Top Tip – drawing small squares on your paper might help



Make sure the space is safe and away from hazards when completing tasks with your eyes closed

**DEVELOP**

Now take your 10 small objects and spread them out on the floor. Ask someone to help you out again!

Ask them to close their eyes and guide them through the obstacles to the other side by giving clear instructions. Could they collect some 'treasure' when they get there?

Don't let them step on anything! Make your instructions really clear.



Can you be creative and invent an adventure for this activity?

**Parent's Tip!**

Start with the objects a short distance from the target or the obstacles far apart.

Then make the objects further away and the obstacles closer together for challenge!

**KS2**

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## EXPLORE



Look around your house and garden. How many symbols can you find?

Bright ideas:

How many of these symbols are:

- Hazard symbols
- Product symbols
- Electronic symbols
- Mathematical symbols
- Chemical symbols

What do these symbols have in common?

What makes these symbols different?

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## PRACTICE

Play in pairs. One person draws a symbol without showing it to the other person. The drawer describes the symbol to their partner, who has to draw the exact same symbol. Compare each drawing at the end – how successful were you?



Draw a symbol of how you feel today. Can another member of your family guess how you feel from your drawing?

## History Challenge!



The ancient Egyptians used symbols to communicate.

- What were these symbols called?
- Can you identify the meaning of 3 of these symbols?
- Can you find the symbols the ancient Egyptians used for the alphabet?



## RE Challenge

Symbols have often been used by different religions. Can you identify the symbols below and match them to a religion?


Can you write down one fact about each of the religions above?



Make sure you have enough room to complete the tasks!

## DEVELOP

Can you create a game using symbols? What are the key aspects you need to consider when playing your game?



Can you create rules for your game and play it with the rest of your family.



## Parent's Tip!

Make the practice task more difficult by closing your eyes if you are the drawer. Make this even harder by not allowing any speaking during the task!

KS3

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## EXPLORE



Find 10 different items in your house. How can you stack them to make the tallest tower?

Bright ideas:

- What object makes the strongest base?
- Which objects can take most weight?
- How can these objects fit together to form the strongest structure?

Find a piece of fruit or a vegetable. Can you balance the fruit on top of your structure? If it collapses, how can you make it stronger?



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## PRACTICE

Find 10 pieces of paper. You have 10 minutes to build the tallest tower that you can.

Your structure has to be free standing and you cannot use tape, glue or paperclips to hold it together.

Challenge someone else in your house to complete the task with you and see who can build the tallest tower.

### CHALLENGE



**Maths Challenge!**  
The Eiffel Tower is the tallest tower in Paris.

If half the base of the tower is 75m, and imagining that the sloping side is a straight line of 332m, can you approximate the height of the tower?

Tip – Remember:

$$c^2 = a^2 + b^2$$



## Geography Challenge

The Burj Khalifa in Dubai is the tallest building in the world:

Can you find out the names of the next 5 tallest buildings?

Where are these buildings in the world?

Can you plot a graph of the 10 tallest buildings in the world according to their height?



Make sure you have enough room to complete the tasks!

## DEVELOP



- Can you design your own tower?
- Where would your tower be located?
  - What would be inside your tower?
  - Why would there be a need for this tower?

A key feature of urban areas are high rise buildings and towers. Urban areas have grown over time because of a range of push and pull factors. Can you list the push and pull factors that might lead to urbanisation?

Can you categorise these factors into social, economic and environmental reasons?



**Parent's Tip!**  
Use different objects to create challenge. If your towers keep falling over, try to find objects with a more stable base.

KS4