



Home Learning Introduction: Topic 6



We hope you are all keeping safe and well. The following activities are based around the theme of **Let's Move Ourselves!** This links to our bodies and National Walk to School week. These may be of help to you, particularly if you are trying to manage several children's needs or have limited access to the Internet.

Page 1: activities – no IT needed

Page 2: web links - if you have internet access and some extension

The most important thing is that you are calm for your children and should only do whatever you can manage. Remember that children also learn a lot through play such as Lego and playing games and even through chores such as helping to prepare a meal. Great learning can happen when it's not always adult directed.

The following help with alleviating stress:

- Connect with others – arrange a time for your children to connect with friends (and you too!)
- Exercise
- Do things you all enjoy together
- Don't focus too much on the news
- Share and talk about feelings – all feelings are okay!

Vocabulary check through Hopscotch



Make a hopscotch grid and play with the members of your household.

https://www.youtube.com/watch?v=aUj0V6_ROWa

Have you remembered your maths vocabulary? Have a go at the following questions:

- What is the **sum** of all the **odd** numbers in 'Hop-Scotch'?
- What is the **sum** of all the **even** numbers in 'Hop-Scotch'?
- What are the **pairs of consecutive** numbers that sit next to each other on the hopscotch grid?
- What is the **product** of two **consecutive** numbers?
- How many **square numbers** are there on the hopscotch grid?

Maths through Exercise

Using a minute timer – how many can you do in a minute? Record each day for a week:

- Star jumps
- Burpees
- High knees
- Catching a ball

How many can you do in a minute?

Measure your pulse before and after. What happens?

Try doing this every day for a week. Can you do more every day? Make this into a bar chart to compare your data.

If I did 23 burpees every day for 6 days and then on the 7th day, I did 25 burpees - how many did I do in total for the week?

What calculations can you do to work out the answer?

Can you write an equation for this calculation?

Estimating our metres

Some people are running 5k to raise money for the NHS - How many metres is 5Km? 500m, 5000m or 50,000m? If they raise £5 for every 5km how much would they raise if they ran 50? 65? 100km?

Olympic events are the 100m, 200m, 400m, 800m races. How far do you think that would be from your front door?

Think about a metre stick. Can you make a 1 metre step or does it take two large steps to make a metre?

Next time you go for walk see if you can estimate how many metres it is to your destination by taking 2 large foots steps (to be approximately a metre) and keep count. Can you go another way and compare how many metres it is?

Sports Personalities

You will probably know of a sports person who you really admire to be like, or you think is 'just the best'. They don't have to be at Olympic or even national level. Maybe it is a PE teacher, a sports coach or it could be your parent who inspires you because of the effort they put into their sport or exercise of choice. They could be a person who has a disability who really inspires you because of their persistence to sport.

Write a short report and tell the reader why they inspire you. Tell the reader about the sport.

What do they do to promote the sport/exercise/game?

What do you think makes them good at their sport? Do they have a motto for life? If it is someone you know, perhaps you could interview them to ask them about their sport and write up the interview.



The End by A A Milne

A A Milne was the author of Winnie the Pooh. He also wrote poetry. One of his poems is called The End and it starts: **When I was 1, I had just Begun. When I was 2, I was nearly New. When I was three, I was hardly Me.**

Using your own history, create a timeline of your milestones, could you make up a rhyming poem to celebrate them?

Remember rhythm (the beat of the sentence caused by the syllables in a word) and rhyme are needed in this poem. Maybe you could include alliteration too.

E.g. When I was one, I could suck my Thumb.

If you can't think of your own milestones you could make up some silly milestones that your body might do, or it could be when you are much older so would be when I am...
When I am 106
I will do karate kicks!

Plan a Heptathlon!

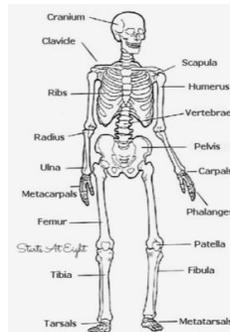
Your challenge is to plan a mini heptathlon. A heptathlon has 7 events: high jump and long jump, 200 m and 800m running, 100 m hurdles, shot put and javelin. You task is to plan your own version. It must have 2 jumping, 2 throwing, 3 running challenges.

You must do the following: Decide on 7 events to have. Write a programme with a short description of each of event and how you complete them (include labelled diagrams), the equipment you need.

Design a training plan for your athlete. How many times a day would they practice and for how long? What would they need to do to keep their body healthy (there might be some rules they have to follow) Draw and label a map of the stadium and the course of your events will take place for the athletes to follow Design a medal for the gold, silver and bronze. Draw it and decide a motto for it. Write the acceptance speech you will give when you win!

Now you could get people and yourself to take part on your Heptathlon!

The Skeleton



Draw around yourself or someone in your house or use one of your dolls/teddies. Draw and label their skeleton inside!

Can you think about animals you know or can see outside? Animals with skeletons (bone or cartilage) are called vertebrates and those with out are invertebrates. Do you think fish have skeletons? Think about different animal skeletons and how they are adapted to the animal's environment.

Who is fittest and what is the hardest in 1 minute?

When we exercise our heart rate and breathing increases. Exercise strengthens our heart and lungs. Choose 4 or more different exercises to do for 1 minute of time e.g. hop on the spot/star jumps/jog etc. Before you start count how many breaths you take in 1 minute or if you know how to take your pulse measure that for 1 minute. Then complete your chosen exercise for 1 minute. Count how many breaths you take in 1 minute now (or your pulse!).

Record your breaths:

| Type of exercise | Breaths /1 min before | Breaths /1 min after |
|------------------|-----------------------|----------------------|
| | | |

Wait until your breathing is the same as before you started and then measure another exercise! Which one was the best?

You could do this with your obstacle course too!

If you did the best exercise everyday, do you notice difference? You could link this to your maths activity!

Body fact or fiction?

Is your arm span the same as your height? Is the length of your foot the same as the circumference of your fist? Is the height of your ear the same as the height of your nose?

Is the width of your head (from ear to ear) the same as the depth of your head from the top of your forehead to your chin?

With a tape measure or a piece of string/strip of paper, measure parts of to find out if these are body facts or body fictions.

Try these out on other people in your home and see if the results are the same! Can you think of or find out more body facts? Once you have the answers get creative and think how to present your facts! You could add them to your Skelton drawing.

Humanities

Let's Move Ourselves Quiz

1. What is another name for the shoulder bone?
2. What is the longest bone in the body?
3. How many bones are there in the human skull? 22,1,12
4. Human hips are made with which joint? Hinge joint, Ball and Socket Joint, Pivot joint
5. True or false: Bones are stronger than steel.
6. True or false: The word "muscle" comes from the Latin term meaning "little mouse" which is what Ancient Romans thought a flexed bicep muscle resembled.
7. True or false: The human body has approx. 300 muscles.
8. What is the largest muscle in the body?
9. What is the strongest muscle in the body?
10. Who is the fastest human on the planet?
11. BONUS: Who has become a Guinness World Record holder after one of his online fitness classes was watched by nearly a million people?

A bit before and my own history timeline!

Milestones are when we first could do things. You have changed so much from when you were born.

Can you find out about when you reached milestones in your life? E.g. When did you first talk/walk/read a book? What were your first words? What was your favourite food? When could you feed yourself?

When were you potty trained? When could you count to 10? When did your first tooth fall out? When could you ride a bike? When could you tie your shoelaces? Make this into a timeline of your life. Take a piece of paper and fold it forwards and backwards (like a fan)

open it up and then on each section (you might have to stick 2 pieces of paper together.) To make it trickier you could out 0 in the middle and do -1,-2,-3 etc. What happened before you were born?



Olympic Sports

The first modern Olympics were held in Athens, Greece, in 1896. At each Olympic Games it is agreed that new sports can be added. In the next Olympics to be held in Tokyo karate, sport climbing, surfing, and skateboarding will make their debuts! Can you think of any other sports that should be included in the Olympic games? E.g. is cricket an Olympic sport? Darts? Bowling?

How many places held the Olympics?

Test people you know! Ask as many people as you can where they remember or know which countries or cities the Olympics have been held in.

Make a list and try to put the capital city, the country and the continent on for the places you found out. You could mean Olympics map to show all the places you found!

Topic 6: Let's Move Ourselves!



Home Learning



It is National Mental Health Awareness Week 18th May – 24th May 2020

The theme this year is kindness.

What does it mean to be kind? What is something that you have done to show someone kindness? Why do you think it is now as important as ever to be kind to someone?

Wellbeing, PSHE and Philosophy for Children: Mindfulness Activity – Our bodies need rest



Read through the next activity and when you have finished, get yourself in a comfortable position and close your eyes:

Put a hand on your belly. Feel it rise up and down as you take deep breaths in and out. Start with your feet. Give your toes a wriggle and then relax them. Focus on your legs. How do they feel? Squeeze the muscles in your legs and then relax them. Focus on your back. How does it feel? Feel your back relax. Focus on your neck and shoulders. How do these feel? Take a deep breath and relax them. Wiggle your fingers. Squeeze the muscles in your hands and arms and then relax them. How do they feel now? Feel your face and head. What expression do you have? Use your muscles to frown, then smile and then relax. Take a few moments to now feel your whole body. When you feel it is time to wake up, you can open your eyes.

What does it feel like to be relaxed? Can you ever do nothing? How do you know when to relax? Is being calm and relaxed always good? Can you ever be too relaxed?

Creative Arts

Paralympic Athletes



In August 2020, Tokyo was supposed to host the Paralympic Games. Due to this pandemic, they will be now be summer 2021. These amazing athletes who participate in the games all have a disability of some sort. When they complete some might need someone to help guide them, particularly if they cannot see.



Create an obstacle course at home and blindfold a family member and lead them around? How did you do as a partner? Could you try doing the same course but, on your knees? Take turns... who was the best athlete and who was the best support person (gave the best instructions)? You could have a medal ceremony – gold, silver, bronze medals given out – make them or use coins.

Action songs/rhymes about our body This is a famous song about our bones. Can you sing it and then use your body to make percussion for the rhythm and sound?

*The head bone connected to the neck bone,
The neck bone connected to the back bone,
The back bone connected to the thigh bone,
The thigh bone connected to the knee bone,
The knee bone connected to the leg bone,
The leg bone connected to the foot bone,
The foot bone connected to the heel bone,
The heel bone connected to the toe bone,*

Oh, hear the word of the Lord! Could you make up a song and use your body for rhythm?

Head, shoulders, knees and toes with actions

Play Simon Says – touch your patella. Simon says touch your femur. Use names of bones or body parts e.g. arm, leg, foot

Be the art!

Interactive art uses body and movement and people become part of the art. In 1971 and 2009 Robert Morris's 'Bodyspacemotionthings' was at the Tate modern in 2009. He built sculptures that were like an obstacle course that people could climb/balance/jump etc. On. The idea was that other gallery visitors would see people on the sculptures as part of the art.



Using your obstacle course get someone to be the art by asking them to balance/climb on it and then take a picture of them in their pose. They could take your photo too. And then you would have a sequence!

Topic 6: Let's Move Ourselves

These are links to websites – please practise Internet safety with your children whilst accessing these websites. 

Useful websites for parents and carers:

- In response to the coronavirus lockdown and backed by the Government, The **Oak National Academy** website, is a new collection of high-quality lessons and online resources. For more information for parents and carers: <https://www.thenationalacademy.com/information-for-parents-pupils/>
- The **National Education Union** has published a new website for providing advice, latest news and resources for parents and carers on the Coronavirus crisis: <https://coronavirusandschools.org.uk/advice/>
The power of kindness: <https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar>
- National Mental Health Awareness Week:** Talking about mental health: <https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/talking-mental-health-animation-teacher-toolkit/>
Take the 30 mins movement challenge! <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>
The power of kindness: <https://www.redcross.org.uk/get-involved/the-power-of-kindness>
The CAMHS Alliance for Hackney has produced a comprehensive list for parents and carers <https://www.learningtrust.co.uk/sites/default/files/document/City%20and%20Hackney%20CAMHS%20support%20for%20parents-carers.pdf>
Talking to children who are worried about coronavirus: https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20a%20child%20worried%20about%20coronavirus%20%28COVID-19%29&utm_campaign=CASPAR-2019-03-30

Films and TV shows

- Singin' In The Rain
Joe Wicks: The Body Coach TV 2020: <https://www.youtube.com/channel/UCAXW1XT0iEJc0TYIRfn6rYQ>
Story-based yoga for children: <https://www.youtube.com/user/CosmicKidsYoga>

Websites

- <https://www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-52302341> Even without donating, could you try and increase how far you can run with an adult?

Religious Education

The 5 senses in prayer

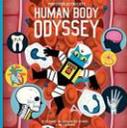
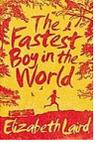
How does a Roman Catholic or Orthodox church service include the 5 senses of the body? Find out how the Buddhist and Hindu shrines include the 5 senses of the body. How do Muslims use their whole bodies in prayer? What do each of these actions show?
<https://www.youtube.com/watch?v=bdi9CK7-gj4>
https://www.reonline.org.uk/specials/places-of-worship/hinduism_1.htm
<https://www.tes.com/teaching-resource/hindu-home-shrine-6090809>
<https://www.bbc.co.uk/religion/galleries/salah/>
https://www.reonline.org.uk/specials/places-of-worship/buddhism_video.htm
https://www.reonline.org.uk/specials/places-of-worship/christianity_orthodox_video.htm

Literacy

Let's write about our body:

- <http://www.scholastic.com/knowledgequest/pdfs/humanbody/myhumanbodynetwork/WritingActivity.pdf>
Our Sporting Heroes: <http://www.sporting-heroes.co.uk/>
BBC sports personality: <https://www.bbc.co.uk/bitesize/articles/znj3f4i>
BBC Young Sports Personality: <https://www.bbc.co.uk/sport/sports-personality/50467247>
AA Milne: https://www.scholastic.com/content/dam/teachers/lesson-plans/migrated-files-in-body/grade_pdfs_may_poem.pdf
<https://kids.britannica.com/kids/article/AA-Milne/599840>
Olympic Heptathlon: <https://www.worldathletics.org/disciplines/combined-events/heptathlon>

Books

| | | | |
|---------------------|---|---|--|
| EYFS N and R | Spot Goes to the Swimming Pool: Eric Hill  | The Animal Boogie: Debbie Harter  | Walking Through The Jungle: Julie Lacome  |
| KS1 Y1-Y2 | Giraffes Can't Dance: Giles Andreae  | Life on Earth: Human Body: Heather Alexander, Andres Lozano  | Funny Bones: Janet & John Alberg  |
| KS2 Y3-Y6 | Tom Daley Dream to Win: Roy Apps  | Professor Astro Cat's Human Body Odyssey: Dominic Walliman, Ben Newman  | The Fastest Boy in the world: Elizabeth Laird  |

Women in sport: 50 fearless women:
Rachel Ignatofsky

Maths

Heart rate after exercise:

- <https://www.stem.org.uk/resources/elibrary/resource/315584/what-affects-your-heart-rate>
How exercise affects our bodies: <https://www.bbc.co.uk/bitesize/clips/zm29wmm>
Olympic Starters: <https://nrch.maths.org/8170/note>
Maths vocabulary: <https://thirdspacelearning.com/blog/maths-vocabulary-list-for-ks1-and-ks2/>

Science

- Our bodies KS1:** <https://www.bbc.co.uk/bitesize/clips/zsjb7>
Skeletons: <https://www.bbc.co.uk/bitesize/clips/zmptsbk>
<https://www.dkfindout.com/uk/human-body/skeleton-and-bones/>
Muscles need movement: <https://www.bbc.co.uk/bitesize/clips/zqm8q6f>
How have animal skeletons adapted?
<https://www.bbc.co.uk/teach/class-clips-video/how-have-animal-skeletons-have-adapted/zbmkihv>
Heart rate after exercise:
<https://www.stem.org.uk/resources/elibrary/resource/315584/what-affects-your-heart-rate>
How exercise affects our bodies: <https://www.bbc.co.uk/bitesize/clips/zm29wmm>
Quiz about the body:
<https://www.dkfindout.com/uk/quiz/human-body/take-human-body-quiz/>

Humanities

Facts about our body:

- <https://www.natgeokids.com/uk/discover/science/general-science/15-facts-about-the-human-body/>
<https://www.dkfindout.com/uk/human-body/skeleton-and-bones/>
Milestones: Linked to book - Once there were giants:
<https://www.youtube.com/watch?v=PM20Kb7hfk0>
How did the Olympic Games begin? <https://www.bbc.co.uk/bitesize/topics/z87tn39/articles/z36j7ty>
General knowledge (American)
<https://www.ducksters.com/science/biology/humanbody.php>

Creative Arts

- Royal Ballet:** <https://www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home>
Tate Robert Morris: <https://www.tate.org.uk/whats-on/tate-modern/exhibition/robert-morris-bodyspaceemotionthings>
Make an Olympic wreath:
<https://www.dltk-kids.com/sports/molympic-wreath.htm>



Spanish:

- Parts of the bodies: <https://www.youtube.com/watch?v=pOg6y-Q59eM>
<https://www.youtube.com/watch?v=3cHWqntYUHI>

Answer to the Let's Move Ourselves Quiz:

1. Clavicle
2. Femur
3. 22 bones
4. ball and socket
5. True
6. True
7. False – you have over 600 muscles in your body,
8. the gluteus maximus (the muscles in your bottom!),
9. the masseter or the jaw muscle,
10. Usain Bolt,
11. Joe Wicks!