

A Day at Sea
By Melissa Roberson

As the ocean waves at me,
And the sand greets the sea,
The fish swim free,
And shells wash up by me.
The sand squishes suddenly,
Between my shoeless toes.
Then the tide flows over them,
And back down it goes.
The salt is on my tongue,
The sea's song is sung,
The sun is going down,
And so my day at sea is done.

Can you find all the rhyming words. Can you think of more?

Can you use the rhyming words in your own poem about a day at the sea?

Seaside Diorama



A diorama is a 3D model of a scene. They can easily be made in an old box. Paint or colour the background. Make some seaside-inspired models. Stick them in. There you have it - a miniature seaside. All you need now is ice-cream!

The Seaside
Year 1

Maths Challenges

<https://www.bbc.co.uk/bitesize/ks1/maths>



Play the Karate Cats maths games to practise your Multiplication, Fractions and Shape skills. Select these topics and work through the levels starting at the easiest one first.

Rag Rug Beach Mat

Make a rag rug to use as a beach/picnic mat. You may need an adult to help. Use old clothes/towels/bedding that is clean but not ready for throwing away. Cut into long strips. Using three strips at a time, plait them together. Either roll the plaits into spirals and sew in that shape or sew the strips together until you get the size you want.

If the mat project is too big, you could just make some wrist bands.



Stone tower

Balance stones on top of each other. How high can you build your tower?



Picture Postcard

Draw and write a postcard to your best friend.



Write a letter to your relative. describe a day at the seaside.

Backyard/garden Seaside

If you can't get to the seaside, maybe you could make one in your backyard/garden. Here are some ideas:

Use chalks to create a seaside scene on a wall eg. sky, sea, sand, lighthouse

Make a sandpit using a large plastic container/tray (keep it covered when not in use so cats don't use it)

Put water in a large plastic container/paddling pool and keep your feet cool when it's hot (under adult supervision)

Use umbrellas as sunshades or create a sunshade out of towels and chair backs.



Now & Then – what's changed?

Look at photos of a beach from the Victorian time e.g. Blackpool.

What's the same and what's different? What was a bathing hut and what was it for?



Ice Cream Flavours

An ice cream shop sells 3 flavours: vanilla, strawberry, chocolate.

You can have 2 scoops in a cone.

How many different combinations can you have e.g. vanilla + vanilla, chocolate + strawberry.

What if the shop sold 4 flavours? Can you list all the different combinations?

5 flavours...? 6 flavours....?



Holiday Brochure



Write a holiday brochure about a sea-side town.

Can you write about all the fun things to do that will persuade people to visit ?

Habitats

What animals live at the seaside? What animals might you find on a rocky beach?

Draw pictures of the animals you might find and write a sentence about each one. .



Maths with shells

Collect shells and count them one-by-one for small groups of numbers, or group the shells by two, fives and tens to count larger numbers and practice counting.



Line up shells from smallest to largest or largest to smallest to compare and practice measurement.



Can you sort the shells into different categories, such as colour, size, or type.

Beach Games

There are lots of games you could play at the beach like football, cricket, boules, rounders... or you could make up your own!

Make & Fly a Kite

People love to fly kites at the beach... or in the park. Try making your own kite.

There are lots of different ways to make kites:
<https://www.bbc.co.uk/cheebies/makes/doyou-know-make-a-kite>
http://www.bbc.co.uk/norfolk/kids/make_kite.shtml
<https://www.bbc.co.uk/cbbc/thingstodo/bphow-to-make-a-plastic-bag-kite>

Science Games - Galaxy Pugs

Visit BBC Bitesize website and try this science game. Select the **Materials** topic and work your way through the Bronze, Silver and Gold levels.
<https://www.bbc.co.uk/games/embed/galaxy-pugs>



DT/Art – Treasure!!!

Make a treasure chest from a cardboard box or an old case and fill it with treasure! You could make your treasure to go inside it using pasta and string or make cookies or 'gold' coins!

Treasure Challenge

Why not hide your treasure chest and write some clues? Can your family find it?



MONSTER Workout of the Week – SPELL OUT YOUR NAME!

Using all the letters of your name (no cheating – must be your FULL first name and surname!) complete the workout doing the exercises at the side of each letter with the specified number of repetitions. Try to do it as quickly as possible, with as little rest as you need, BUT be careful not to get too excited and hurt yourself or others. **Remember to warm up before you start and cool down at the end.**

Do it each day and try to beat your time. Challenge your family to do their name exercises as well. Enjoy!!!

Had fun with this? Why not make up your own SPELL OUT YOUR NAME exercise challenge?



A : 10 TUCK JUMPS	N: 5 TUCK JUMPS
B : 10 BUNNY HOPS	O: COMMANDO CRAWL FOR 10 SECS
C: RUN ON THE SPOT FOR 10 SECS	P: BALANCE A TEDDY ON YOUR RAISED KNEE FOR 10 SECS
D: 15 STAR JUMPS	Q: BOUNCE A BALL 15 TIMES
E: 5 HOPS	R: 10 SKIPS
F: MARCH ON THE SPOT FOR 30 SECS	S: 15 STAR JUMPS
G: DO A SILLY DANCE FOR 30 SECS – CHALLENGE MUM!	T: DO A SILLY DANCE FOR 30 SECS – CHALLENGE DAD!
H: 10 SKIPS	U: BALANCE ON EACH FOOT FOR 10 SECS
I: BOUNCE A BALL 10 TIMES	V: JOG ON THE SPOT FOR 30 SECS
J: BALANCE A TEDDY ON YOUR HEAD (20 SECS)	W: 20 HOPS
K: 15 STAR JUMPS	X: BALANCE ON 1 FOOT FOR 10 SECS
L: HOP, SKIP AND JUMP 3 TIMES	Y: 10 TUCK JUMPS
M: MOVE LIKE YOUR FAVOURITE SEA CREATURE FOR 30 SECS	Z: 10 BUNNY HOPS