

Walking Challenge

This week would be 'Walk to School Week' so I want you to challenge yourself to walk! I've set you a challenge for each day – try to record what you do so that you can send it to me.

Monday

Go for a walk today and record how far you walk. You might have a fitness tracker watch; your parents might be able to track it on their phone or you could time how long you walk for. Can you record this in metres? Kilometres? Hours and minutes?

Tuesday

On today's walk, I want you to see how many objects of different colours you can spot. Can you find something that is blue? What do you see that is green? After your walk, make a picture using all the different colours you saw. You could use pencil, paint, collage or anything else.

Wednesday

On your walk today I want you to keep an eye out for animals. You might see insects, birds or animals in fields or ponds. Keep a note of the animals you see. After your walk, sort these animals into their animal groups – mammals, birds, fish, amphibians or reptiles.

Thursday

Today I want you to think about your senses on your walk – sight, smell, feel and sound. What can you see? What can you smell? What can you feel? What can you hear? After your walk, write a short poem using your senses to describe what you found on your walk. You could use the sentence starters I can see... I can hear... I can feel...

Friday

Today I want you to find things that you think are interesting on your walk. You might find a nice stone, an interesting leaf or a flower that you like. Talk to an adult about why you have chosen them and what you find interesting about them.