

Year 3 Home Learning w/b 15/06/2020

All work can be recorded in your orange exercise book. If you wish to work online, you can log into your Hwb account and use Office 365.

*Tasks and Powerpoints will be attached separately so you will need to open these files.

HEALTHY WEEK

Monday

9:00-9:30	Family fun Plan and build an indoor obstacle course that includes 4-6 activity stations. Activities could include walking with a cushion or pillow balanced on your head, throwing balled up socks into bowls placed at different distances, and hopping across the room. Time your family as they complete the course. Keep a chart of times. Who is the fastest?
9:30-10:30	Do you know your food groups? Watch the Eat Well video https://www.youtube.com/watch?v=7MIE4G8ntss Click the link below to complete the Eat Well Challenge and scroll down to learn about digestion: https://www.foodafactoflife.org.uk/7-11-years/healthy-eating/interactive-resources/ Draw some of your favourite foods and the name of the food group they belong to. For example, yoghurt- milk and dairy products.
10:30-11:00	Break
11:00-12:00	Healthy Menu Watch the Eat Well video again https://www.youtube.com/watch?v=7MIE4G8ntss Think about what you like to eat, and what you think people should try and eat to be healthy. Create a menu showing food and drink for a day that reflects the Eatwell Guide, but including foods that you enjoy. Draw some pictures to bring your menu to life! Open 'Menu Planner' and 'Eatwell Guide Food List' and use these to help you.
12:00-1:00	Lunch
1:00-1:30	Reading - Log into Bug Club https://www.activelearnprimary.co.uk/login?c=0

1:30-2:00	<p>Where does food come from?</p> <p>Lots of interactive games. https://www.foodafactoflife.org.uk/5-7-years/where-food-comes-from/interactive-resources/#mem</p>
2:00-3:00	<p>What are my best qualities?</p> <p>Open 'Personal qualities' for examples. Write your name in the middle of a sheet of A4 paper. Ask members of your family to do the same. Swap sheets with someone else in your family- ask them to write what they think your best qualities are on the sheet. You need to do the same on their sheet. Swap sheets so everyone gets a chance to write on each other's sheet. When you have finished, get your own sheet back and read all the lovely things your family have written about you!</p>

Tuesday

9:00-9:30	<p>Balloon Challenge</p> <p>If you have any balloons, why not blow one up and challenge yourself to keep it in the air for as long as possible or knock it back and forwards between you and someone else (you live with) across the floor or a table? Why not set up a competition?</p>																
9:30-10:30	<p>Sugar</p> <p>Have a look at food packets in your cupboards and fridge (or use Tesco website). Look at the food label like this one:</p> <p>Each grilled burger (94g) contains</p> <table border="1" data-bbox="515 1429 963 1559"> <tr> <td>Energy 924kJ 220 kcal</td> <td>Fat 13g</td> <td>Saturates 5.9g</td> <td>Sugars 0.8g</td> <td>Salt 0.7g</td> </tr> <tr> <td>11%</td> <td>19%</td> <td>30%</td> <td><1%</td> <td>12%</td> </tr> </table> <p>of an adult's reference intake Typical values (as sold) per 100g: Energy 966kJ / 230kcal</p> <p>Draw a table like the one below and list foods that have high, medium and low levels of sugar.</p> <table border="1" data-bbox="472 1740 1295 1865"> <tr> <td>High</td> <td>Medium</td> <td>Low</td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>	Energy 924kJ 220 kcal	Fat 13g	Saturates 5.9g	Sugars 0.8g	Salt 0.7g	11%	19%	30%	<1%	12%	High	Medium	Low			
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11:00-12:00	<p>Pyramid of Priorities</p> <p style="text-align: center;">Positive Mindset</p> <p>Part of coping with times of change or stress is ensuring that the way you see the situation is through a positive mindset.</p> <p>This means looking for opportunities in every situation, no matter how challenging or difficult they are.</p> <div style="display: flex; align-items: flex-start;">  <div> <p>This approach can help you to:</p> <ul style="list-style-type: none"> • see life in a different way; • think about the priorities in your life; • value people over 'things'; • remember what is important in your life; • know how important your health and wellbeing are; and • know how important it is to love others and be loved. </div> </div> <p>Open 'Pyramid of Priorities' and complete the activity. Draw the pyramid in your book if you haven't got a paper copy. Discuss this with a partner and see if there are any areas where you feel the same or different.</p>
12:00-1:00	Lunch
1:00-1:30	<p>Reading - listen to audio books online https://stories.audible.com/discovery</p>
1:30-2:00	<p>Create a Healthy Lunchbox Interactive game http://archive.foodafactoflife.org.uk/Activity.aspx?siteId=14&sectionId=61&contentId=56</p>
2:00-3:00	<p>Sandwiches! Open 'Sandwich Generator'. You need a dice for this. How many different healthy sandwich combinations can you create? Draw them or write the ingredients in your book. Make one of these sandwiches this week and give it a try!</p>

Wednesday

9:00-9:30	<p>Dance! Turn on your music and dance on your own or with your family. Come up with a new dance routine and perform it.</p>
9:30-10:30	<p>Design a fitness workout Create your own 15-minute fitness workout for someone to do indoors or outdoors. Try it out with members of your family. Are there any changes you need to make?</p>
10:30-11:00	Break

11:00-12:00	<p>Music/Literacy</p> <p>Write a song around healthy eating based on the tune of Frère Jacques.</p> <p>https://www.youtube.com/watch?v=RXI7KEUbSxM</p> <p>Remember that Frère Jacques can be sung as a round, so why not ask your family to join in? Here is a verse to start you off:</p> <p><i>Healthy eating</i></p> <p><i>Healthy eating</i></p> <p><i>Is good for you</i></p> <p><i>Is good for you</i></p> <p><i>Fruit and veg has fibre</i></p> <p><i>Fruit and veg has fibre</i></p> <p><i>Yes, they do!</i></p> <p><i>Yes, they do!</i></p>
12:00-1:00	Lunch
1:00-1:30	Reading - read a book or magazine of your choice
1:30-2:00	<p>Music</p> <p>What sort of music do you find relaxing? Spend time listening to your favourite music</p>
2:00-3:00	<p>Stay Active</p> <p>Design a poster to encourage people to stay active. Think of a short message to write on your poster. What pictures will you draw? Use colour to make it attractive.</p>

Thursday

9:00-9:30	<p>Challenge yourself!</p> <p>If you have some cotton balls, put a pile on the floor in one room and then see how quickly you can move the balls one by one to another room using a spoon.</p>
9:30-10:30	<p>What is your favourite sport?</p> <p>Create a Powerpoint (log into Hwb, select Office 365) about your favourite sport. Include a title page, images and information about the sport. You could include information</p>

	<p>on famous athletes from this sport, or information about events such as the Olympics.</p> <p>Select 'Design' at the top of the screen to change your background.</p> <p>Highlight the text and select 'Animations' to add special effects.</p> <p>Find an image online and right click to save it to your computer. Then select 'Insert' in Powerpoint to add the image to your slide.</p>
10:30-11:00	Break
11:00-12:00	<p>Debate</p> <p>Open 'Discussion cards'</p> <p>Using the cards, discuss online safety and keeping clean with a partner. Share your opinion, giving reasons.</p>
12:00-1:00	Lunch
1:00-1:30	<p>Reading - Log into Bug Club</p> <p>https://www.activelearnprimary.co.uk/login?c=0</p>
1:30-2:00	<p>Memory Game</p> <p>Find 10 different food, drink or related items, e.g. a can of chopped tomatoes, a jar of mustard, an apple, a banana, a wooden spoon, a mug, a bag of pasta, a jar of mixed herbs, a can opener and a small saucepan. Place them on a tray, or on a table, and cover with a tea towel. Remove the cover for 20 seconds and challenge those you live with to remember as many items as they can. For a bonus point, ask them to say what they would be used for or suggest a recipe that could be made from them, e.g. pasta and tomato sauce using the can opener, saucepan and wooden spoon!</p>
2:00-3:00	<p>Art</p> <p>Open 'Cubism pictures'. Create your own picture of a fruit using the same 'cubist' style as the examples.</p>

Friday

9:00-9:30	<p>Yoga</p> <p>https://www.nhs.uk/10-minute-shake-up/shake-ups/yoga-yak</p>
9:30-10:30	<p>Supertato story</p> <p>Listen to the story:</p> <p>https://www.youtube.com/watch?time_continue=3&v=BIeAHK-5m6E&feature=emb_title</p> <p>Create your own Supertato story/comic strip with vegetables and fruits as characters. Open 'Comic strip' for a template.</p>
10:30-11:00	Break

11:00-12:00	<p>What makes you feel happy?</p> <p>Make a pic collage or draw lots of pictures of things that make you happy. This might be people you like to spend time with, places you like to go, activities that you like to do etc.</p>
12:00-1:00	Lunch
1:00-1:30	<p>Reading - Newsround - read news articles https://www.bbc.co.uk/newsround</p>
1:30-2:00	<p>I am amazing https://www.bbc.co.uk/bitesize/articles/z773bdm Watch the videos then open 'I am an amazing person' sheet. Think about your strengths and complete the sentences. You could draw your own balloons in your book.</p>
2:00-3:00	<p>Cookery</p> <p>Find a healthy recipe which includes fruits or vegetables. With the help of an adult, can you make it?</p> <p>There are some delicious recipes using fruit on this site: https://www.greatbritishchefs.com/collections/childrens-fruit-recipes</p>

I hope you have enjoyed Healthy Week. Please send me pictures of your work on Dojo as I will be giving out Dojo points for the tasks you complete!

Miss Williams