

Year 3 Explorer Class - Foundation activities (27.4.20 - 1.5.20)

Try to complete one activity for each subject this week - you can choose the ones that interest you the most.

	Research	Design or draw it	Make it	Question or test it
<p>PSHE World Health Organisation description: "Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community."</p>		<p>Many people find drawing or colouring helpful to recreate a balance in their mind. We often call these activities 'mindful activities.'</p> <p>Complete one mindful activity for a minimum of 20 minutes. Remember, to be truly mindful, it should be away from distractions such as technology or loud noises. *It might be relaxing to play mindful music like we do in class.</p>	<p>Make a mindful activity for someone in your house and try to create the atmosphere needed to be truly mindful.</p> <p>This could involve making an adult their favourite drink, turning off all devices and disruptive noises and being quite long enough for them to complete the task you have set them.</p>	
<p>Science Earth and Space/ States of Matter</p>		<p>Look through the states of matter ppt. Then, draw a grid with 3 columns labelled Solids, liquids and gases. (I have included an example grid and pictures if your child would prefer to use that)</p>	<p>Heating or cooling can cause materials to change state. Follow a recipe which requires you to change ingredients states (e.g. solid to liquid>> butter melting) Please complete this activity</p>	

		In each column, draw objects that you can find in your house/ garden under the correct heading. e.g. Solids- draw a table/ clock/ dog/ sofa/ you!	with an adult who can supervise you.	
Computing Exploring my world You will need access to Google Earth	Using Google Earth, try to find Horrington Primary School. What day was the satellite camera image taken? How to do you know? Roll the dice to visit at least 5 different random locations. Where have you visited? How does that location differ from Horrington's landscape? Record your findings in your purple book using a Similarities and Differences table.		Using the details found on Google Earth, make a map of an area of your choice. This could be your journey to school or you could research somewhere you would love to visit.	
e-safety Building good habits online			Using the ideas on the ELIM poster, make yourself some top rules to follow when online.	Using the ELIM poster below, discuss with an adult the steps you can make to build good habits online.

<p>PE Health related fitness</p> <p>Remember to do at least 30 mins of activity everyday. This could be a Joe Wick workout via YouTube, a cosmic yoga session or a walk in the fresh air</p>	<p>Research about what your body needs to keep fit.</p> <p>How are you going to ensure you get all of those things this week? Is there anything you may need to do differently this week or a normal week at school? This could involve adding things to your routine and reducing or removing some things.</p>	<p>Complete a Joe Wicks workshop and then design your own for a member of your family. It would be great to see pictures of your family exercising together!</p>	<p>Take part in one of the Tokyo 10 Activities www.getset.co.uk</p>	<p>.</p>
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Building habits when I use technology

I am kind and responsible

I am safe and secure

I am healthy



I ask a trusted adult before



I use technology

I check I can see

a trusted adult,

and a trusted

adult can see me



I share and enjoy what I do with technology with other people

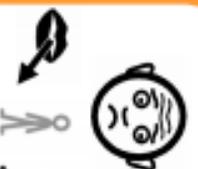


I use technology at the right time.

I stop at the agreed time



I am always kind and polite



I tell a trusted adult if I am worried or upset



I stand up and move about every 30 minutes



I do a mix of activities at home and in school