



REDWOOD PARK
ACADEMY

GUNWHARE CLASS

Week Beginning: 29/06/2020

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

Clean the park!

Lots of litter being left in parks at the moment so take a bin liner to your nearest one and collect the litter. Don't forget to wear gloves!



Outdoor challenge

ROCK PAINTING!

Find some rocks/big pebbles and decorate them with fancy colours and designs. Then hide them in your community for people to find!

PE Push Up Challenge:

THE 60 SECOND STAR JUMP CHALLENGE!

HOW MANY STAR JUMPS CAN YOU DO IN 60 SECONDS?
MAKE SURE YOU CLAP YOUR HANDS AND BRING YOUR FEET TOGETHER!

Music

Create a dance routine!

Put on your favourite song and see if you can come up with a short, simple dance routine. It may involve clapping to the beat, moving your feet or some interesting shapes with your body!