



Menu of Activities - Week Beginning 25..1.21

Whilst you are learning at home, every day you will have recorded English, Phonics and Maths lessons from your KS1 teachers. Make sure you email your work from those lessons, as well as the lessons below, to year12@allsaintsprimaryschoolmaldon.co.uk

Each week we will post a menu of activities that link to our topic. Across the week, you can select which of these activities that you would like to do, perhaps in the afternoons, but make sure that you do your Maths, Phonics and English lessons too.

Subject	Activity
Science & outdoor activities	Observation - to look at closely, to monitor, to examine, to inspect. Observation is a very important scientific skill. It is one we are going to work on this week and see if we can observe any changes. Sometimes we can use all our senses to observe. Sometimes scientists use tools to help them observe like a magnifying glass or binoculars. Choose something to observe over the week (or longer) and make some decisions on how and when to observe it. Then you need to decide how to record your observations. It may be by drawings with labels, it may be in a chart, it may be a description recorded or written or photographs. Here are some suggestions: How much rain falls (you could make a rain gauge), the clouds (go out and look up 3 different times a day, here is a guide), the temperature outside (maybe measure at breakfast time, lunch time and dinner time and observe any other signs like frost), how much sunshine (eg look outside every hour and observe), you could observe the bird song in your garden at different times of day or see how many birds are on the feeder on different times and days,

	you could set up a bit of an investigation and observe how long an ice cube melts (inside the house, in the fridge, outside, in the hand), you could leave a slice of bread out on a plate all week and observe any changes, you could put some celery or a cut flower in some food dyed water (link), you could try growing vegetables cuttings (carrot top). Or simply just get outside in nature and observe it.
Art and DT	This week we will be designing our own castles that we will be making next week. Think about what you want your castle to look like, you can have a look at last week's power point again to get some ideas. Your castle will need a drawbridge that opens and closes but the rest of the design is up to you and your imagination. Can you include battlements, turrets and different windows too including the arrow slits? This week, plan what you want your finished castle to look like, what things you will need to make it with and how you will join it all together. Draw and label your design and then you can start collecting things like cardboard boxes and tubes, all ready for next week! If you want some ideas for how to make a castle watch the clips below. https://www.english-heritage.org.uk/members-area/kids/guide-to-castles/cardboard-castle/ https://www.youtube.com/watch?v=9vdO2Qm7q1w
RE	 Look at these or other images of Buddha on the internet. What do you notice about him? When and where do you think he lived? Who do you think he might be? What is he doing? What sort of mood do you think he is in? How does he feel? He is thinking deeply (meditating) with his eyes closed, his calm peaceful expression, his simple robes, the position of his hands, the eye of wisdom in the middle of his forehead. Buddha lived 500 years before Jesus in present-day Nepal and he started a religion called Buddhism. It is an unusual religion because Buddhists do not have a god. The Buddha was a man not a god. Buddhists believe that peacefulness and wisdom can be achieved through meditation. Buddha wanted to find the answer to life's problems and puzzles. In order to do this, he sat under a tree, shut his eyes and began to think very deeply. At last the answer came to him. It was as though a light had been turned on in his head! The word Buddha means 'enlightened one'. <u>CHOICE OF TASKS:</u> 1. Find out more about Buddha

	2. Draw a picture of Buddha, under his tree looking peaceful and add words to describe what he looks like and how he feels 3. Find something small like a leaf to hold and look at. Sit cross-legged on the floor with their backs straight as if a string was pulling them up. Smell the leaf, close your eyes and feel the leaf. Open your eyes again and look carefully at the leaf and notice what shape it is, what colours/ marks there are on it. Keep looking at the leaf while you breathe in slowly then breathe out again. Repeat 2 or 3 times. How do you feel sitting still and thinking about your special object? Find out more about meditation and mindfulness at: https://cosmickids.com/mindfulness-and-meditation-videos-for-kids/		
History and Geography	<u>Defending the Castle</u> https://www.bbc.co.uk/bitesize/topics/z74jpv4/articles/zhrb6v4 <u>Attacking the Castle</u> https://www.youtube.com/watch?v=-bm-PKervMo Watch the clips to find out how to defend a castle and how to attack one. You can then use your toys if you want to and things like lego or other building blocks to make a castle and re-enact a battle.		
PE	<u>Cosmic Yoga Kids</u> This contains a selection of themed yoga lessons and mindfulness sessions. https://www.youtube.com/user/CosmicKidsYoga	<u>Go Noodle</u> A selection of movement and mindfulness videos. https://www.gonoodle.com/	<u>Jack Hartmann</u> A selection of learning videos to actively participate in. https://www.youtube.com/channel/UCVcQH8A634mauPrGbWs7QlQ
	<u>Joe Wicks</u> Joe is back! Click on the link for a selection of child friendly work out videos! https://www.youtube.com/playlist?list=PLyCLOpd4VxBuPuwfVuS-OBtK_kZqJCX-b	<u>Koo Koo Kangaroo</u> A firm favourite in Key Stage One! https://www.youtube.com/watch?v=Imhi98dHa5w&safe=active	<u>Challenge!</u> Can you ride your bike, scooter, skateboard or use your roller skates to exercise outside for at least fifteen minutes?

	<u>Daily Exercise</u> Complete your daily exercise either in your garden or whilst on a walk. Talk about what you can see/ hear/ smell.	<u>Jump start Jonny</u> Have a go at these fun workouts- get jumping today! https://www.jumpstartjonny.co.uk/home	<u>Just Dance</u> Complete some fun dance activities! https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg
Music	A jester was a very important person in castle. It was the jester's job to entertain the King and keep him happy. Choose one of these songs from SingUp and learn it, so that you can entertain someone in your family. https://www.singup.org/singupathome/feelgood-fifteen. Or you could sing a song you already know.  We would love to see your videos.		
ICT	<u>Computer Bugs</u> When you write code, it's easy to make a mistake. Coding mistakes are called bugs. Imagine you have written some code to make a game. You want your robot to move forwards when you press the arrow key, but the robot goes backwards! When your code goes wrong, you need to check your algorithm and then check your code. When you have found and fixed your mistakes you can try the game again. Mouse wants Robot to help him get ready, but there's a bug in his code! https://www.bbc.co.uk/bitesize/topics/z3tbwmn/articles/ztgjq6f		