

Foundation activities Week 5, 6 and 7 (4th May - 22nd May) - complete one activity for each subject per week.

	Research	Design or draw it	Make it	Question or test it
<p>PSHE</p> <p>World Health Organisation description,</p> <p>"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>One of the strangest things about lockdown is not being able to see our friends.</p> <p>Research how to stay connected by watching the video (link below) about Joshua and Reilly. They are the best of friends. When Joshua moves to America with this family, Reilly explains how they continue their friendship from a distance.</p>	<p>Toilet roll has made its mark on the lock-down, I think it is time that kitchen roll got some time in the spotlight.</p> <p>Why not try this challenge.</p>  <p>Remember, to be truly mindful, you 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>Create a mindful opportunity for everyone in your house.</p> <p>Think about your senses to remember many of the things you may include:</p> <ul style="list-style-type: none"> - Sounds - Smells - Things to touch - would a nice pillow or blanket help? - Tastes - would a nice calming drink help people relax? - See - does the room need to be tidy? Could you help make a relaxing space for an adult? - Activity -Does it need to be the same? Can you think of a special activity to suit each person in your house? 	<p>Find a time to speak to an adult in your house about your thoughts on lock-down and discuss any questions you may have about the future.</p> <p>As adults, we may not be able to answer all of your questions but sometimes it helps to talk about worries or concerns.</p> <p>BBC Newsround offers lots of information that you could read or watch with an adult.</p>
<p>Long distance friendships- https://www.bbc.co.uk/bitesize/clips/zjypyrd</p> <p>Importance of teamwork -https://www.bbc.co.uk/bitesize/articles/zdq3bdm</p>				

<p>History VE Day</p>	<p>Using the internet, books and/or the power point and fact files that we sent, research VE day. With the information, tell a sibling/ friend/ family member all about it.</p>	<p>Write a diary entry as if you were there on the day when you found out that the war was over. How are you feeling? What are you going to do to celebrate?</p>	<p>Make a power point presentation or a poster all about VE day using the information that you have researched.</p>	<p>Complete the 'VE day thoughts' sheet by answering the questions either directly onto the sheet if you have access to a printer or straight in to your exercise book.</p>
<p>Art</p>	<p>Photography - Complete at least one of the photography challenges</p>			
<p>PE Health related fitness</p> <p>Remember to do at least 30 mins of activity every day. This could be anything that increases your heartbeat and breath rate.</p>	<p>Research the physical challenges that other people are doing to raise money for the NHS.</p> <p>There are many different activities that people have created to test themselves. For example, Captain Tom has walked around his garden and Margaret Payne, who is 90 years old, is climbing the height of a Highland peak (Scotland) by using her stairs many, many times.</p> <p>Can you think of a challenge to set yourself to complete over the next few weeks? Could you walk to London by going on a daily walk and adding up all the miles you cover? Could you cycle to a far off land? Could you measure the length of a trip around your garden or use the height of your stairs or create yourself a challenge?</p>	<p>Think of at least 5 short activities that you can perform safely inside or in the garden that increase your heart beat. These may be inspired by a favourite computer game, activity or something you have tried before.</p> <p>Perform your activities for a minimum of 30 minutes.</p> <p>For example: Could you create a Temple Run or obstacle course? Could you create a dance?</p>	<p>Go for a planned walk. Think of a different activity that you could build into your walk.</p> <p>For example: If you pass some steps, can you think of 5 ways to travel up and down the steps safely that might use different muscle groups to normal?</p> <p>If there is a hill on your walk, can you run up it instead of walking? What effect does that have on your heart and breath rate?</p>	