

# Coventry Holiday Activities

## Home Activity and Healthy Breakfast Pack

### Easter Holidays 2021

Delivered with partners by Coventry City Council, funded by Department of Education



# How to use this pack

This pack has been prepared as part of the Coventry Holiday Activities programme, funded by the Department of Education and distributed by the Coventry Food network with a Healthy Breakfast pack.

In your Healthy Breakfast pack, you should have the following:

- Ready Steady Grow Kit, prepared by Team Springboard
- Passport of Kindness, prepared and funded by Coventry City of Culture Trust
- A frisbee or a beachball and a tennis ball to help with the activities

We hope that in this pack you will find fun activities and ideas for you and your children to enjoy in the Easter Holidays. It has been designed to be used over four days exploring the following themes:

Day 1 – Our City – people and places important to Coventry

Day 2 – Collaborative City – Our City's Community

Day 3 – Dynamic City – Our City's Legacy (Transport)

Day 4 – Caring City – Our City's Wellbeing

Each day we suggest activities that develop understanding of nutrition, healthy cooking and suggest ideas for physical activities. Ideally, all children should be active for at least an hour a day and we hope you find new ideas in this pack to help your family keep active this Easter.

We have prepared three strands of activities for each day. Feel free to choose what you think your child will most enjoy.

***Stream – prepared with Reception to Year 2 children in mind (KS1, 4-7yrs)***

***River – prepared with Year 3 to Year 6 children in mind (KS2, 7-11yrs)***

***Ocean – prepared with teenagers in mind (KS3 & 4, 11+)***

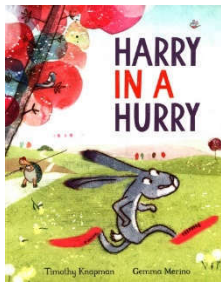
Once you have finished the activities, please e-mail photographs of anything you/ yourchild would like to share to [hafprogramme@coventry.gov.uk](mailto:hafprogramme@coventry.gov.uk).

# DAY 3 – Dynamic City – Our City's Legacy (Transport)

## Stream

1. **Storytime:** Visit the website and listen to Harry in a Hurry by Timothy Knapman & Gemma Merino

[coventry.gov.uk/easterbreakstories](https://coventry.gov.uk/easterbreakstories)



Published by MacMillan Children's Books  
Coventry is known for helping to invent the bicycle and other wheeled transport, and this story features a super-fast scooter. Harry the Hare is always speeding on his scooter – until one day he falls off. Tom the Tortoise teaches him that going slow can be fun as well!!

2. **Get creative:** Design a bicycle of the future (page 31)
3. **Be musical:** Watch Video 3 at the website below, compose a song about transport.  
  
[coventrymusichub.co.uk/HAFHolidayVideos](https://coventrymusichub.co.uk/HAFHolidayVideos)
4. **Be active:** How do you get around? Go for a bike ride, scoot, roller blade walk or run.
5. **Enjoy food:** When exercising, it's especially important to drink water. Try the Healthy Hydration challenge this week (page 32)

## River

1. **Get creative:** Design a bicycle of the future (page 31)
2. **Explore:** What is the best paper aeroplane design? (pages 33-34)
3. **Be musical:** Watch Video 3 at the website below, compose a song about transport.

[coventrymusichub.co.uk/HAFHolidayVideos](https://coventrymusichub.co.uk/HAFHolidayVideos)

4. **Be active:** How do you get around? Go for a bike ride, scoot, roller blade walk or run.
5. **Enjoy food:** When exercising, it's especially important to drink water. Try the Healthy Hydration challenge this week (page 32)

## Ocean

1. **Learn:** Connected Places podcast: COVID-19 & the future of transport.

[cp.catapult.org.uk/news/connected-places-podcast-episode-3-public-transport/](https://cp.catapult.org.uk/news/connected-places-podcast-episode-3-public-transport/)

2. **Explore:** Solve the Beano's car park puzzle. What level you can get to?

[beano.com/games/car-park-puzzle](https://beano.com/games/car-park-puzzle)

3. **Be musical:** Watch Video 7 at the website below, compose a song about transport.

[coventrymusichub.co.uk/HAFHolidayVideos](https://coventrymusichub.co.uk/HAFHolidayVideos)

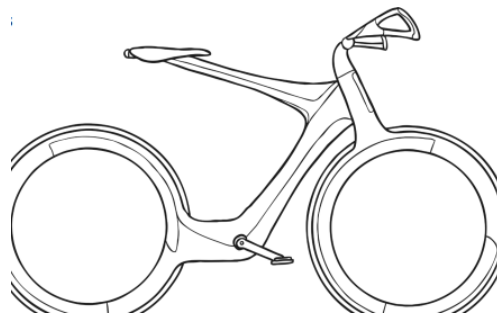
4. **Be active:** How do you get around? Go for a bike ride, scoot, roller blade walk or run.
5. **Enjoy food:** When exercising, it's especially important to drink water. Try the Healthy Hydration challenge this week (page 32)

# Get creative – Design the bicycle of the future<sup>4</sup>

What will the bikes we ride fifty years from now look like? Will they still look similar to the bikes we use today? How many wheels will they have?

This bike, designed By Chris Boardman - a former GB gold medal cyclist – has the following features:

- Non-puncturable tyres
- Fingerprint operated
- Security system which means it is impossible to steal
- Spokeless wheels



Design your bicycle of the future

<sup>4</sup> Adapted from 'Design the bicycle of the future' published by Twinkl accessed online on 09/03/2021 at <https://www.twinkl.co.uk/resource/t-he-048-design-the-bike-of-the-future-activity-sheet>





# Healthy Hydration

As a child, you should be aiming to drink between 6-8 glasses of fluid a day.



Water is a good choice throughout the day as it hydrates without providing extra calories or harming your teeth.



Milk is good to drink on a regular basis and is a good source of calcium to help with strong teeth and bones.



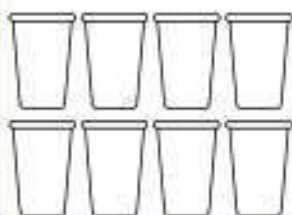
1 glass of fruit juice per day is ok but they contain sugars which can be acidic and damage your teeth.



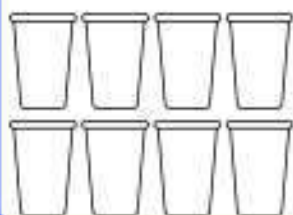
Sugary/fizzy drinks are best avoided as they provide sugars but few other nutrients and some contain caffeine.

Track your fluid intake this week, each time you have a drink, colour in a cup.

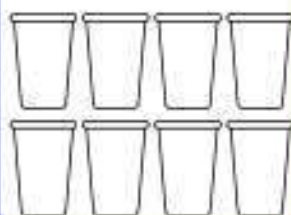
**Monday**



**Tuesday**



**Wednesday**



**Thursday**



**Friday**



**Saturday**



**Sunday**

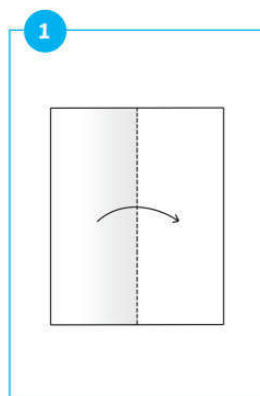
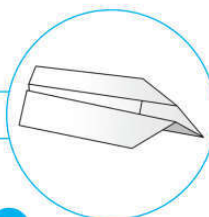


# Aeroplane Design

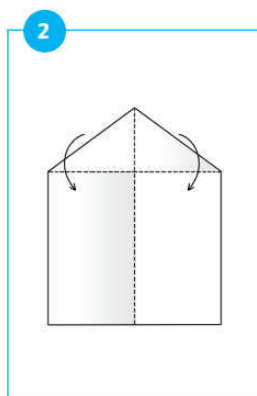
Which is the best paper aeroplane design? Try these four designs. Which flies the furthest? Which flies for the longest? Which design is the most graceful? Which is the most attractive design?

## 1) The Simple 'n' Speedy

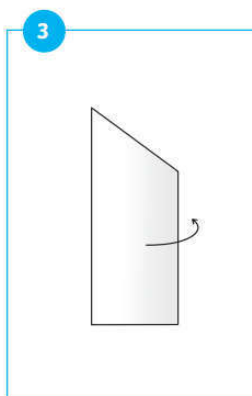
Easy to make and flies fast!



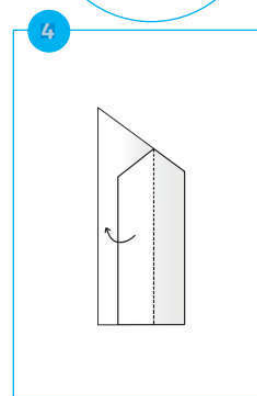
Make a line in the centre by folding the paper in half longways then opening it out flat.



Fold in two of the corners at the top so that they meet at the centre fold.



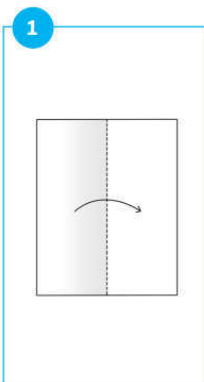
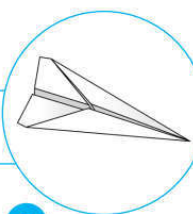
Fold the paper in half.



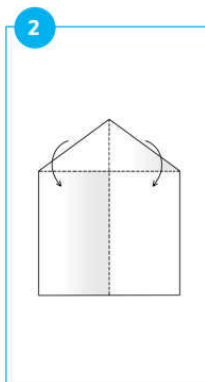
Fold the edges down to meet the bottom of the body. Your plane is ready to fly!

## 2) The Fantastic Flyer

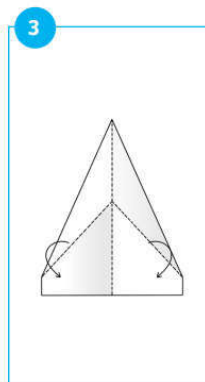
This is the probably the most iconic paper aeroplane design and one of the easiest to make. It flies well too, reaching a decent distance and speed.



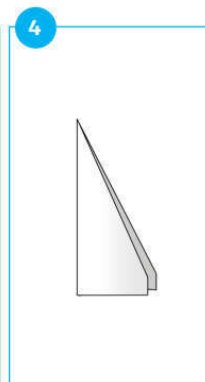
Make a line in the centre by folding the paper in half longways then opening it out flat.



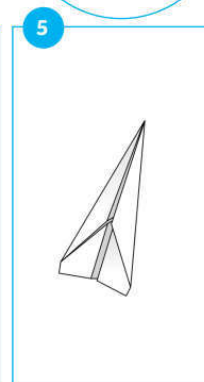
Fold in two of the corners at the top so that they meet at the centre fold.



Fold the top edges to the centre.



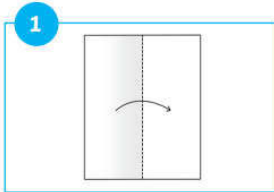
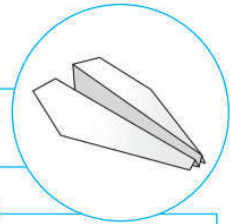
Fold the plane in half.



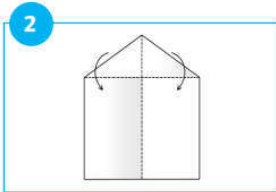
Fold the wings down to meet the bottom edge of the plane's body. It's ready to soar!

### 3) The Skater

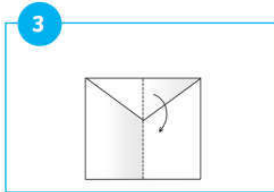
This plane has a tendency to flip upside down during flight. Try bending the two wings up slightly at the rear and see if you can get it to do flips and tricks.



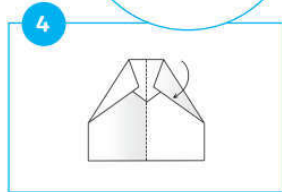
1 Make a line in the centre by folding the paper in half longways then opening it out flat.



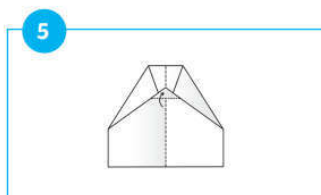
2 Fold in two of the corners so that they meet at the centre fold.



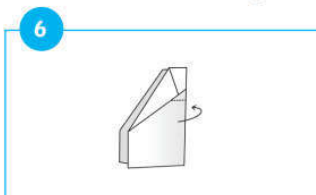
3 Fold the top peak down to create a triangle shape on top of the rectangle (so it looks like the back of an envelope).



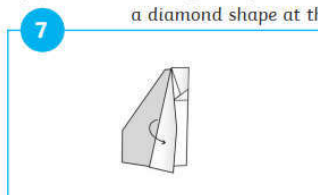
4 Fold the top two corners to the centre about 2.5cm above the downward facing point, to form a triangle shape at the top and a diamond shape at the bottom.



5 Fold the downward facing point up to secure the flaps.



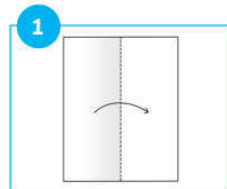
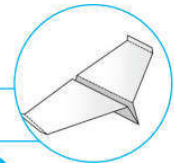
6 Fold the plane in half and flatten it out.



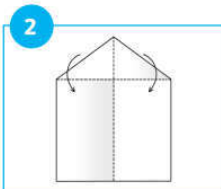
7 Fold the edges down to create the wide wings.

### 4) The Wide-Winged Glider

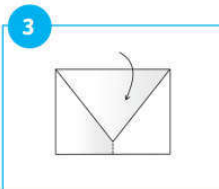
A great plane for distance and glides nice and straight through the air.



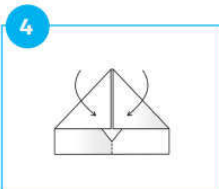
1 Make a line in the centre by folding the paper in half longways then opening it out flat.



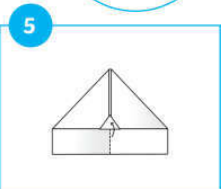
2 Fold in two of the corners so that they meet at the centre fold.



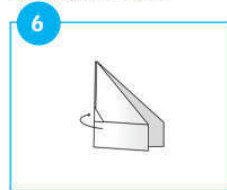
3 Fold the top peak down to about 2cm before the bottom edge.



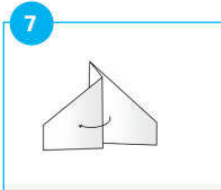
4 Fold both corners in so that they meet at the centre fold.



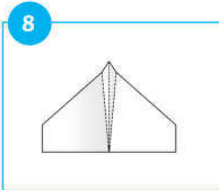
5 Fold the downward facing, triangular shaped point up to secure the two flaps.



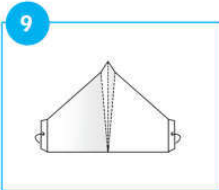
6 Fold the plane in half.



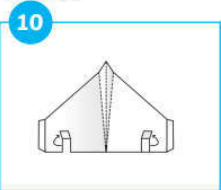
7 Fold one wing down about 2.5cm from the belly of the plane.



8 Repeat with the other wing.



9 Next, fold up the ends of each wing about 1cm.



10 Finally, take a pair of scissors and cut two small slits at the tail end of each wing.