



REDWOOD PARK
ACADEMY

GUNWHARE CLASS

Week Beginning: 11/05/2020

Mocktail Challenge

WHO CAN MAKE THE MOST INTERESTING COCKTAIL
READY FOR THE SUNSHINE? HERE'S AN EXAMPLE:



Pour a large glass of milk into a blender and add one banana, a glug of maple syrup (or honey) and a handful of crushed ice.

Whip your mixture into a thick smoothie and then pour into a jar or milkshake glass.

For an extra treat, serve with a scoop of vanilla ice cream and a chocolate flake...Yum!

Random Act of Kindness

Post positive notes around your local area.



PE Push Up Challenge:

HOW MANY PUSH UPS CAN YOU DO IN A ROW?

Remember, the correct positioning. Straight back and nose must touch the floor on the way down! Mr Kennedy can do 30, who can beat that?

Music

Using Rhythms Tea, Coffee, Lemonade and Coca Cola, in any order you like, create a 4 beat rhythm using an interesting sound in your house? If you don't want to use the drink rhythms I've suggested, make up your own using a rhythm from the way the word sounds. And remember not to break anything!

Outdoor challenge

Keepy Ups against a wall. How many can you do? Here is the legend Steven Gerrard doing it!

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

