

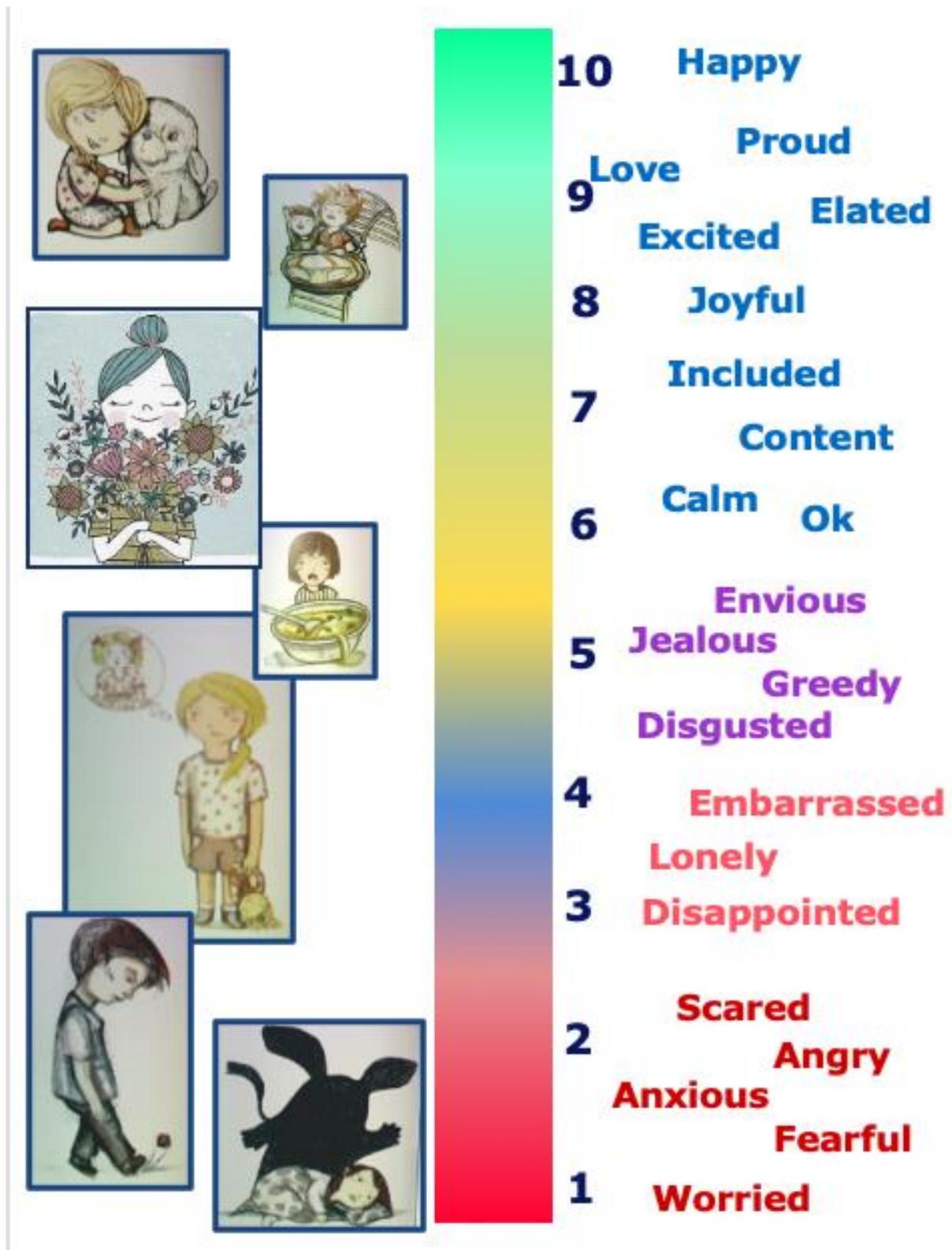


Here are some fun challenges suitable for the whole family.

Summer 2 Week 5

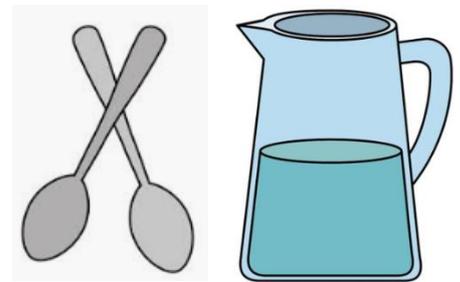
1. To talk about	Is sweet better than savoury?
2. To do	Which letters can you make with your body?
3. To investigate	Is it possible to sneeze and keep your eyes open?
4. To find out more about	How rainbows are formed
5. To design	A car
6. To learn	The words to a new song
7. To draw	What you are looking forward to back at school/ what you miss about school
8. To create	Find an item which might be recycled- what can you turn it into? For example- a milk bottle into a watering can.

Wellbeing – Feelings Thermometer



Science - Support

Tapping Spoons Investigation



Equipment:

- Jug of water
- 2 spoons

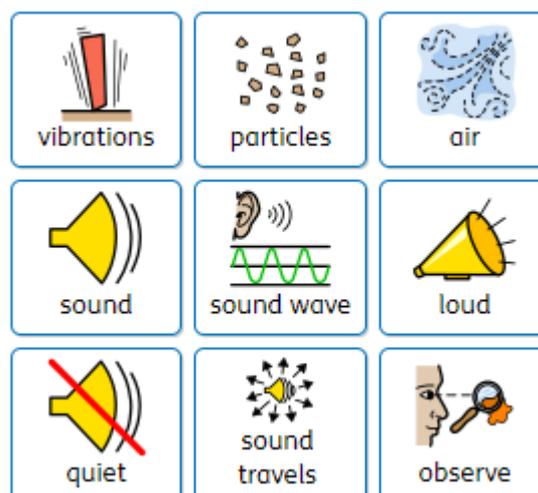
Method:

- Tap the two spoons together above the water. What type of sound do they make? What statements can you make about the vibrations that are being produced?
- Now tap the two spoons together below the water line in the jug. What do you notice about the sound that is produced? How is it the same or different to the sound that was produced by the spoons outside of the water? How is it the same or different? What statements can you now make?

Record your findings in this table:

Spoons outside of the water	Spoons inside the water
I found out that...	I found out that...

Use this scientific vocabulary to help you record your findings:



Geography – Map

Like the UK, the USA is in the northern hemisphere and experience the seasons at the same time as us in the UK. However, the USA is so vast that it covers a range of different climate zones called regional climates.

The mid/south Pacific is variable as states such as California are warm all year round whilst others have very cold winters.

The mid-west has clear seasons like the north-east but is generally drier.

The north-east has clear seasons with warm summers and cold, snowy and icy winters.

The south-west is the hottest climate zone in the USA and can include thunderstorms and tornadoes.

The south-east is hot and dry in summer and mild in winter although snow can sometimes fall.

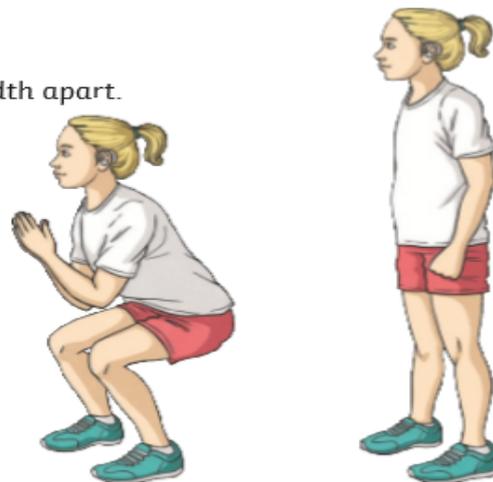
PE - athletes training workout

Do for 30 seconds-30 seconds rest	Week1 How many?	Week2 How many?	Week3 How many?	PERSONAL BEST How many?
SQUATS				
BACKWARD LUNGES				
CLIMB THE ROPE				
KNEE TO ELBOW				
FROG JUMPS				
SLOW MOTION BURPEES				
SQUAT & PUNCH				

Joe Wicks: Active 8-Minute Workout 1

Squats

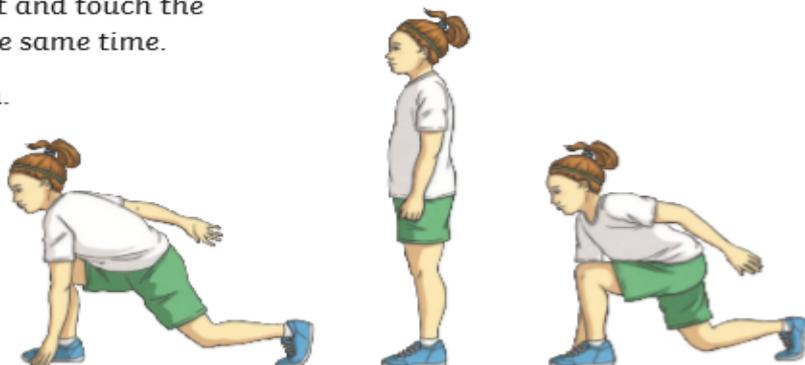
1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Stand up tall again.
4. Keep a straight back.



Joe Wicks: Active 8-Minute Workout 1

Backward Lunges

1. Start with your feet together.
2. Step backwards with one foot and touch the ground with your hand at the same time.
3. Return to a standing position.
4. Repeat with the other foot stepping back and the other hand touching the ground.



Joe Wicks: Active 8-Minute Workout 1

Climb the Rope

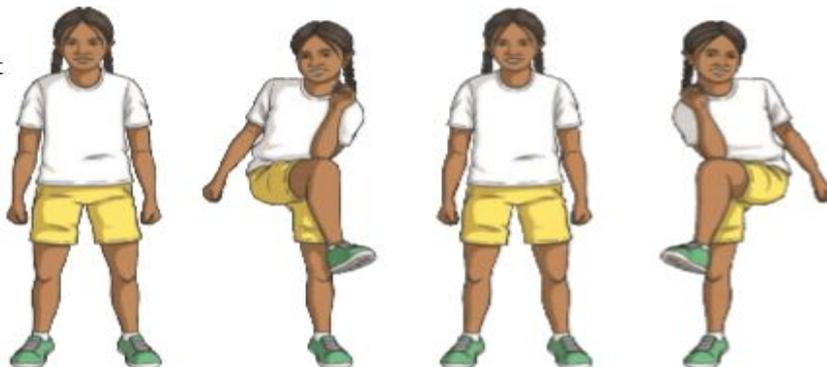
1. Imagine a rope is hanging down from the ceiling.
2. Reach up with one hand and pull the rope down towards your tummy.
3. Reach up with your other hand and pull it down towards your tummy.
4. Run on the spot and climb the rope at the same time.



Joe Wicks: Active 8-Minute Workout 1

Knee to Elbow

1. Imagine you are marching on the spot.
2. Lift up one knee and bring it towards the opposite elbow.
3. Repeat with the other knee and the opposite elbow.
4. Keep a straight back.



NEARLY THERE- KEEP WORKING HARD & TRY YOUR BEST!
DRINK SOME WATER IN YOUR 30 SECOND REST....

YOU CAN DO IT!



DON'T GIVE UP!

SCROLL DOWN FOR 3 MORE EXERCISES...



Joe Wicks: Active 8-Minute Workout 1

Frog Jumps

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down and touch the ground with both hands - bend from the knees not from the back.
3. Jump up high with your hands in the air.

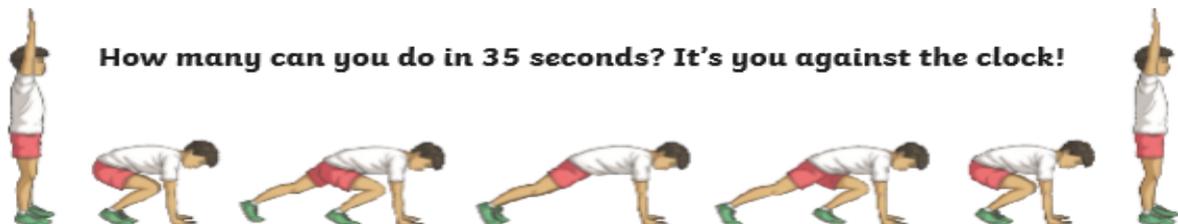
Can you jump like a frog?



Joe Wicks: Active 8-Minute Workout 1

Slow Motion Burpees

1. Start with your feet shoulder-width apart.
2. Bend your knees and place your hands down on the floor in front of you.
3. Step back with one leg and then the other so that they are both straight.
4. Step forwards with one leg and then the other leg.
5. Stand up tall, stretching your arms above your head.



How many can you do in 35 seconds? It's you against the clock!

Joe Wicks: Active 8-Minute Workout 1

Squat Hold with Punches

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Hold the position and punch forwards with your arms one at a time.

Can you feel it in your legs?

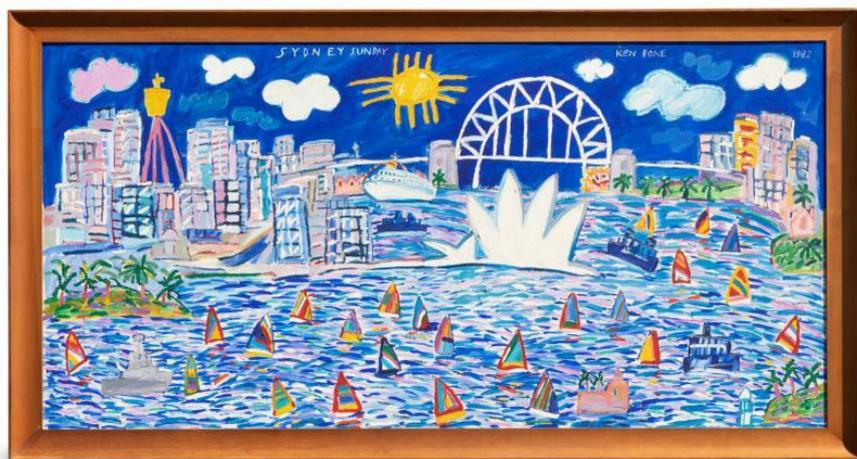
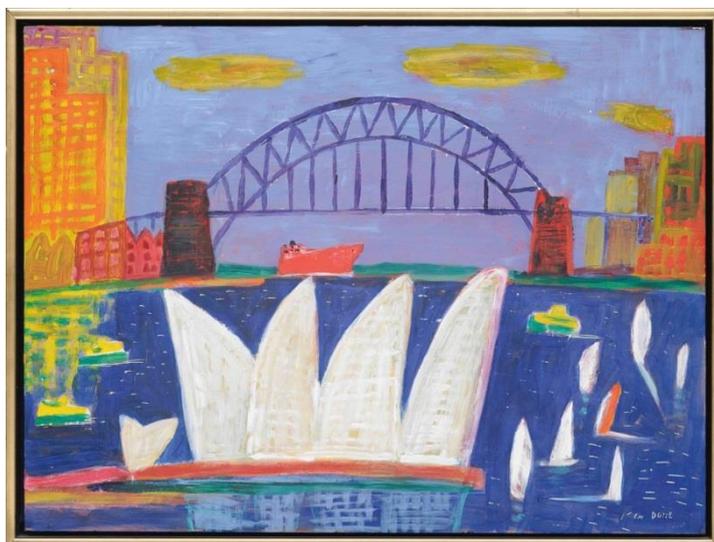
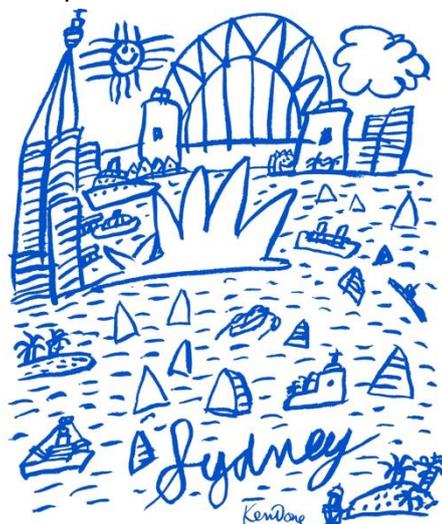


Art – Landmarks inspired by Ken Done

Ken Done is an Australian Artist Born in 1940. He left school at 14 to attend a fulltime art school. As well as his painting, he works with charities that help disadvantaged children. These are all paintings he made of the same place.



Do you know where it is?



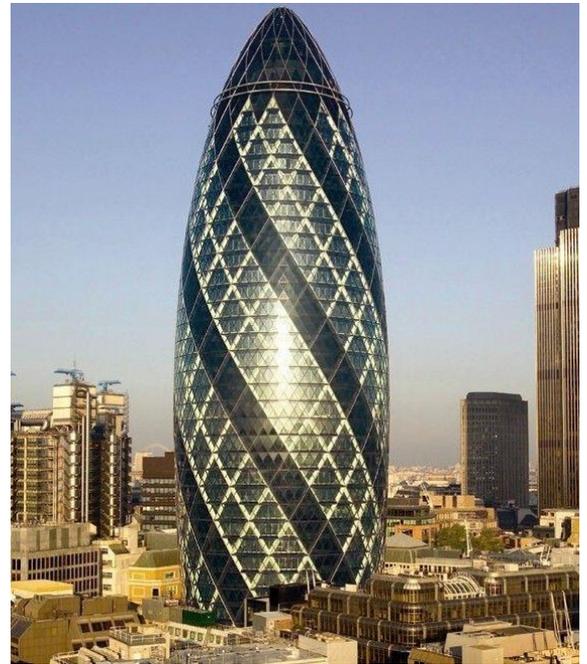
How are each of the paintings different from each other?
Describe what can you see.

Watch BBC Bitesize video about Ken Done [HERE](#).

Did you hear Ken Done talking to the children about drawing the lines and shapes of the landmark first and then using your imagination with the colours you choose.

- Make a drawing of landmark. It could be a landmark you have seen in London or can choose a picture of a landmark in a different place.
- Use any materials you have at home to draw and colour if you can.

Here are some landmarks you could draw:



Computing

If you have chosen to use Brushes Redux, download the free app.



Explore the app and if you want some ideas, watch the video.
photos and brushes redux

<https://vimeo.com/409187440/bc3fb66480>