



# Inspire Screen-Free Friday



How many activities can you tick off today? Tick at least one from each area. Can you come up with your own screen-free ideas? Don't forget to share your fantastic work on Twitter @Inspire\_Ashton or email your class teacher.

STEM	MATHS AND ENGLISH	LET'S GET CREATIVE	LET'S GET ACTIVE
<p><b>Electrical Investigation</b> – make a list of all the electrical items you can find in your house. Can you come up with any ideas to save electricity?</p>	<p>How many different words can you make from the letters in the sentence <b>'Learning from home is fun,'</b> Grab a pencil and paper and write a list.</p>	<p><b>Get baking</b> – from cornflake cakes and Victoria Sponge to bread and your favourite pies. Perfect your skills and make something you've never done before.</p>	<p><b>Get outside</b> – walk, jog, cycle, scoot – however you want to travel, wrap up and get outdoors. Why don't you lead the way? Where will your journey take you?</p>
<p><b>Can you invent something new?</b> Perhaps you could design a new gadget or something to help people? Draw a picture and label or write a description</p>	<p><b>Write a film/book review</b> - Read a book (or think of your favourite film/book) and write a review/design a cover for the film/book</p>	<p><b>Get building</b> – you could build a Lego model, a tower of playing cards, a castle from boxes or a den from blankets.</p>	<p><b>Design and make an obstacle course</b> - create it either in the house or in the garden (depending on space). How fast can you complete it?</p>
<p><b>Marble run</b> – the bigger, the better! Use any materials you can get hold of. Can it travel from different rooms? If you haven't got a marble, try using a small ball.</p>	<p><b>Maths Scavenger hunt</b> – go on a hunt, making it as easy (find me 2 circles) to as difficult (find 20 perpendicular lines) as you need.</p>	<p><b>Get sketching!</b> Either look out of the window or find a photograph. Try to copy what you can see.</p>	<p><b>Keep moving</b> - make up a dance routine to your favourite song.</p>
<p><b>Aeroplane fun</b> – using the same type of paper, build 3 different paper aeroplanes. Test them to see how far they fly? Which one was the best? Why?</p>	<p><b>Treasure Map</b> – hide objects in your house and create a treasure map (or use cryptic clues for older children) so that another family member can find it.</p>	<p><b>Learn a new skill!</b> Time to learn something brand new! This might be: -How to make your bed - How to tie your shoelaces -How to tell the time - Something else</p>	<p><b>Create a home workout</b> - see if you can make a workout which is similar (or even better) than Joe Wicks'</p>
<p><b>Float or sink?</b> – Choose between 10-20 objects around your house. Predict whether you think they will float or sink. Test them and write down your results.</p>	<p><b>Reading Challenge</b> – time how many words you can read in 1 minute? Can you improve? Can you beat your siblings/grown-ups?</p>	<p><b>Wild Art</b> – make some wild art with sticks, flowers, leaves and anything else you find outdoors.</p>	<p><b>One minute challenge</b> – get your siblings or family involved if you can. How many star jumps, squats, burpees, kick-ups, catches, balls-around-the-body can you do in 1 minute?</p>
<p><b>Mystery jar</b> – place items in a clear jar, guess how many are in there. Add/remove some and use reasoning skills to make accurate estimations? Did you get close?</p>	<p><b>Hangman</b> – favourite books, films, people or food. Get the family involved and make it as easy or difficult as needed. KS2 which ones are vowels and which consonants?</p>	<p><b>Make a playlist</b> – make a list of all your favourite songs. Listen to them with your family. KS2 can you order the playlist based on length of song or alphabetically?</p>	<p><b>Sock challenge</b> – place a pair of socks on your head. Can you bend/squat/lunge your way to pick something off the floor without dropping the socks? Make it into a course to challenge yourself.</p>