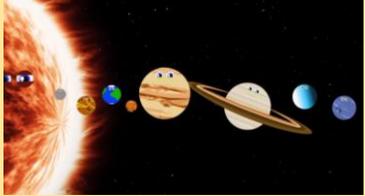


Learning grid – Pegasus and Leo Class

When you see 'Learning Grid' on your timetable, you can choose one of the activities below:

<p>Space Cooking</p> <p>Why not cook up some space inspired snacks? There is a recipe here https://rainydaymum.co.uk/space-rock-cake-recipe/</p>  <p>You could make as many batches as you want to but remember to measure all your ingredients.</p>	<p>Find out about...Neil Armstrong</p>  <p>Watch this video https://www.bbc.co.uk/bitesize/topics/zhpchbk/articles/z4w3mfr and read the facts underneath. Can you make an information poster about Neil Armstrong? Remember to include a picture and some interesting facts about him.</p>	<p>Be a cosmic kid</p> <p>https://www.youtube.com/watch?v=nRkojdFPjil</p> <p>Try out your yoga moves with cosmic kids yoga, you can choose your own but this Reach for the Stars session is great fun.</p> 	<p>Perfect Planets</p>  <p>As we are learning about space, why not have a go at drawing the solar system? Create an image of the planets in whatever medium you choose and have available. You can use pens, crayons, or even chalk!</p> <p>Get some tips here: https://www.youtube.com/watch?v=E_oUZjb4_o</p>	<p>Get moving!</p> <p>Did you think the Daily Mile was just for doing at school? Think again! The #DailyMileAtHome can help you to stay active by doing 15 minutes of jogging, walking or running, with some extra challenges along the way to keep you motivated. https://thedailymile.co.uk/at-home/</p> 
<p>Find out about</p> <p>Go online and research your class star. What information can you find?</p> <p>Follow these links for some information to begin with! https://www.youtube.com/watch?v=u6mbEjLIPM4 https://www.youtube.com/watch?v=whF5ri_tbpg</p>  	<p>Calm your mind</p> <p>Mindfulness activities Download the free smiling mind app here: https://www.smilingmind.com.au/ Or try one of these guided meditations for kids: https://www.newhorizonholisticcentre.co.uk/kids-meditation.html#</p> 	<p>Sing a song about the planets!</p> <p>Practice your singing and learn some interesting facts about the planets with this video: https://www.youtube.com/watch?v=mQrlgH97v94</p> 	<p>Dance around your living room...</p> <p>Can't stop the feelin'! Get dancing and moving with Go Noodle https://www.youtube.com/watch?v=KhfkYzUwYFk</p> 	<p>Make a star</p> <p>Why not try and make a star? Have a look at the below link and give star making a go!</p>  <p>https://www.google.com/search?q=how+to+make+a+3d+star&rlz=1C1GCEB_enGB910GB910&oq=how+to+make+a+3d+star&ags=chrome..69i57j0l7.3327j0j9&sourceid=chrome&ie=UTF-8#kpvalbx=cQmsX4_JGteX8gKNw_ZLoDw13</p>

Sing Christmas Carols

Get into the festive spirit by learning how to sing some Christmas carols.

https://www.youtube.com/watch?v=nEH7_2c644Q

<https://www.youtube.com/watch?v=q7Tu68aky4k>

Fancy footwork

Create an indoor track to practice your footwork, watch the video first then give it a try, how many different combinations can you do?

https://www.youtube.com/watch?v=lfra8pSPEhE&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=3

#ThisIsPE

Activity boost for indoor breaks or between lessons

<https://www.activekidsdobetter.co.uk/active-classroom/activity-booster>