

PE/PSED-

Body Awareness – Exercise

Talk about how we look after our bodies by exercising. Complete a physical activity of choice – this could be going for a run, dancing, star jumps, riding a bike etc. Afterwards, think about how you feel. Can you feel your heart beating? Is it faster or slower than before? This is a part of our body that we cannot see, but we still need to look after it!

Secondary Home Learning

Week 4

Topic ‘Moon Zoom’

Understanding the World – Geography

‘Space Terrain’

In a large room, your garden, or other available space, create ‘space terrain’ (like an assault course) using different items you have at home. Then navigate the course and explore ways of using directional language to follow a route. Practise following instructions and giving them to someone at home to follow.

Positional language – near, far, left, right, forwards, backwards.

Maths-

3D shape – watch the video ‘Recognise and name 3D shapes’ (don’t worry about the worksheet, just work through the activities in the video) : <https://whiterosemaths.com/homelearning/year-1/week-10-geometry-shape/>

Did you see any of these shapes around your house last week? Have a look again now!

If you have some different 3D shapes, blocks, toys, or recyclables, explore these and have a go at building your own model with them. Can the shapes balance on top of each other? Do they roll or stay still? Which shapes work best together to make a sturdy structure and why?

Expressive arts and design-

Linked with English, use clay, playdough (there are many recipes online), or found objects to create a model of Beegu.

Say, or write down, any adjectives you can think of to describe your model of Beegu.