

PERSONAL BEST

How fast you can get through the rainbow fitness test?

What Rainbow are you?

Yellow: 10 Lunges! Green: 10 Toe Touches!

Blue: 10 High Knees!

Rainbow Ladder:

3+ minutes: Rainbow beginner

Indigo: 10 Tuck

Jumps!

Ups! Red: 10 Star

Orange: 10 Sit

2:30 - 3 minutes: Rainbow Leprechaun

Violet: 10

2 - 2:30 minutes: Rainbow Elf

Punches!

1:30 - 2 minutes: Rainbow Wizard!

Jinial



1 – 1:30 minutes: Rainbow Ninja!

Under 1 minute: Rainbow Warrior!

Need help?

Here's a link to our example! https://www.youtube.com/watch?v=THERWOox590





Phonics

Learning Objective: To identify the different spellings for the 'or' phoneme (sound).

<u>Challenge 1:</u> Read the words in the box below and write them under the correct grapheme. You can use the grid provided or simply write them in lists on a separate piece of paper.

Challenge 2: Think of your own words containing the 'or' phoneme and write them under the correct grapheme.

thorn	born	August
lawn	launch	short
shawl	haunt	crawl

or	aw	au