



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

Electrical Investigation – make a list of all the electrical items you can find in your house. Can you come up with any ideas to save electricity?

How many different words can you make from the letters in the sentence **'Learning from home is fun,'** Grab a pencil and paper and write a list.

Get baking – from cornflake cakes and Victoria Sponge to bread and your favourite pies. Perfect your skills and make something you've never done before.

Get outside – 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?

Can you invent something new? Perhaps you could design a new gadget or something to help people? Draw a picture and label or write a description

Write a film/book review - Read a book (or think of your favourite film/book) and write a review/design a cover for the film/book

Get building – you could build a Lego model, a tower of playing cards, a castle from boxes or a den from blankets.

Design and make an obstacle course - create it either in the house or in the garden (depending on space). How fast can you complete it?

Marble run – 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.

Maths Scavenger hunt – go on a hunt, making it as easy (find me 2 circles) to as difficult (find 20 perpendicular lines) as you need.

Get sketching! Either look out of the window or find a photograph. Try to copy what you can see.

Keep moving - make up a dance routine to your favourite song.

Aeroplane fun – 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?

Treasure Map – 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.

Learn a new skill!
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

Create a home workout - see if you can make a workout which is similar (or even better) than Joe Wicks'

Float or sink? – Choose between 10-20 objects around your house. Predict whether you think they will float or sink. Test them and write down your results.

Reading Challenge – time how many words you can read in 1 minute? Can you improve? Can you beat your siblings/grown-ups?

Wild Art – make some wild art with sticks, flowers, leaves and anything else you find outdoors.

One minute challenge – 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?

Mystery jar – 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?

Hangman – 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?

Make a playlist – 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?

Sock challenge – 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.