

## Reception Curriculum Summer 2 Week 3

<b>Wellbeing</b>	<p><b>How are you feeling?</b>- Look at the thermometer (<i>see below</i>.) to help you</p> <p><b>Story:</b> <a href="#">In My Heart</a></p> <p><b>Activity:</b> Fill in the mood tracker (<i>see below for resources</i>.) for each day. Use a different colour for each emotion.</p>
Great Eight	Try the Great Eight Challenges – fun challenges suitable for the whole family! See below.

**Here are the curriculum activities for the week. You can do them in any order you choose.  
Try to do these this week as next week's activity will follow on in each subject.**

	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5
<b>Topic</b>	<p style="text-align: center;"><b>Personal, Social and Emotional development</b> <b>Lost and Found</b></p> <p>Listen to this story '<a href="#">Lost and Found</a>'. Can you act out the story of Lost and Found?</p>	<p style="text-align: center;"><b>Understanding the World</b> <b>Explorers Facts!</b></p> <p>Roald Amberson was the first person to reach the South Pole in 1911. He travelled by dog and sled.</p> <p>Can you write facts about his trip? Ask an adult to read the information sheet (<i>see below</i>.) to find out more about him!</p>	<p style="text-align: center;"><b>Communication and Language</b> <b>Comparing Arctic and Antarctic</b></p> <p>We going to be comparing the Arctic and Antarctic! Watch <a href="#">this video</a> to find out more! You can also watch <a href="#">this video</a> or ask an adult to help you read <a href="#">this</a> to find out more!</p> <p>Can you write things about the Arctic on one side of the chart and things about the Antarctic on the other side of the chart? (<i>See resources below</i>.)</p>	<p style="text-align: center;"><b>Expressive Art and Design</b> <b>Shading techniques!</b></p> <p>We can shade pictures to create different effects.</p> <p>We can press hard on our page, we can smudge our crayons and we can press lightly.</p> <p>Using your crayons, can you use different shading techniques to colour the picture of the polar bear? (<i>See resources below</i>.)</p>	<p style="text-align: center;"><b>Understanding the world</b> <b>How to keep warm!</b></p> <p>The Arctic is very cold! We need to really wrap up warm! What do you think we need to wear to keep warm in the Arctic?</p> <p>Can you draw and label an outfit to wear in the Arctic to make sure we stay warm? Think about keeping all our body parts warm!</p>
<b>Physical</b>  <b>Keep active every day</b>	<p style="color: blue;"><b>Stretching</b></p> <p>Go through each stretch (<i>see resources below</i>), holding and repeating x6.</p>	<p style="color: blue;"><b>Yoga</b></p> <p>Try each yoga pose once (<i>see resources below</i>.) Hold for 15 secs. Poses that move up/down: cobra, camel, flamingo (both sides), cow pose and downward dog.</p>	<p style="color: blue;"><b>Action</b></p> <p>Have a look at the action cards (<i>see resource below</i>.) Perform each for 1 minute.</p> <p>Don't forget to stretch first!</p>	<p style="color: blue;"><b>Circuit</b></p> <p>Pick 6 cards from over the past two days and perform each card for 2 minutes each.</p>	<p style="color: blue;"><b>Sequence</b></p> <p>Pick 2 stretching cards, 2 yoga cards and 2 action cards. Practice your sequence. Can you show or teach it to a family member?</p>



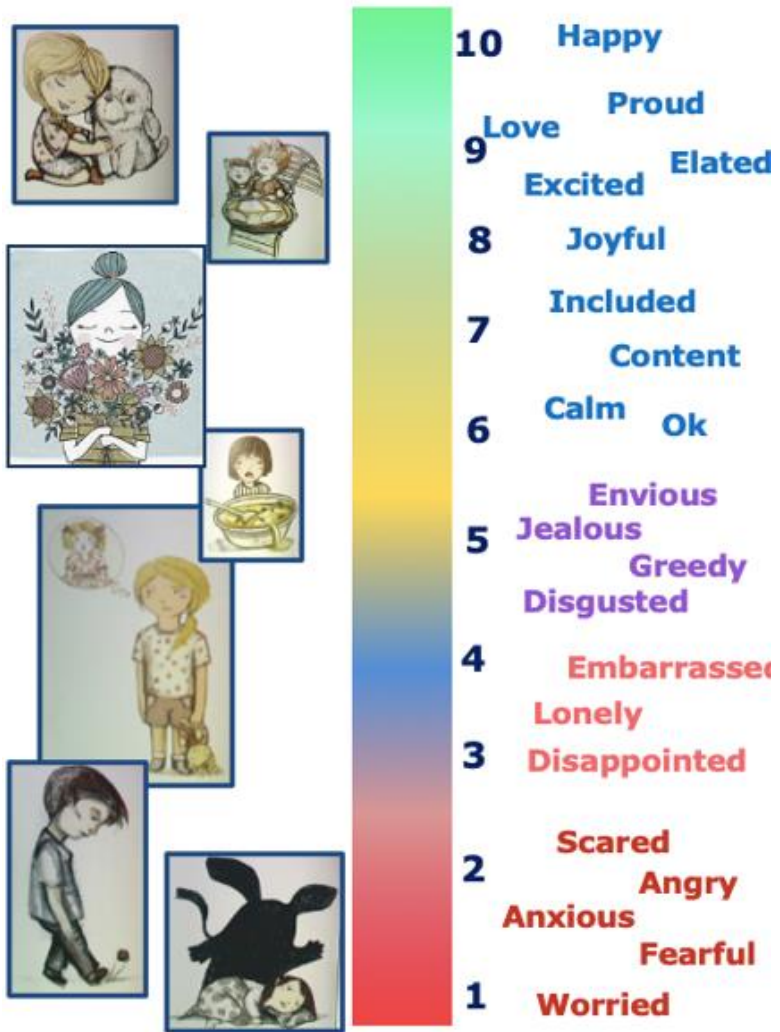
Here are some fun challenges suitable for the whole family.

## Summer 2 Week 3

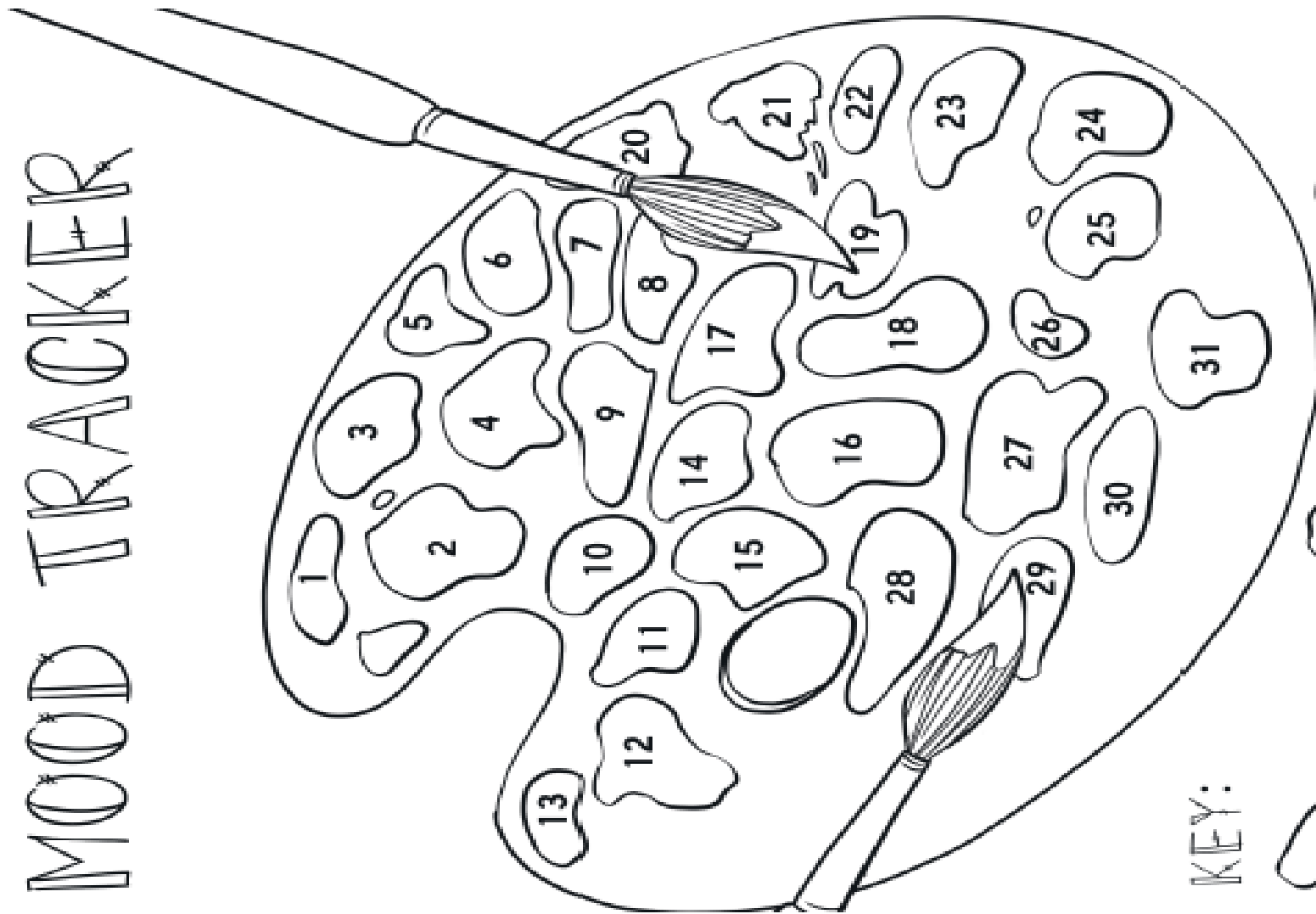
1. To talk about	What would happen if we all looked the same?
2. To do	Sit and meditate for one minute in silence. Can you stop your thoughts?
3. To investigate	Can an egg float?
4. To find out more about	Someone who changed the world.
5. To design	A new cereal
6. To learn	How to sign your name in sign language
7. To draw	Your favourite animal
8. To create	Toilet roll figure. Use the empty roll and create a new figure- animal, superhero, alien etc.

# Wellbeing

## Thermometer



# MOOD TRACKER



KEY:



# Topic Support and Resources:

## Activity 2: Roald Amundsen

### Roald Amundsen

Born: 16<sup>th</sup> July 1872, Borge, Norway  
Died: 18<sup>th</sup> June 1928 (Aged 55)



On the 16<sup>th</sup> of July, 1872, Roald Amundsen was born in Borge, Norway and was named Roald Englebregt Gravning Amundsen. He had three brothers and lived with his parents. When he was 14, his father passed away leaving him and his brothers in the care of his mother. His dream had always been to explore the world, but he studied medicine as this was his mother's dream for him. When she passed away, he left school and moved to pursue his personal dream.

Roald managed to acquire various positions as a crewmate on various expeditions travelling to the Arctic. This includes a journey where he sailed as first mate on the Belgica in a Belgian expedition to the Antarctic in 1897. He learnt a great deal about exploring and surviving, such as eating seal meat will help to cure scurvy due to its high levels of Vitamin C and animal skin is a better insulator than woollen coats. He also learnt the importance of preparation, due to a difficult winter he had had to endure, and the importance of the crew maintaining their high spirits – especially during the long winter days.

In 1903, he sailed on the Gjoa with a crew of only six men with the goal of sailing through the Northwest Passage and around the northern side of Canada. In August of 1905, he completed the passage, the first to have completed this journey, and stopped at Cape Colborne. Here the journey halted due to ice, but in August 1906 they set sail again before concluding in Alaska in late August.

Amundsen had a thirst for exploration from this and set his sights on reaching the North Pole with his ship, the Fram. The Fram was a ship specially built for ice travel, it had a round bottom and its width was one-third of its length. This design was done with the idea that it would be able to withstand the pressure of the ice crushing the ship and would stand strong, rather than crumble as other ships did.

When Amundsen heard that Robert Peary had reached the North Pole, he continued

### Roald Amundsen

his preparations but set his sights on reaching the South Pole rather than the North Pole. He told no one of his new goals, except for his brother.

They departed Norway in June 1910 with enough supplies for two years and 100 sled dogs. They sailed to the Bay of Whales, Antarctica, arriving on the 14<sup>th</sup> of January, 1911. Amundsen used his Arctic knowledge and began to prepare in great detail. This took the time from their arrival in January until April that same year. They deposited food supplies along their trail for their start and finish of the journey, they prepared their equipment and set themselves into routines that would help keep morale high.

He set up base 100kms closer to the pole than the base of an English explorer, Robert Falcon Scott, who was also challenging to be the first to reach the South Pole.

By the time they were ready, the men, sleds, and dogs were prepared. They were aware of the weather, knowing that at any point they may have to turn back should the weather turn too extreme.



Finally, they set out in early spring with eight men on sleds, pulled by 86 dogs, but their fears came true and due to the weather turning much colder than expected, they were forced to return to their base.

Their second attempt involved five men – Roald Amundsen, Olav Olavson Bjaaland, Hilmer Hanssen, Sverre H. Hassel, and Oscar Wisting – travelling on five sleds, each being pulled by 13 dogs. They progressed well, feeding their dogs seal meat and blubber that they had packed and they rationed their own food to keep them going each day. As the food supplies dwindled, they made the decision to make the final push to the pole. They endured poor weather, bad snow conditions, and blizzards.

On December the 14<sup>th</sup> 1911, the party arrived at the South Pole, the first party to reach it. While here they recorded scientific data which would prove useful later. They had been concerned that Scott may have beaten them, so they built their tent, put a letter inside it and on the 17<sup>th</sup> of December began travelling back to camp, safely arriving 39 days later with the five men but only 11 dogs. It had taken 99 days for the expedition with a distance of 2897kms travelled.

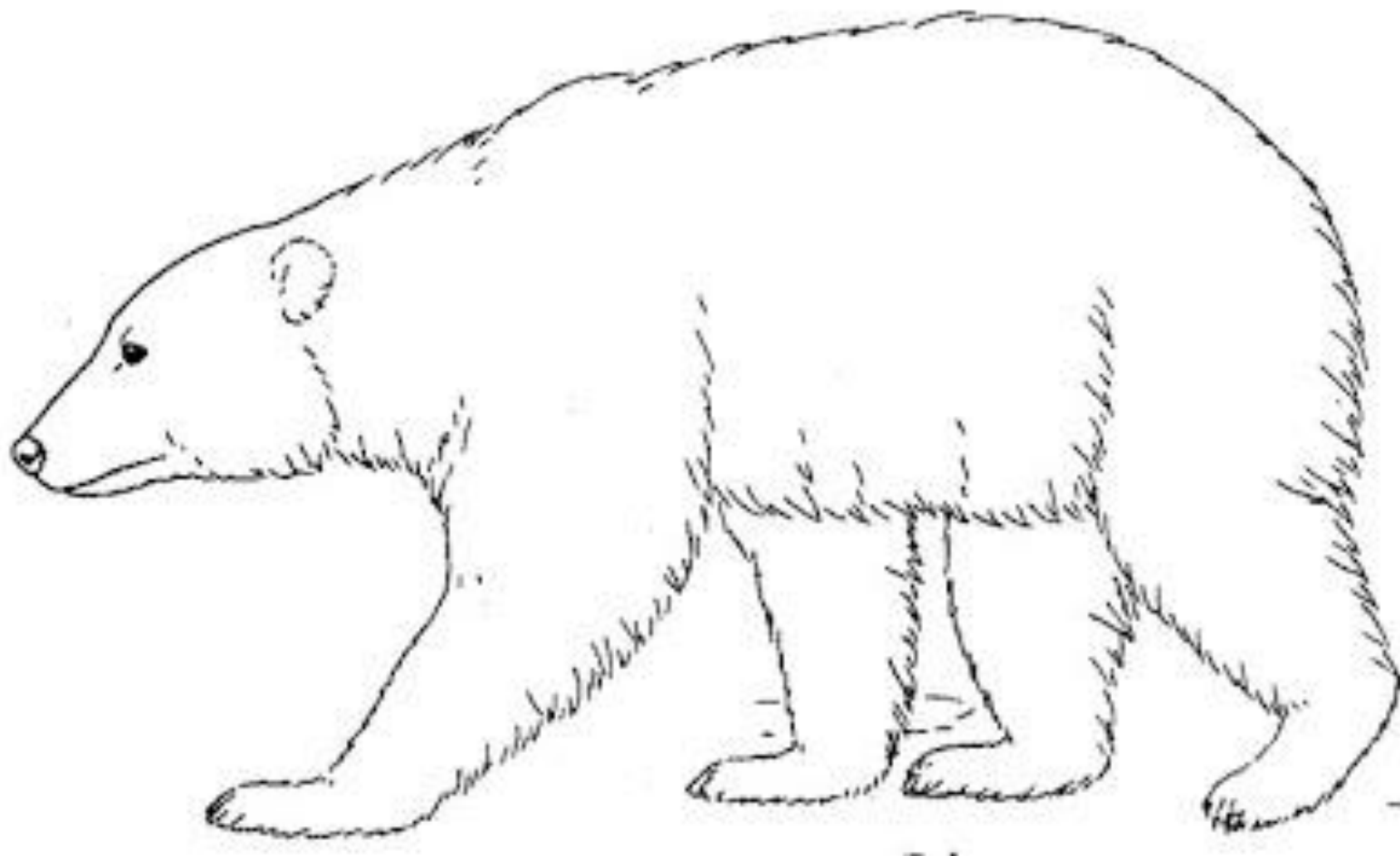
**Activity 3: Comparing Arctic and Antarctic**

All about the Arctic

All about the Antarctic

All about the Arctic	All about the Antarctic

Activity 4: Polar Bear picture

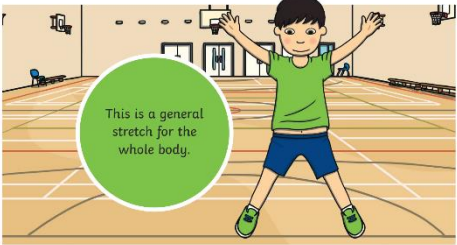


# Physical resources:

## Stretching cards

Stretches > Indoor

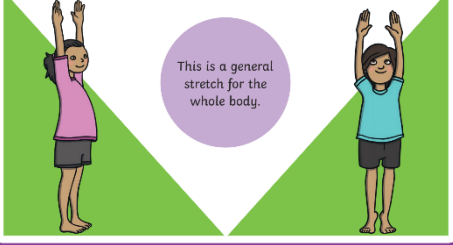
**Stretch out wide, making a star shape.**



This is a general stretch for the whole body.

Stretches > Indoor

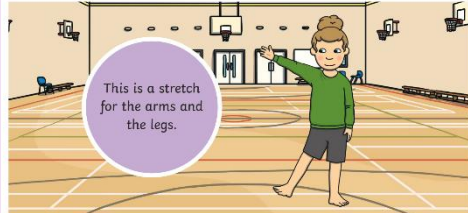
**Stretch up tall with long arms.**



This is a general stretch for the whole body.

Stretches > Indoor

**Reach out to one side with one arm and one leg, keeping your body central.**

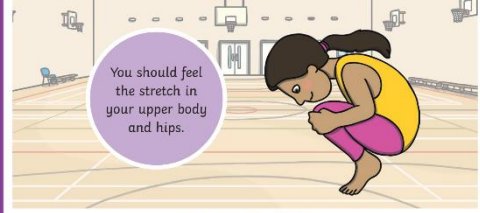


This is a stretch for the arms and the legs.

Repeat with the other side.

Stretches > Indoor

**Crouch down into a tucked shape and hug your knees, curling up small into a ball.**



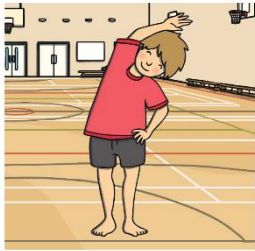
You should feel the stretch in your upper body and hips.

Stay on your feet.

Stretches > Indoor

**Stretch one arm above your head and reach over to the side.**

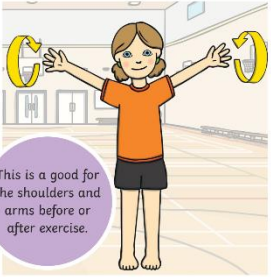
Then do the same with the other arm.  
Keep your body upright – don't lean forwards or backwards.



You should feel the stretch down each side.

Stretches > Indoor

- Stand with your feet hip-width apart and knees slightly bent.
- Stretch your arms out to the side at shoulder height.
- Rotate your arms backwards in small circles.
- Change direction and rotate your arms forwards.




This is a good for the shoulders and arms before or after exercise.

Stretches > Indoor

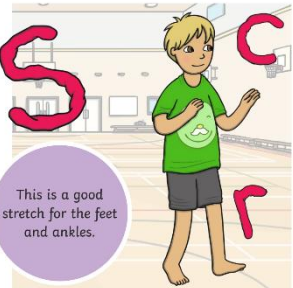
**This is a gentle stretch for your neck.**

- Look straight ahead.
- Turn your head to the left, twisting at your neck and then back to the centre.
- Turn your head to the right, twisting at your neck and then back to the centre.
- Put your chin on your chest and then raise it back up so you are facing forwards.
- Repeat this movement: left-centre-right-centre-down-centre-up-centre.
- Make sure you do not roll your neck.



Stretches > Indoor

- Stand with your feet hip-width apart.
- With the toes of one foot, write out the letters of your first name on the floor.
- Raise your other foot off the floor slightly and write out the letters of your surname in the air with your toes.




This is a good stretch for the feet and ankles.

Stretches > Indoor

**Sit down and put your legs out in front of you.**


- Fold yourself over, bending from your hips.
- Point your toes upwards and try to touch them.
- Try to keep your legs straight.



You should feel the stretch down the back of your legs.

Stretches > Indoor

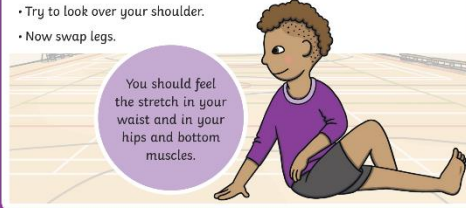
- Sit down and put your legs out in front of you.
- Move your legs apart into a straddle position.
- Fold yourself over, bending from your hips.
- How far can you walk your hands forwards?
- Try to keep your legs straight.



You should feel the stretch in your legs and groin.

Stretches > Indoor

- Sit on your bottom and stretch your legs out in front of you.
- Put one leg over the other, bend your knees and reach around to the opposite side.
- Try to look over your shoulder.
- Now swap legs.



You should feel the stretch in your waist and in your hips and bottom muscles.



## Yoga cards



tree pose



cobra pose



mountain pose



camel pose



lion pose



butterfly pose



warrior pose



cow pose



flamingo pose



shoulder stand pose



downward facing dog pose



elephant pose

Action cards

running



leaping



hopping



jumping



pencil jumps



forward rolls



tucked jumps



star jumps

