



REDWOOD PARK  
ACADEMY

# GUNWHARE CLASS

Week Beginning: 25/05/2020

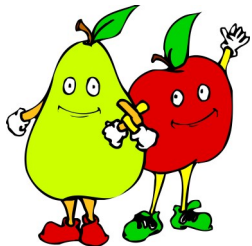
## FOOD CHALLENGE

### **Fruit Carving!**

Fruit Carving is the art of carving fruit, a very common technique in Europe and Asian countries, and particularly popular in Thailand, China and Japan.

There are many fruits that can be used in this process, the most popular ones artists use are Watermelons, Strawberries and Pineapples.

What can you guys create!



## Random Act of Kindness

Do a chore for someone without them knowing. I'm sure your parents/carers have done a lot for you in this time. So give something back at home and see if they notice your good deed. It may be the washing up, the ironing, the cooking or putting the clothes in the wash and on the line! Use your imaginations to give something back.

## Outdoor challenge

We can now meet with a friend as long as we social distance. So call one friend, organize a safe nearby meeting place, and go for a walk or a run and have a good catch up! But remember, keep 2 meters apart.

## PE CHALLENGE!

A really good aerobic exercise routine on the NHS Website!

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

## Music

Write your own lyrics about your time at home in Lockdown. We've done some great song writing at Redwood Park and lyrics are a great starting point for a song ideas. Write down your feelings, things you have done at home and make some catchy sentences!