

## Easter Challenge

Hello Everyone,

We hope that you are all well and looking after yourselves. As it is Easter next weekend, we have put together a few challenges for you to do over the next two weeks.

Firstly, we would like you to try and make your very own Easter Garden. Here are some examples below to get some ideas:



Before you start making your garden, you will need to design it first. Think about what you want your garden to represent. You could: re-tell the Easter Story, create a mini Easter egg hunt, show our school values or just create something that makes people smile when they see it.

You could make your Easter Garden using soil and plants from your own garden or you could use some arts and crafts equipment to make each part.

Once you have done this, we would like you to write a poem based on how you feel when you are in your Easter Garden. Try to get those exciting similes and metaphors in there. E.g. When I'm in my Easter Garden, I feel as free as a bird, soaring high in the sky.

We would also like you to use your maths skills by calculating the perimeter (all the sides added together), area (length x width) and volume (length x width x depth) of your Easter Garden.

We've also included some Yoga poses, fitness challenges, Easter baking and some crafts in your pack so give them a go over Easter.

We'd love to see what you've been up to so feel free to get your parents to e-mail the Year 6 teacher pictures of your Easter Gardens and poems.

Have fun everyone and take care.

Mr King Miss Cosgrove Mr Rimell ☺

# Easy Easter nests



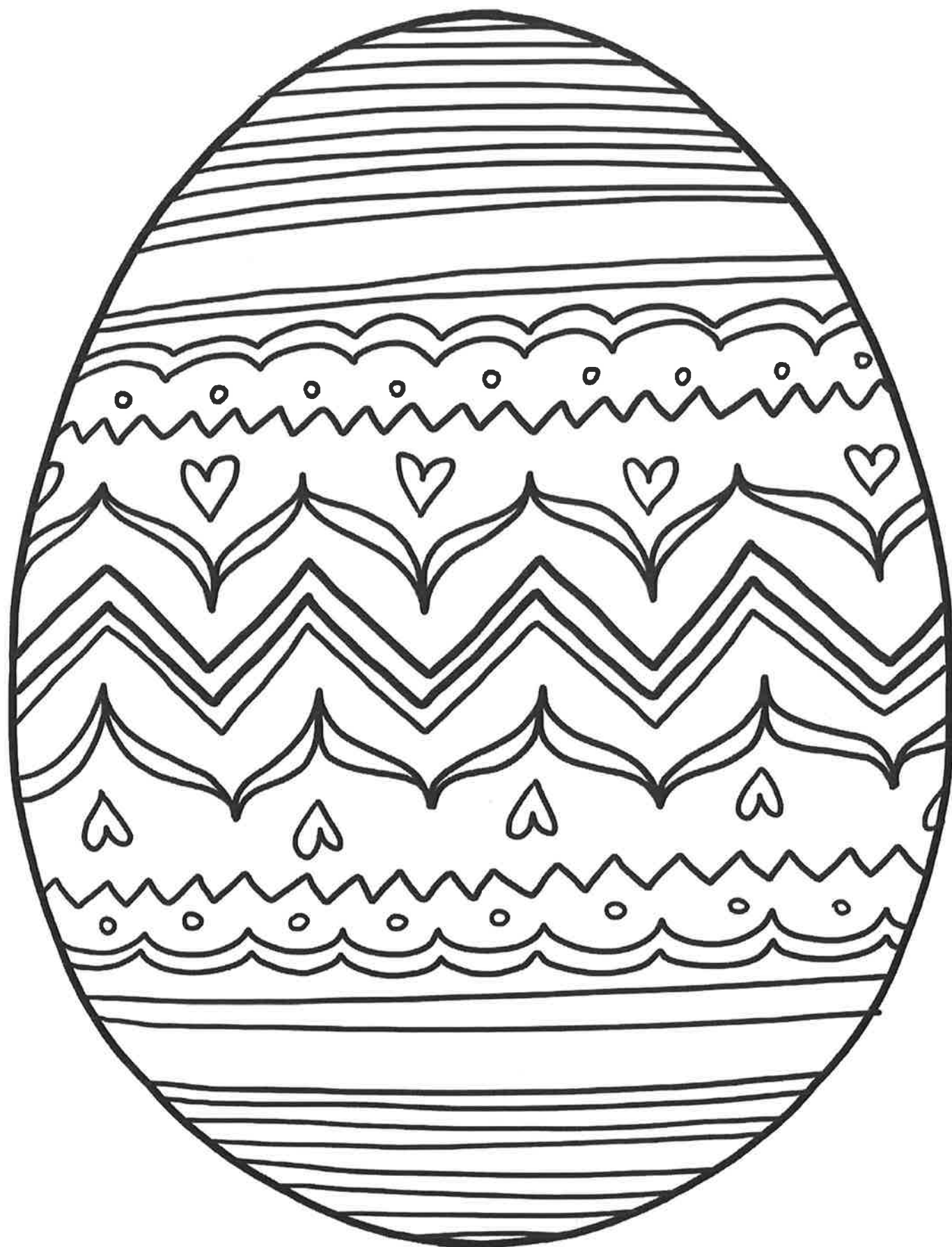
200g milk chocolate, broken into pieces  
85g shredded wheat, crushed  
2 x 100g bags mini chocolate eggs

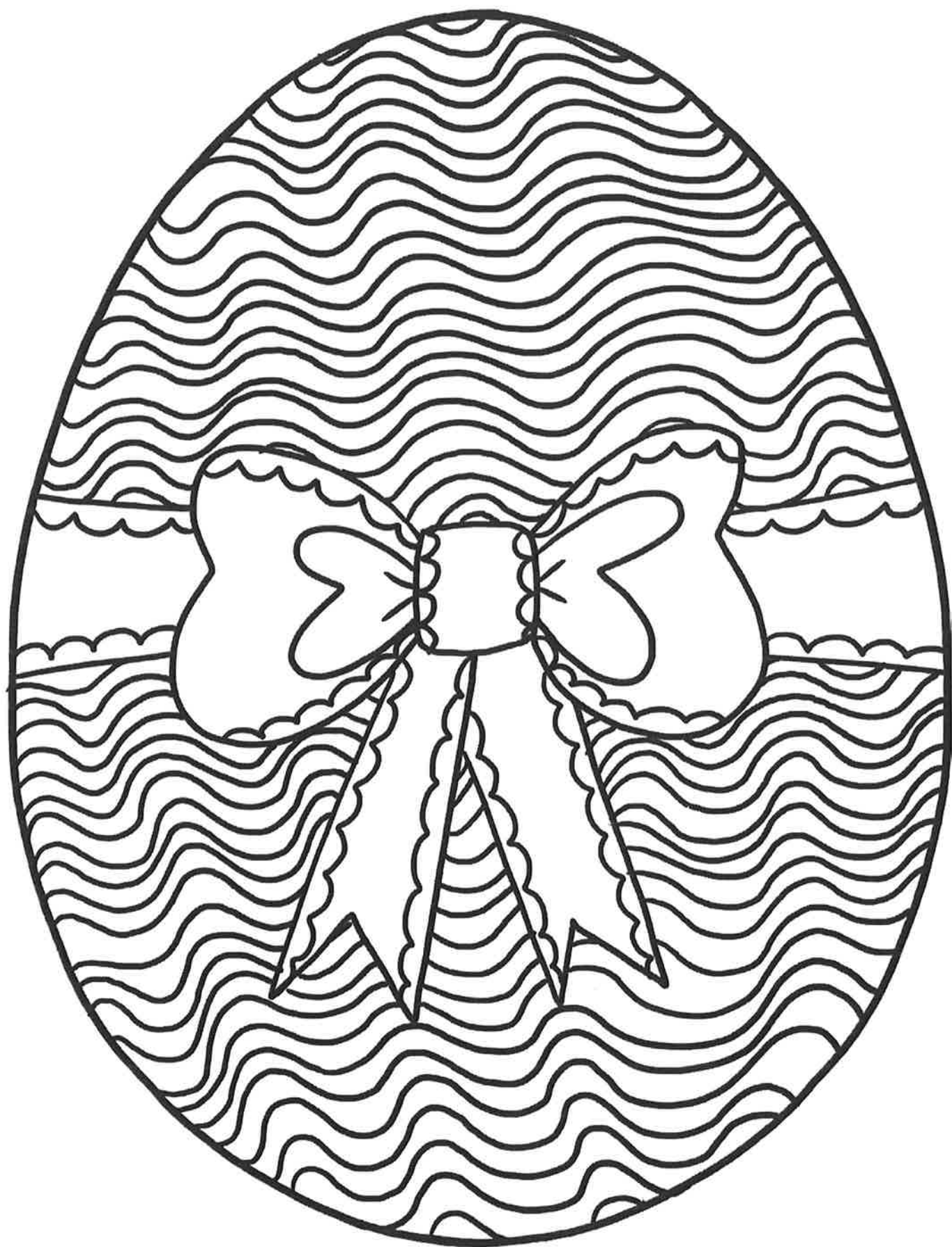
## You'll also need

cupcake cases

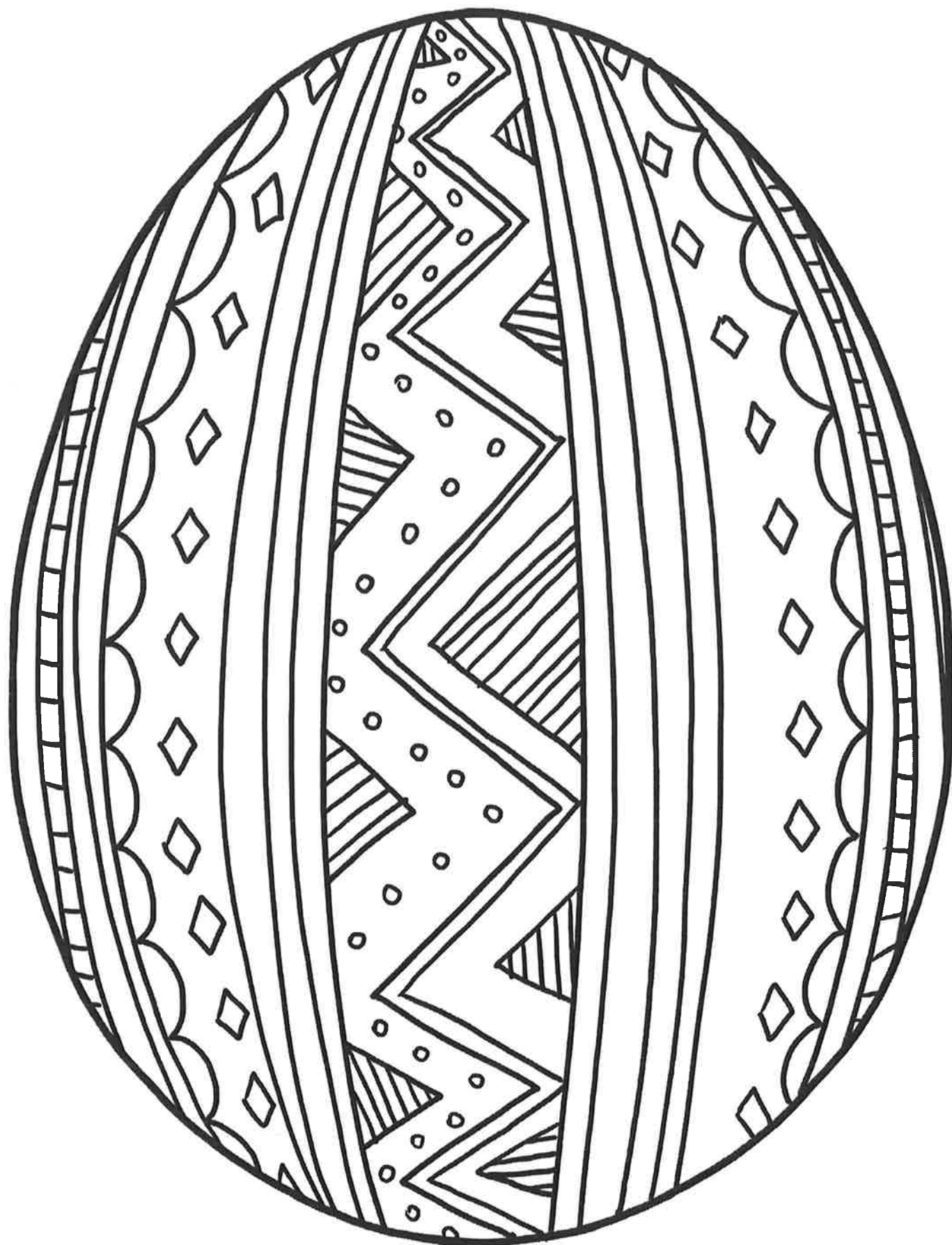
## Method

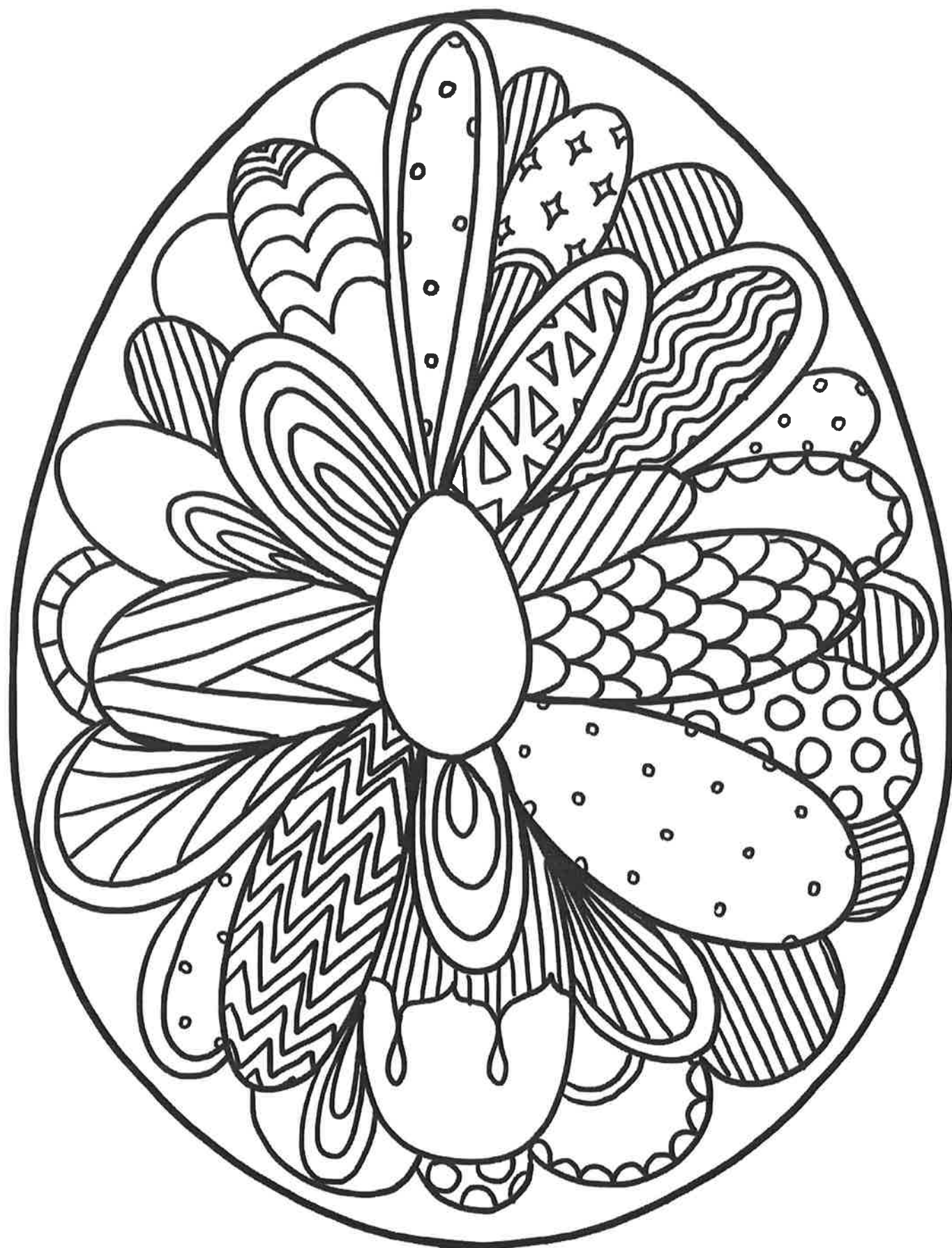
1. Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the shredded wheat and stir well to combine.
2. Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hrs until set.





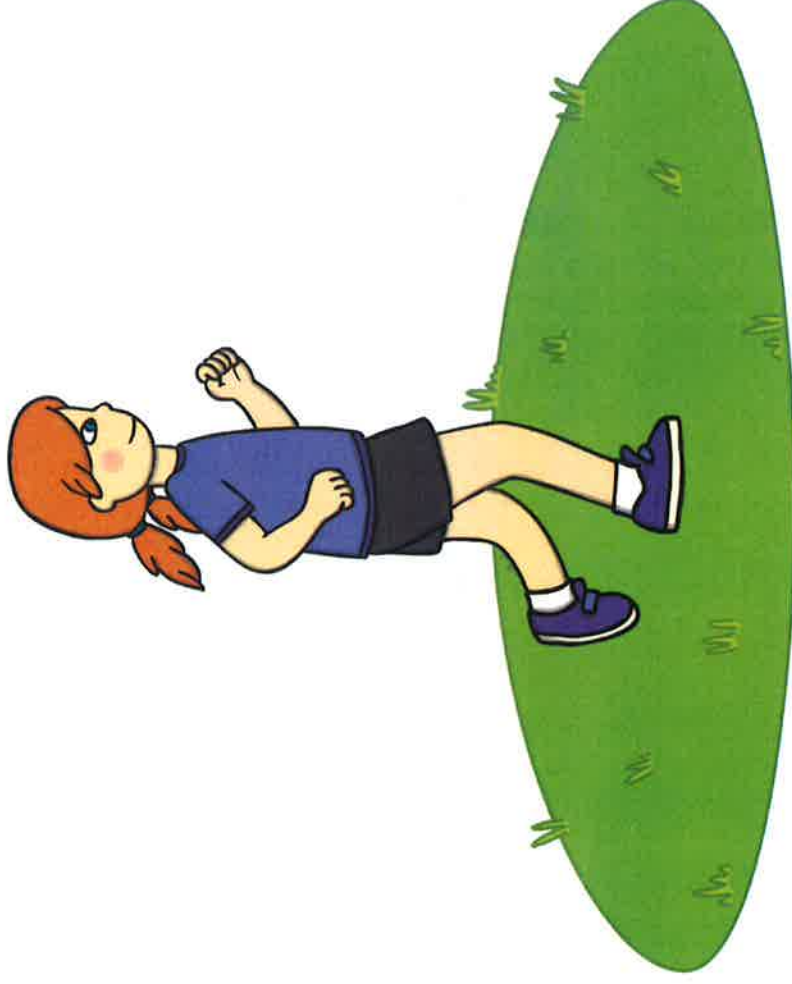






# Jogging on the Spot

Jog on the spot and try your best to keep in the same place.

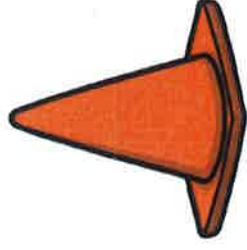
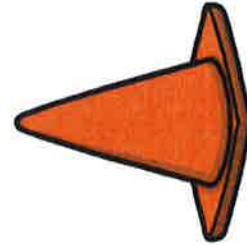


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# Jogging

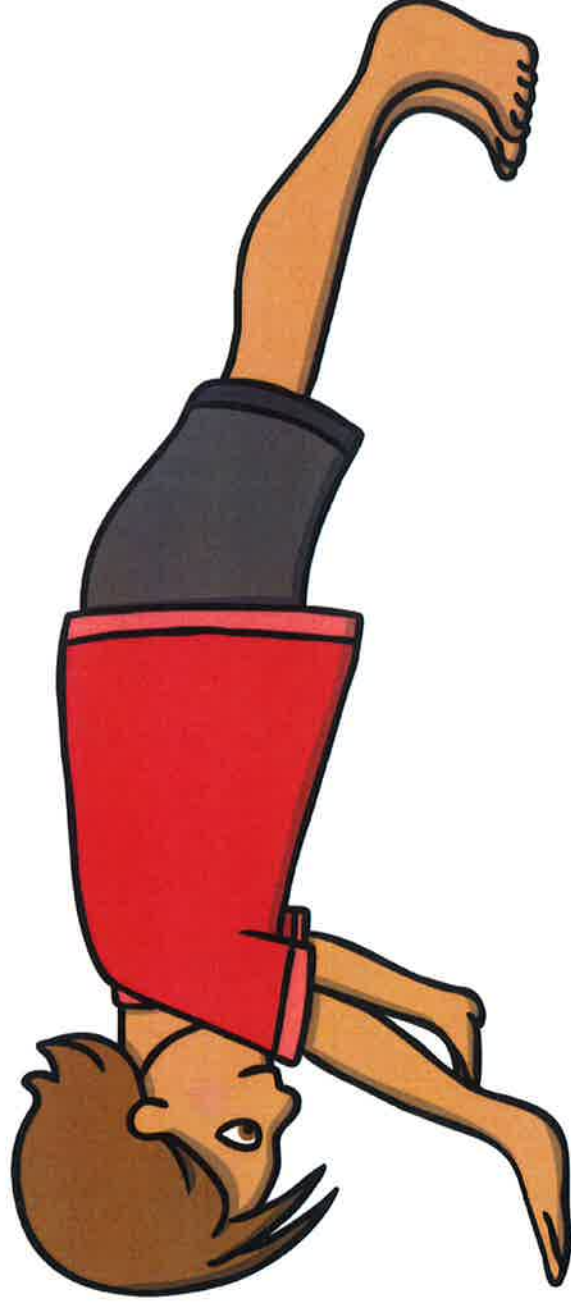
Jog from one point to another and try your best to keep the same pace.



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# Plank

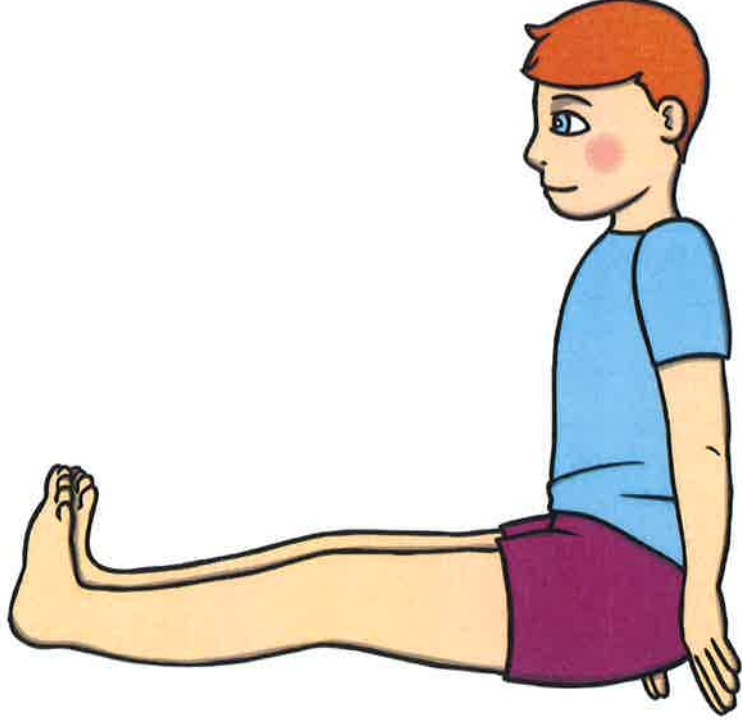
Hold your body in the plank position for as long as you can. Take a rest when you need to.  
You can put your knees on the floor to make the move easier.



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# Leg Raises

Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor.  
Repeat with the other leg.



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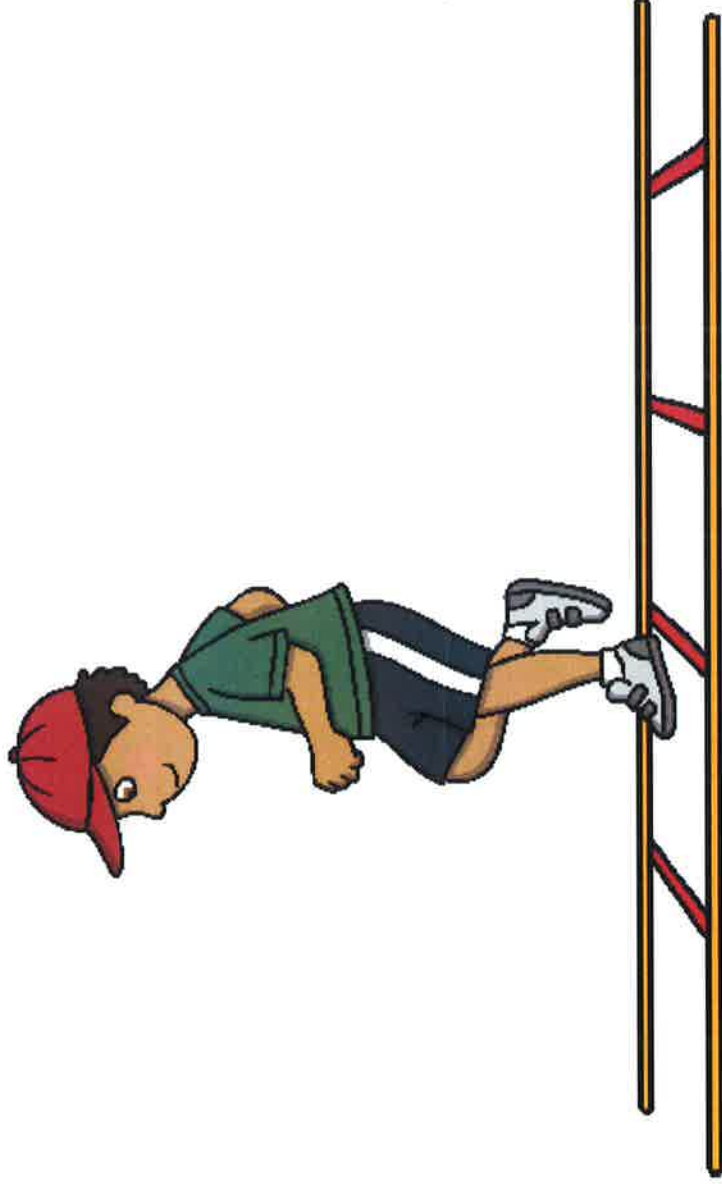
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# Ladder Run

One at a time, jog up the ladder, placing both feet into each space as you go.

To make it more challenging, you could step outside the ladder and back in at each space.

Try to keep your toes pointed and your legs straight.



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# Press-Ups

You can put your knees on the floor to make the move easier.



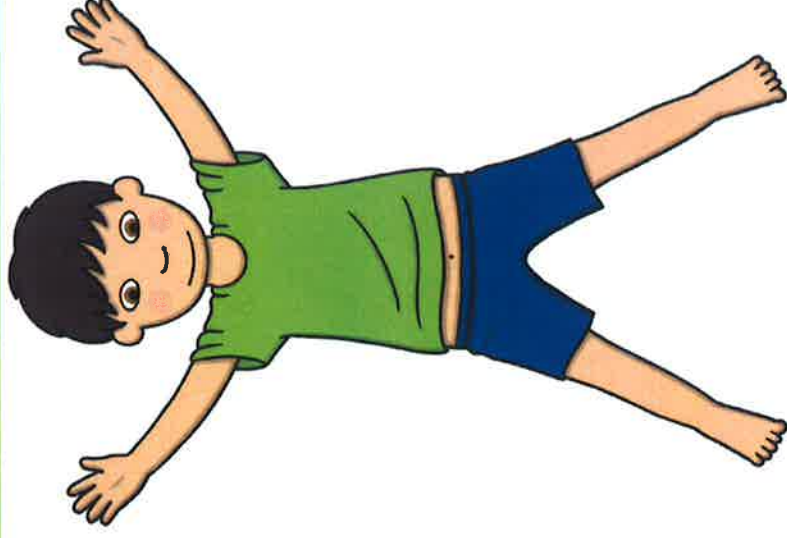
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# Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

## What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.



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# High Knees

Raise each knee in front of you, one at a time, as high as you can.

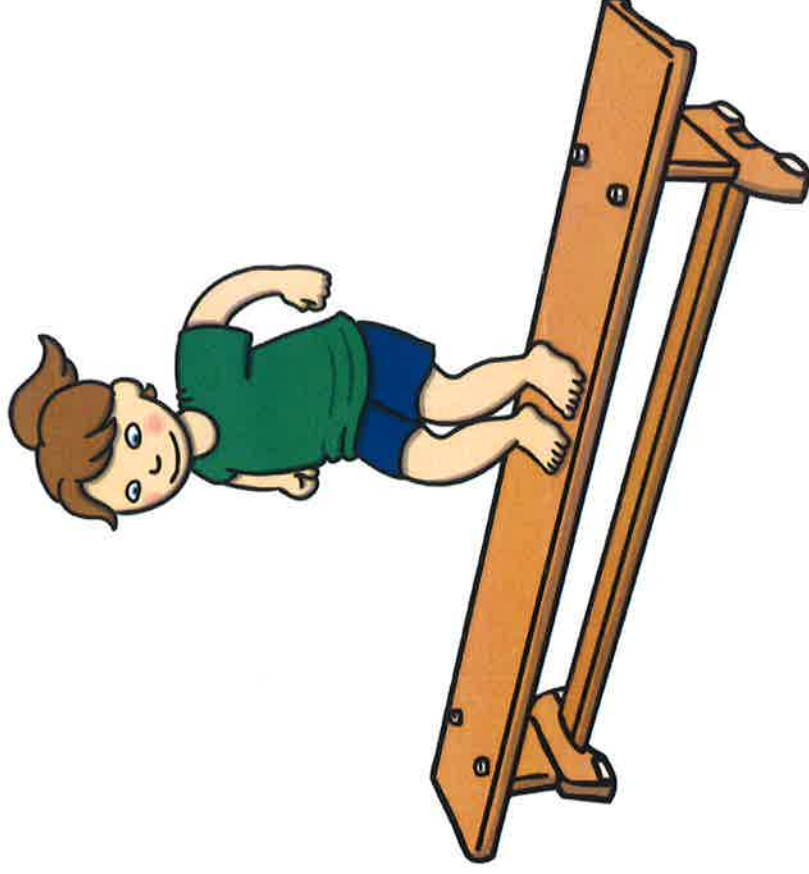
To make this more challenging, try to do this quicker.



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# Step-Ups

Carefully, step on and off the bench, one foot at a time.



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# Gardening Scavenger Hunt

Gardens are full of interesting things! Go on a scavenger hunt and enjoy looking at all the different things you find. Tick each item when you have found it. If you have a tablet or camera, you could take a photo of what you have found.

## You will need:

- Clipboard
- Pencil
- Magnifying glass (optional)
- Tablet or camera



## Items to find:

- ☐ something prickly
- ☐ something furry
- ☐ something soft
- ☐ something hard
- ☐ a seed
- ☐ something green
- ☐ something red
- ☐ something yellow
- ☐ something man-made
- ☐ a seed
- ☐ an interesting looking leaf
- ☐ a colourful stone
- ☐ an insect
- ☐ something unusual - write what it is here: \_\_\_\_\_

## Ways to extend the activity:

- Find out the name of the plant that the leaves and seeds come from.
- Find out the name of the insect.
- Do an observational drawing of something that was found.

## National Curriculum Link

Identify and name different types of plants.

# Make a Slug Trap

Slugs are an important part of our wildlife, but they can cause havoc for gardeners by eating their plants! Some people put out slug pellets, which can be harmful to both slugs and other wildlife. However, by making these slug traps, you can protect your plants and look after wildlife too.

## You will need:

- Empty, plastic bottle
- 1 tsp of sugar
- 1 tsp of flour
- $\frac{1}{2}$  tsp of dry yeast
- A cup of water
- Scissors



## What to do:

1. Cut the bottle in half. You might need an adult to help with this.
2. Add the sugar, flour and dry yeast to the cup of water and mix together.
3. Bury the bottle in the ground, near the plants you want to protect. You should leave about 3cm of the bottle above the ground.
4. Add the mixture to the bottle.
5. Every morning, check the slug trap. If you have caught any slugs, move them to a place they are allowed to be.
6. You will need to add more mixture to the bottle every few days.

## Ways to extend the activity:

- Investigate the habitat and diet of slugs.
- Compare and contrast slugs and snails.

## National Curriculum Link

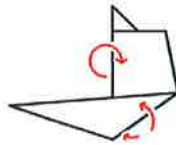
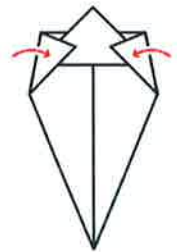
Find out about and describe the basic needs of animals, including humans, for survival.

# Simple Origami Easter Bunny Paper Craft

## Instructions

Follow these steps to create a cute Easter bunny. For best results, use a ruler to fold the lines sharply and accurately.

1. Cut out the square shape with scissors. Follow the thick black lines.
2. Fold down along lines 1 and 2 to create a kite shape. You should see a pink nose and some eyes when you have this folded correctly.
3. Fold down line 3 and fold up line 4.
4. Fold in flaps 5 and 6. The overall shape should look like this:
5. Fold the model in half down line 7. Flaps 5 and 6 will be on the inside.
6. Fold line 9 upwards to produce this shape:

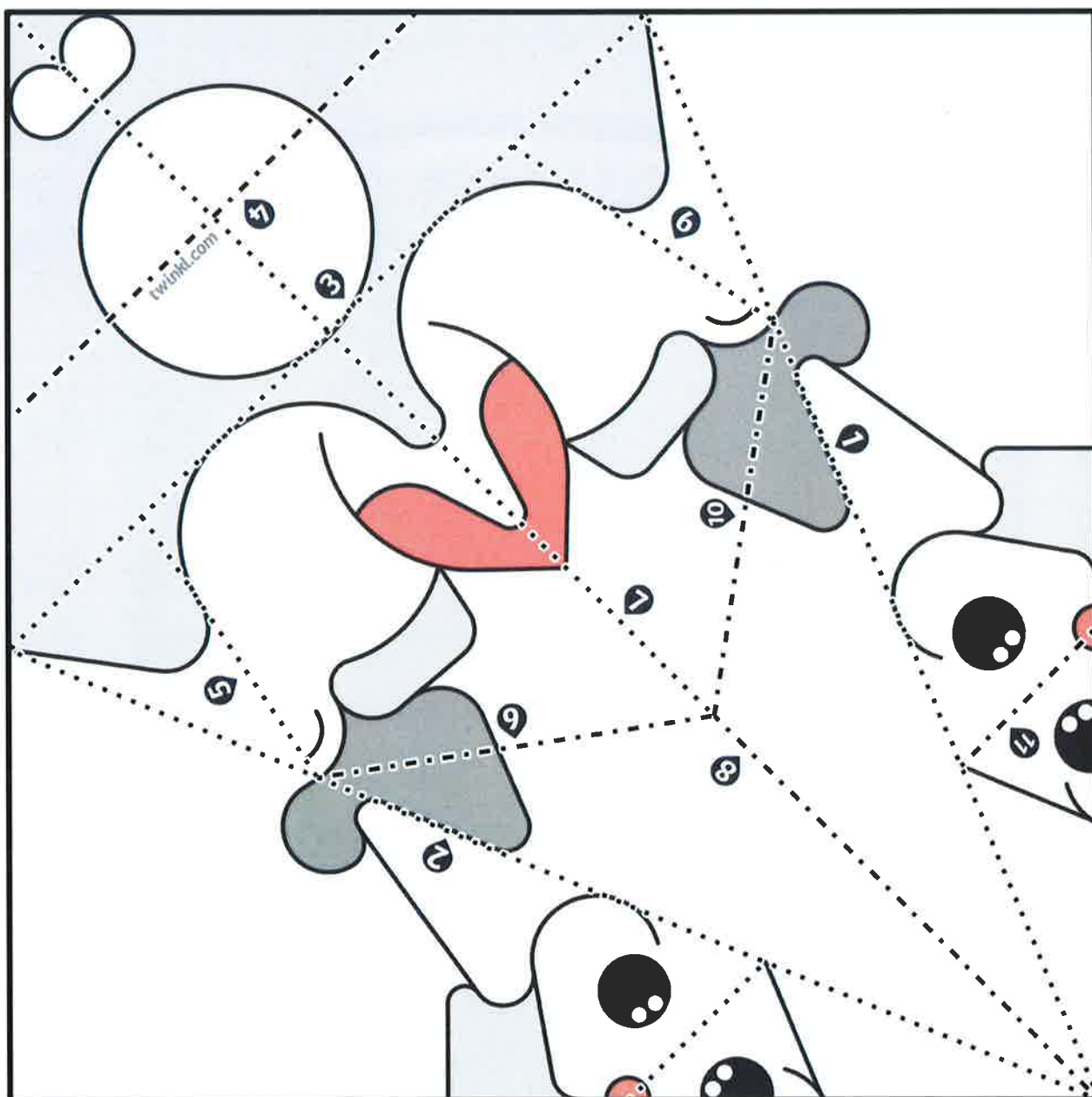
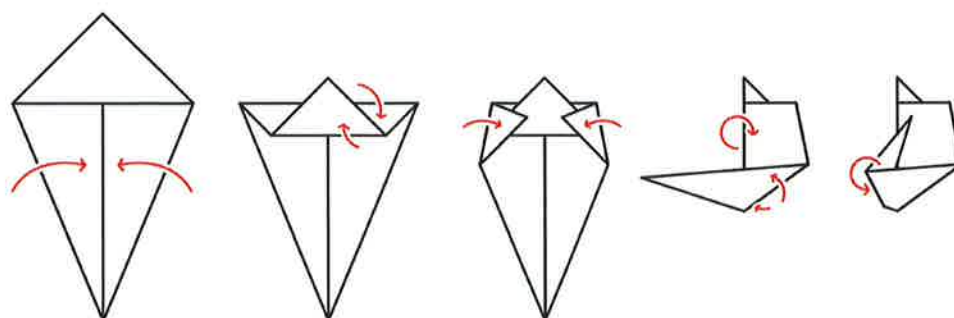


7. Open the shape up slightly and turn the head part of the model inside-out. The eyes should now be on the outside of the body.
8. Fold along line 11 to one side of the bunny's head (it doesn't matter which side). This creates the ear of the bunny and you'll notice that the eye on that side of the bunny's head is completed by the half-eye printed on the ear.



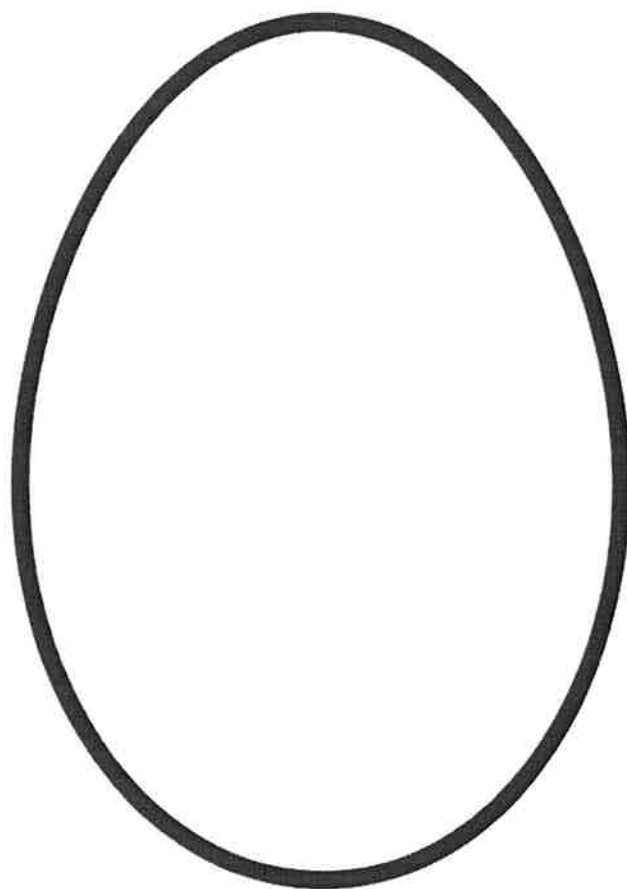
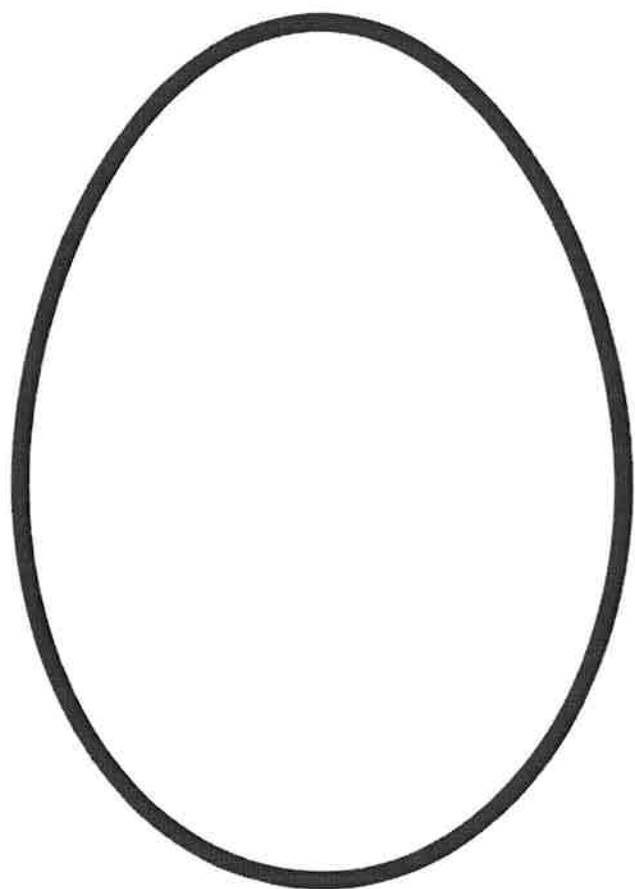
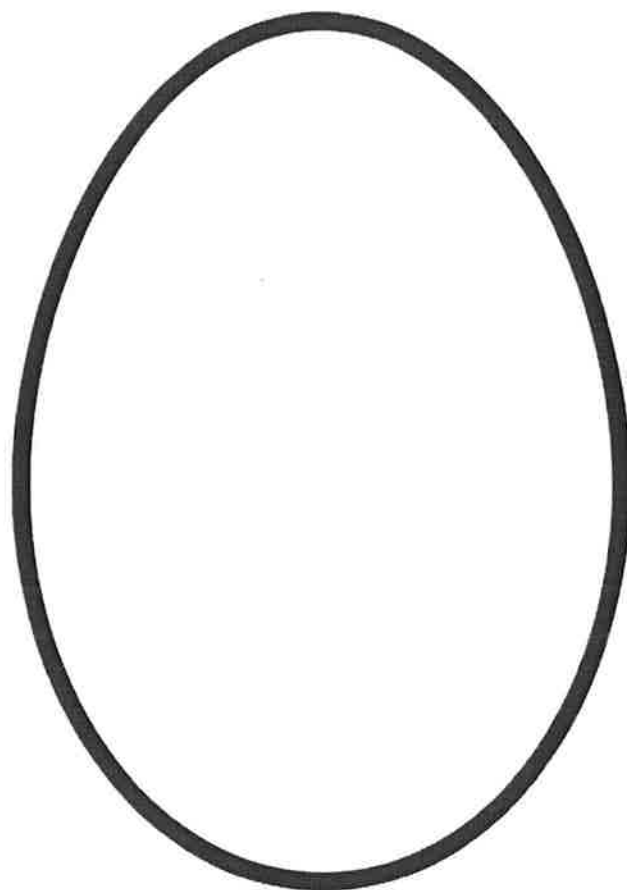
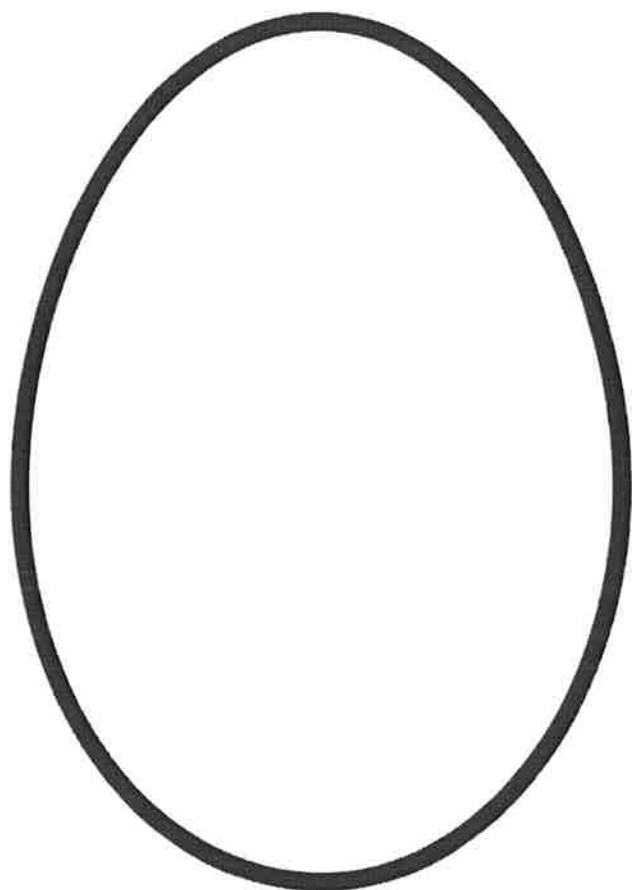
# Origami Easter Rabbit

..... Fold Down  
 - - - - - Fold Up



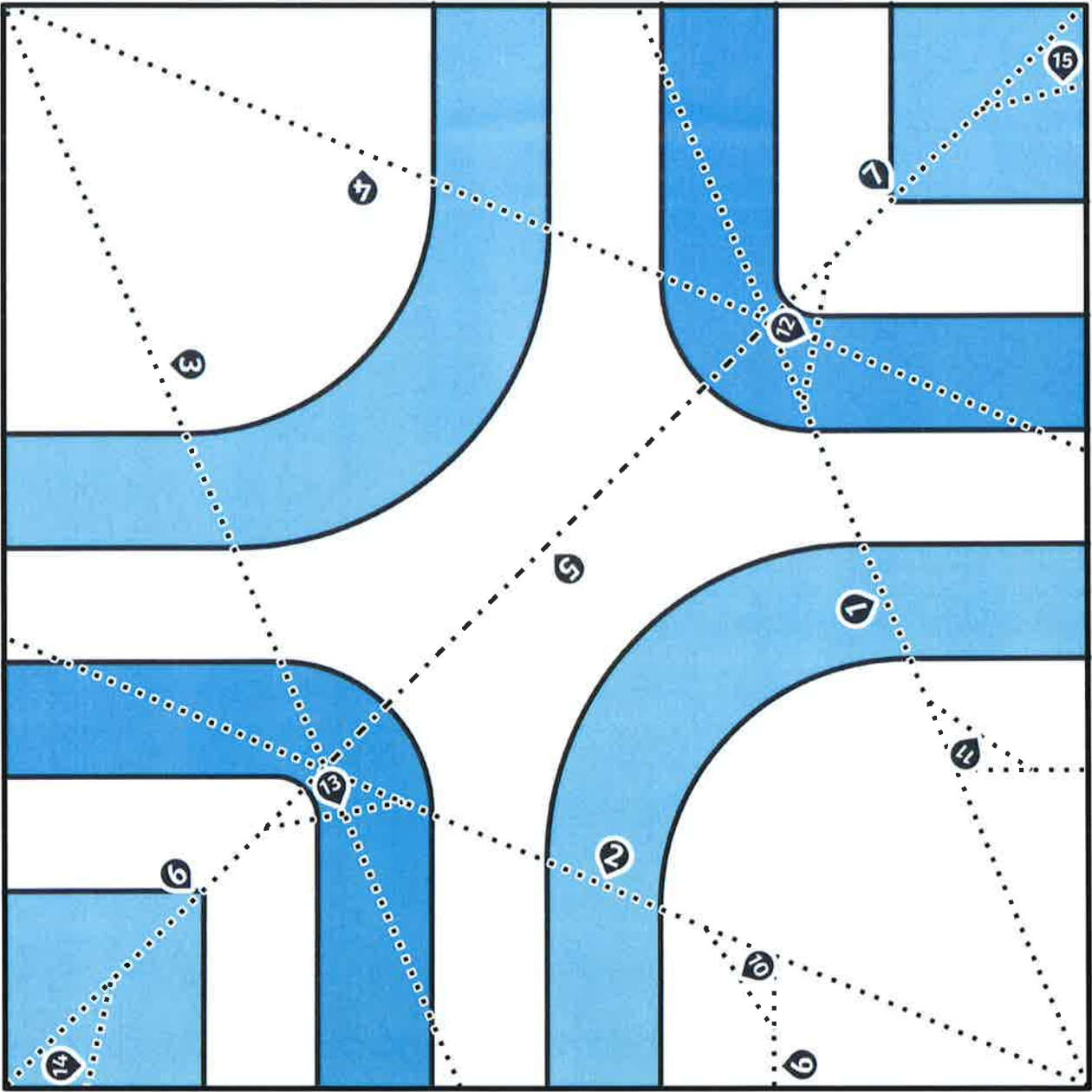
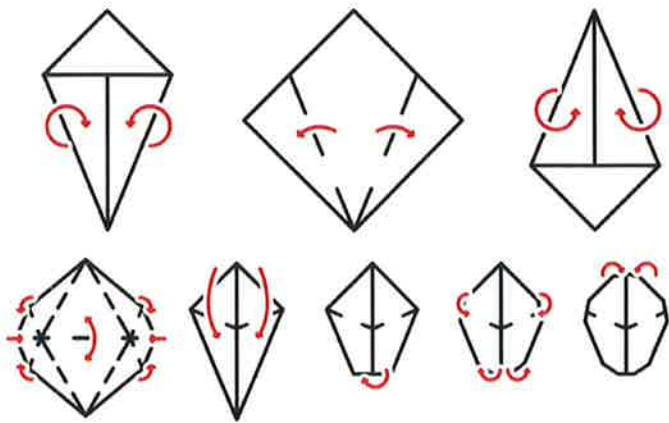
Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Design your own Easter Eggs



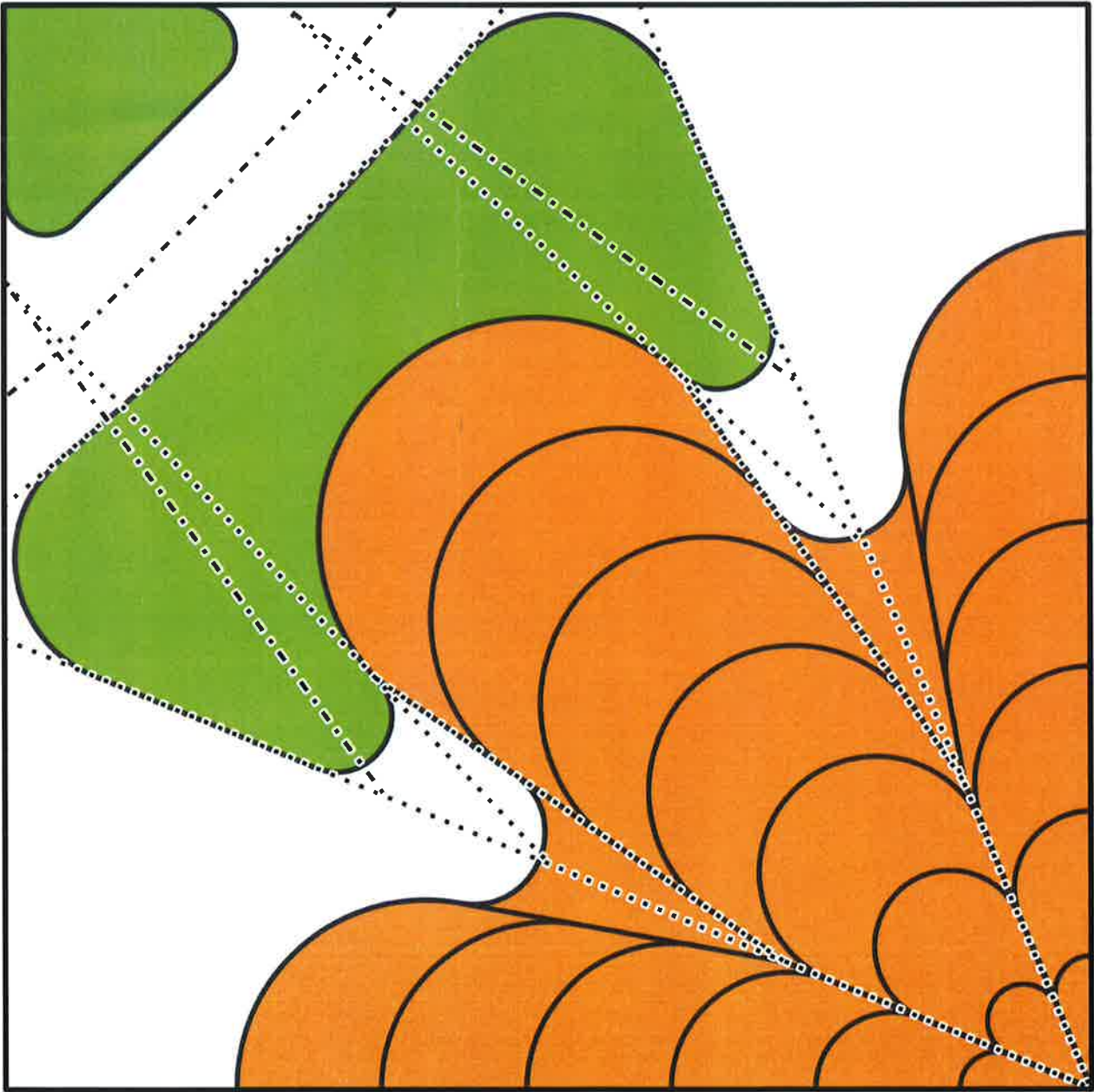
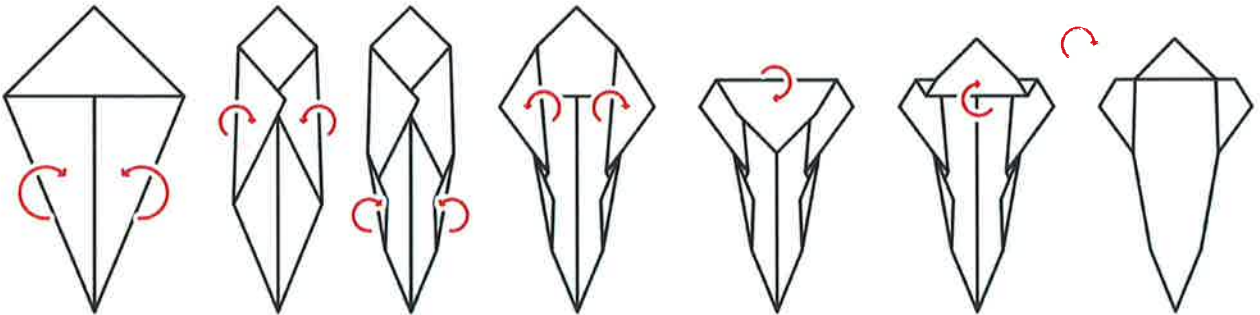
# Origami Easter Egg

..... Fold Down  
- - - - - Fold Up



# Origami Easter Carrot

..... Fold Down  
- - - - - Fold Up



# Mountain Pose

## Tadasana



### Benefits

Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hang your arms beside your torso.
- 4 Breathe deeply and hold as long as needed (at least two breaths).

# Tree Pose

## Vrikshasana



### Benefits

Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.

- 1 Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)
- 2 Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.
- 3 Press your hands together.
- 4 Raise your arms over head and look up to your hands if possible.
- 5 Return hands to your chest and lower your right leg.
- 6 Repeat with left leg.

# Chair Pose

## Utkatasana



### Benefits

Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side.)
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling with your palms facing each other.
- 4 Hold this pose and breathe.

# Rainbow Pose



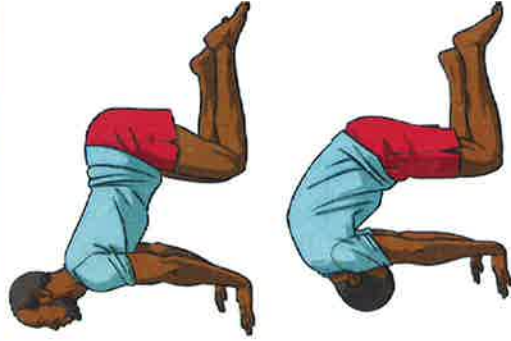
### Benefits

Stretches arms, abdominals, spine and chest; calms the mind.

- 1 Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- 4 As you bring your dropped arm back over your head, straighten your body.
- 5 Repeat on other side.

# Cat Cow Pose

Marjaryasana Bitilasana



## Benefits

Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. Make sure hands are below your shoulders and your knees below your hips.
- 2 Inhale and look up to the ceiling, allow your belly to sink toward the floor.
- 3 Exhale and round your back towards the ceiling and look at your belly.
- 4 Repeat.

# Elephant Pose



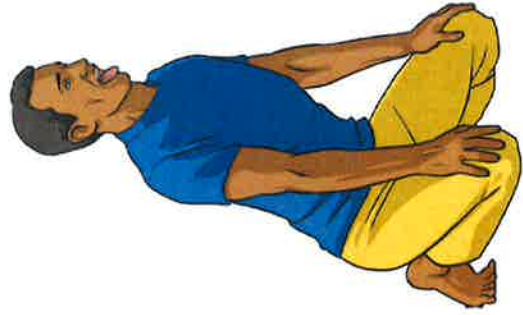
## Benefits

Stretches legs and back, relieves stress and calms the mind.

- 1 Bend at the hips.
- 2 Let arms hang low then clasp fingers together.
- 3 Swing arms from side to side like a trunk. Swing whole body from side to side to walk like an elephant.

# Lion Pose

Simhasana



## Benefits

Stretches hips, thighs and ankles; calms the mind, relieves stress and fatigue.

- 1 Start on your knees, then sit back onto your heels.
- 2 Spread your fingers out and press your palms onto your knees.
- 3 Take a deep breath in through your nose.
- 4 Open your mouth, stretch out your tongue, open your eyes wide and let your breath out through your mouth.
- 5 Repeat a few times.

# Cobra Pose

Bhujangasana



## Benefits

Strengthens spine, backs of arms and legs; stretches shoulders, chest and belly, improves posture, helps relieve stress.

- 1 Begin by lying on your tummy.
- 2 While exhaling, lift your head and upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.

# Butterfly Pose

Baddha Konasana



## Benefits

Calms the body and mind, helps relieve stress, headaches and fatigue

- 1 Begin by sitting with the soles of your feet together.
- 2 Wrap your hands around your feet, keep your back straight.
- 3 Gently bounce your knees to flap your butterfly wings.

# Frog Pose

Ardha Bhikasana



## Benefits

Tones legs and increases hamstring flexibility.

- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.
- 2 Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.
- 3 Return to the first position, then repeat.

# Relaxation Pose

Corpse Pose: Savasana



## Benefits

Calms the body and mind, helps relieve stress, headaches and fatigue.

- 1 Lie down on your back with your arms next to your body and your legs slightly apart.
- 2 Relax and close your eyes, focus on deep breathing and relaxation. For the full benefit, relax for 2-5 minutes.

# Happy Baby Pose

Ananda Balasana



## Benefits

Gently stretches inner groin and spine, calms the mind and helps relieve stress and fatigue.

- 1 Lie down on your back.
- 2 Exhale, bend your knees into your belly and hold onto your feet.
- 3 Allow your body to gently rock side to side.

# Three-Legged Dog Pose

Tri Pada Adho Mukha Svanasana



## Benefits

Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain and fatigue.

- 1 Begin in downward-facing dog (hands and feet on the floor, bottom in the air in an upside-down V).
- 2 Lift one leg, hold, then lower with an exhale.
- 3 Repeat with the opposite leg.

# Child's Pose

Balāsana



## Benefits

Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down, and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.

# Bear Pose



## Benefits

Stretches arms, legs, sides and chest; releases tension.

- 1 Begin on your knees, then sit back on your heels.
- 2 Spread your knees comfortably apart.
- 3 Bend forward, lowering your chest to the floor.
- 4 Bring your hands in front of you, locking your fingers together.
- 5 Exhale through your mouth, warming your hands.

# Warrior II Pose

Virābhadrasana II



## Benefits

Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot out 90°.
- 2 Inhale, and lift your arms parallel to the floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past your ankle.
- 4 Keep your torso tall, turn your head, and look out over your finger tips.
- 5 Inhale and straighten your legs and lower your arms. Repeat on the opposite side.

# Bow Pose

Dhanurasana

## Benefits

Stretches entire front of the body, strengthens back muscles and improves posture.



- 1 Begin on your belly, with your hands by your body, palms up.
- 2 Exhale and bend your knees. Reach back with your hands and take hold of your ankles.
- 3 Inhale and lift your heels towards the ceiling and your thighs away from the floor. Your chest will lift away from the floor.
- 4 Gaze forward. Hold this position, and release as you exhale.

# Crescent Moon Pose

## Benefits

Stretches arms, abdominals, spine and chest; calms the mind.



- 1 Inhale and raise your hands over your head, pressing palms together.
- 2 Exhale and tip your body to one side.
- 3 Inhale and return to standing straight.
- 4 Repeat on opposite side.
- 5 Exhale and lower your arms.

# How to make a paper plane

Make a kind of glider or flying machine that will go farther even than a paper airplane! To make your paper and plastic flying machine soar through the air you will need to give it thrust by tossing it with your hand, just like a rocket needs thrust to take off from the ground.

## What You Need:

- 1 regular plastic straw
- 3×5" index card (or cardstock cut to size)
- Scissors
- Tape

## What You Do:

1. Cut the index card into three strips that are 1" wide and 5" long (you might want an adult or someone older than you to help you with this).
2. Overlap the edges of two of the strips by about one inch, and tape them together. Now you have one long strip. Bring the two edges of the long strip together, overlap them, and tape them together to make a loop.
3. Make a smaller loop with the last index card strip by overlapping the edge and taping together.
4. Set the straw inside of the small loop, so the end of the straw sticks just outside of the end of the paper loop. Tape the straw to the inside of the small loop.
5. Tape the other end of the straw to the inside of the large paper loop. Make sure that the straw is set evenly inside of each loop, not to one side or the other, so your flying machine will be balanced. Also, be sure that the openings of the straw are not taped shut.
6. To fly your glider, hold it with your thumb and index finger, and toss it in the air at a slight upwards angle.

## What Happened:

Your glider was able to fly when you pushed it forward. Force is the word scientists use to talk about different kinds of pushes and pulls. Different forces create motion (anything that is moving has motion). Flight is a kind of motion. Your glider flew a long way, didn't it? All of the thinnest parts of the machine are the ones that needed to be pushed through the air. Air is light, but it still has weight. You had to use force to make your flying machine cut through the air, and because of the way you made it, it worked really well! A little bit of force made the glider go a long ways. What do you think you could do to make your flying machine even better? Could you make it lighter by using a shorter straw? Try it out.