



Menu of Activities - Week Beginning 18..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	Materials - Can you bend it? Stretch it? Twist it? Squash it? Change its shape?																																		
	This week we are going to see if you can change a material by bending, stretching, twisting and squashing?																																		
	Like last week you can do it in two halves, inside objects (examples - wooden spoon, metal pan, jogging bottoms, elastic band, paper, play dough, pencil, rubber, slice of bread) and outside objects (examples - leaf, twig, stick, handful of mud, stone). You may be able to use a potato masher or a fork to squash the object. You could draw a table of your results. You may want to make a prediction (a guess as to what may happen before you do it).																																		
	<table><tr><td>Na</td><td>Ma</td><td>Cou</td><td>Cou</td><td>Cou</td><td>Cou</td><td>Did</td></tr><tr><td>me</td><td>ter</td><td>ld</td><td>ld</td><td>ld</td><td>ld</td><td>the</td></tr><tr><td>of</td><td>ial</td><td>you</td><td>you</td><td>you</td><td>you</td><td>sha</td></tr><tr><td>obj</td><td>ma</td><td>be</td><td>str</td><td>twi</td><td>squ</td><td>pe</td></tr><tr><td>ect</td><td>de</td><td>nd</td><td>etc</td><td>st</td><td>ash</td><td>sta</td></tr></table>	Na	Ma	Cou	Cou	Cou	Cou	Did	me	ter	ld	ld	ld	ld	the	of	ial	you	you	you	you	sha	obj	ma	be	str	twi	squ	pe	ect	de	nd	etc	st	ash
Na	Ma	Cou	Cou	Cou	Cou	Did																													
me	ter	ld	ld	ld	ld	the																													
of	ial	you	you	you	you	sha																													
obj	ma	be	str	twi	squ	pe																													
ect	de	nd	etc	st	ash	sta																													

	many more) Think of a simple symbol to represent your favourite ones. Remember to keep it simple, it is not meant to be a complicated picture! So "kind" could be a heart. Use 4 of your symbols to create your design inside the fish badge like this: 		
History and Geography	There are lots of castles in the United Kingdom. Use Google Maps to look for these four castles. Can you locate them on a map of the UK? There are lots more too. Windsor Castle - England Edinburgh Castle - Scotland Cardiff Castle - Wales Carickfergus Castle - Northern Ireland Can you spot any castle features on them? If you would like to find out more about Windsor Castle, there is a PowerPoint in this week's folder, and a worksheet too.		
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/UCVcQH8A634mauPrGbWs7QIQ
	<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=PLyCLoPd4VxBuPwfvuS-	<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>OBtK_kZqJCX-b</u>		
	<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! <u>https://www.jumpstartjonny.co.uk/home</u>	<u>Just Dance</u> Complete some fun dance activities! <u>https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg</u>
Music	<u>Sing</u> This song - <u>https://drive.google.com/file/d/1ls7S9P-Nf0lIZ651PZLG3FA8OgCvADBo/view?usp=sharing</u> The king is in the castle has all the people that you'd find in a castle in it. Can you sing along and do all the actions? Can you think of anyone else who might be in the castle. What might they be doing? The king is in the castle, bow down low. The king is in the castle, bow down low. Bow down low, Bow down low, The king is in the castle bow down low. The queen is in the castle, curtsy low. The prince is in the castle, wave hello.		

	The cook is in the castle, stir the dough. The servant's in the castle, watch her sew. The soldier's in the castle, marching to and fro. The ghost is in the castle, whoooh, whoooh, whooh! The giant's in the castle, ho, ho, ho! The dragon's in the castle, no, no, no! And we are in the castle, round and round we go.
ICT	<u>What is a Code?</u> When you learn to code you can make things happen on your computer. You can make anything you want with code. It could be a game, some pictures or a film. Computer code is a set of rules or instructions. It is made up of words and numbers and when you put them in the right order it will tell your computer what you want it to do. You can program lots of things with code. Watch this video to find out more: https://www.bbc.co.uk/bitesize/topics/z3tbwmn/articles/zykx6sg Find out what can be programmed with this game:

<https://toybox-assets.files.bbci.co.uk/activities/legacy-bitesize-games/recycling/programs/index.html>