

Transport

Welcome to our Transport Staycation theme. We hope you enjoy the activities in your week four pack.

The fun doesn't stop in this pack, though! If you can, check out our Staycation page at: [Letchworth.com/learning](https://letchworth.com/learning) to view this week's mindfulness video.

This week is also the final part **Imajica Theatre's** online production of **Don't Worry... Bee Happy**, where we learn all about the busy bees and how we can help them.

Transport, put simply, means how we travel around. We will look at the alternatives to our two feet that people used in the past and take a fresh look at the transport we use today. We will even explore the feet of animals and if we can spot how they move.

When completing your pack, don't forget to share your art, games and jumping, dancing, twig collecting etc and use the hashtag **#staycationletchworth** on social media. We, along with your family, friends and neighbours would love to see what you are up to. Maybe you have done something else in your Staycation that you would like to share?

Have a lovely week and we hope you enjoy the activities,

The Staycation Team



What Makes Letchworth Special

Read Together | Week 4



Transport:

How we got around in the past.

Letchworth was the first Garden city. A Garden City is planned from scratch. So everything had to be created at once.

Travelling through town in those early years was not easy – everyone wore Wellington boots as it was so muddy!

People going to London to work had to take a change of shoes with them.

One hundred years ago when our town was still young the most common form of transport was a horse.

Only very rich people would ride on horseback or in a carriage.
Most ordinary people walked or rode a bicycle.

This image shows a picture of Works Road and everyone leaving the factory.



Can you name three things that are different to how this scene might look today?

People were so keen on cycling in Letchworth that they even had egg and spoon races on bicycles!



Horses were commonly seen in the street delivery things by cart as you can see in this photograph.

Can you imagine the difference when the world had the clip clop of horses rather than car engines?

There was a downside which you can just make out in the road in both of these the pictures.

These horse 'presents' were often collected by children and used in the town's gardens.



Do you recognise the street and view in the photograph above?

Here is Mr Brodia the ice cream seller.

It is an ice cream van before van's were invented!



It looks very popular wouldn't you agree?!

Here we can see a photograph of Nott's bakery and its delivery vehicles around 120 years ago.

Young boys were often employed to deliver bread.

Without cars people usually shopped every day but you could get lots of things delivered straight to your door.



Here are people sitting in a very early car.

These early 'motor vehicles' were not that different in style to horse carriages.

We still refer to how powerful a car is as 'horsepower'.



Here is a view of the town that might look familiar?

Do you recognise that building?



What do you think is different about these cars and cars today?

Here are some amazing old ways we got around...

This is a motorbike and side-car.

They were invented for women as it wasn't seen as ladylike for a woman to ride on the back of a bike.



What do you think of this bike?

Does it look comfortable?



Why are the wheels so big?

Here is an old-fashioned fire truck.

It is decorated because one of the firemen rode in it to his wedding!

How romantic 😊



This amazing vehicle was called a Charabanc (pronounced charabang).

It was an early form of coach that was used for day trips.

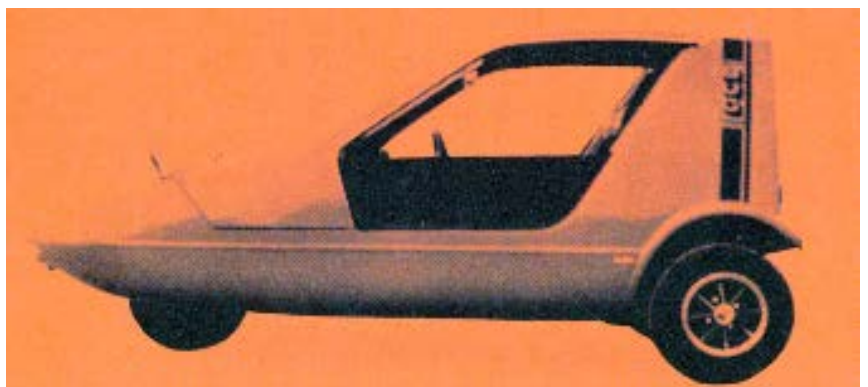


Would you like to go to the seaside in a Charabanc?

This brilliant little car is called a 'Bond bug' and was designed in Letchworth.

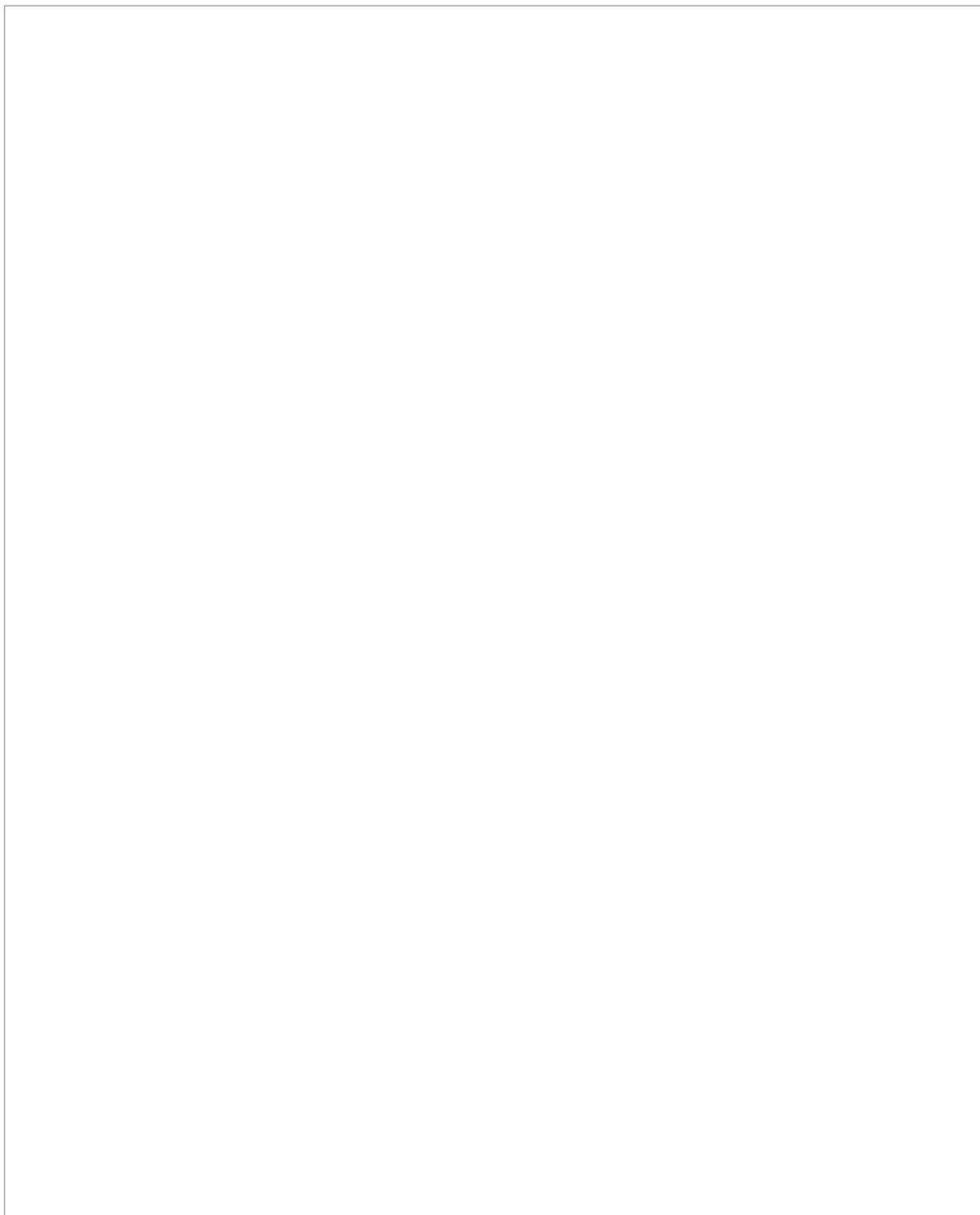
It was made for just one driver and had just three wheels.

Can you guess why?



Inspired by our wacky selection of Letchworth vehicles can you create your own?

It can be anything you like – have any number of wheels or passengers – as long as it is powered by your imagination!



Star Jumps

Get Active | Week 4



How to play:

How many star jumps can you complete in 60 seconds?

Think about

Can you compete against people in your family?

Or try and beat your own score?

Top Tips

Make sure you clap your hands above your head and bring your feet together.

Reflect

Can you maintain your technique even when you're tired?

Bingo!

Get Active | Week 4

How to Play:

Once you complete an activity, tick it off.

Can you complete the activities in the **BLUE SQUARES** more than once this week?

Can you complete one activity from each line?

Jump up & down 40 times	Play musical statues outside	Ride a bike or scooter	Balance on a part of your body for 60 seconds	Jump or move over a pillow 40 times	Play hide and seek
Hop, jump or stand on the spot for 60 seconds	Balance in a plank position	Pass a ball around your waist or head 25 times	Walk to your favourite tree	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
Complete shuttles between two trees (run, walk or move)	Skip or move for 2 minutes	Roll a ball across a table 10 times	Perform 40 of the same type of jumps	Create and complete an obstacle course	Throw or roll an object into a target 10 times in a row
Dribble a ball in and out of objects	When outside Hop down the path past 4 cars	Throw or roll a ball against a wall with a sibling, parent or carer	Move and complete 10 laps of your house or garden	Perform 40 jumps	Play a new game with a sibling, parent or carer
Perform 20 push ups	Perform dance moves	Collect three items from a park or wood	Perform 30 sit ups	Perform a gymnastics routine	Kick a ball 20 times to a parent or carer

Think about

If you are finding some of the activities hard, change them or have a rest before you continue.



Animals move in
different ways to
get around.

Some walk,
some wriggle, some hop,
and some even fly!

Activity 1:

Have a hunt for as many different creatures as you can find.

Look high, look low, look under and in things.

Can you see any
flying creatures

☒ Bird

☐ Bee

☐ Butterfly

Can you see any
wriggling creatures

☐ Worm

☒ Caterpillar

Can you see any
crawling creatures

☐ Ladybird

☒ Ant

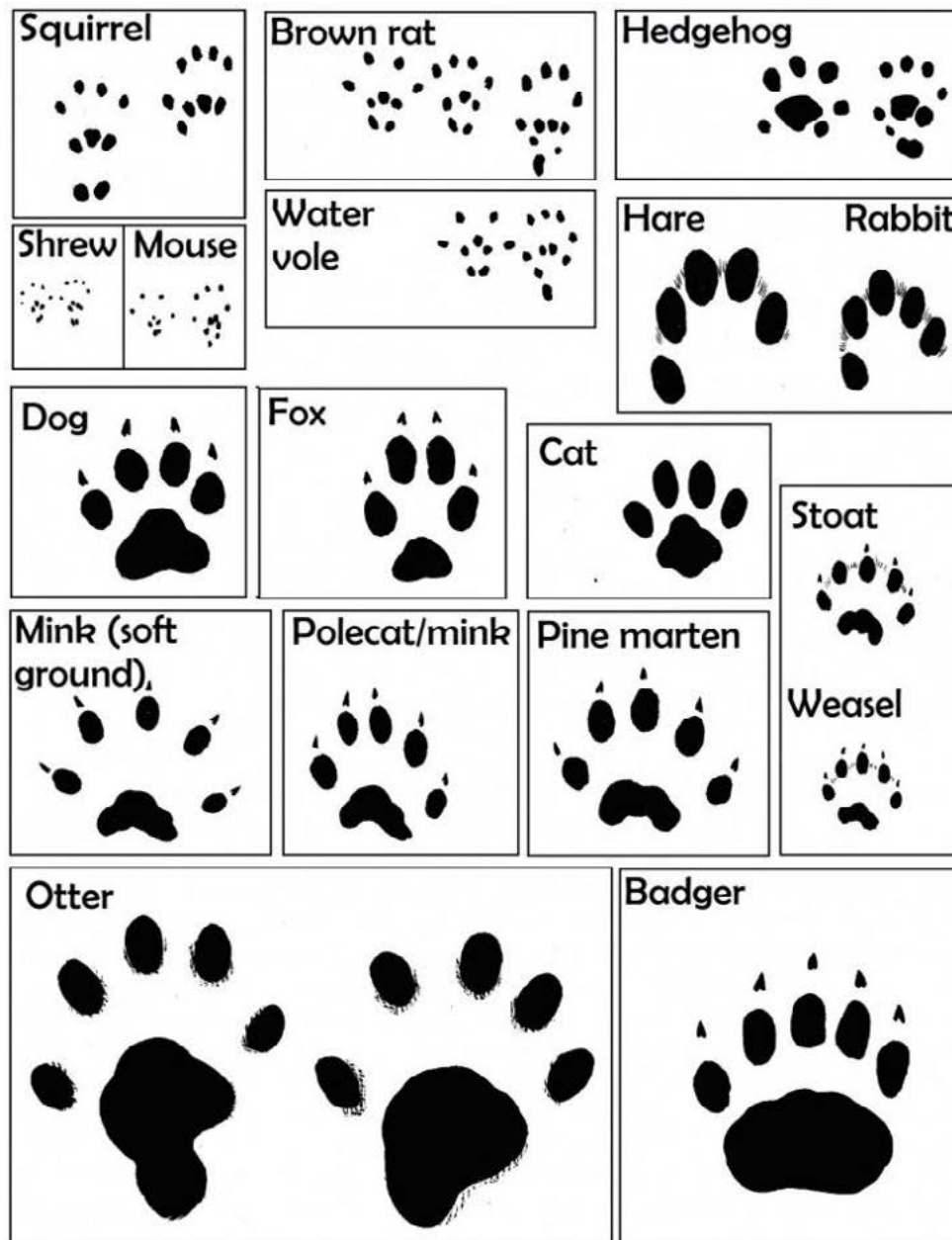
☐ Centipede

Don't forget to use the hashtag
#staycationletchworth when you upload
any pictures you take to social media!

Activity 2:

Some larger creatures will leave footprints behind.

If you find any muddy patches while out on a walk, stop and have a look and see if you can spot any of the following footprints:



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Ready to Read:

Stories about transport for you to enjoy:

Whatever Next? – Jill Murphy

Pirates Love Underpants – Claire Freedman

Emma Jane's Aeroplane – Katie Haworth

Main Course

Make Lunch | Week 4

Sausage Casserole, beans and wedges

Get the following food out ready:

Cooking oil, Sausages
x1 Onion, x1 Red Pepper
x1 Yellow Pepper, x8 Mushrooms
x2 tins chopped tomatoes
Garlic powder, x6 large potatoes

Method:

01. Switch on the oven to 1800C or gas mark 4/3500F.
02. Heat a small spoon of oil in a frying pan over a medium heat.
03. Fry 12 sausages for 1-2 minutes, just so the skin starts to turn brown – they don't have to be cooked through.
04. Chop the onion, peppers and mushrooms.
05. Put the sausages, onion, peppers, mushrooms, tinned tomatoes and a teaspoon garlic powder into an oven-proof dish.
06. Bake for 45 minutes.
07. Make the potato wedges:
 - a) Wash the potatoes but leave the skins on.
 - b) Put some cooking oil in a large roasting tray and pop it in the oven to heat.
 - c) Cut the potatoes into wedge shapes.
 - d) Cook alongside the casserole for 30 minutes or until brown and crispy.
07. Put the mixture into an oven-proof dish and grate some more cheese over it.
08. Bake for 15 - 20 mins until the cheese on top is golden and starting to brown.

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You can watch this being made on the YouTube channel: **Make Lunch Letchworth**



A Real Treat

Make Lunch | Week 4

Fruity Meringue Nests

Get the following food out ready:

- x1 packet meringue nests
- x1 tin fruit + fresh, as available
- x1 can squirty cream

Method:

01. Prepare the fruit: wash or drain it from the can
02. Chop it small.
03. Place the meringue nests on a plate and fill with fruit.
04. Top with lots of lovely cream!



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Notes & Doodles

[illegible]