


Year 3 Curriculum Summer 2 Week 7

To do throughout the week...

Wellbeing	<p>How to deal with anger How are you feeling?- Look at the thermometer to help you</p> <p>Story : Where the Wild Things Are</p> <p>Activity: Make your own anger stop sign. Write all the signs of anger on it so you can recognise when you feel angry.</p>
Daily Exercise	Keep active! Make sure you do something active each day. Maybe do the exercises here .
 Challenge	The Great 8 are fun challenges suitable for the whole family. See below.

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

Science	<p>How do shadows change in length and direction?</p> <ul style="list-style-type: none"> Watch this video to recap on how shadows are formed by the sun. Use objects from your home to create a shadow. Watch this video demonstration. Use the support sheet to carry out an experiment to see when the size/shape of the shadow changes. 	You will need Solid object, light Support Experiment sheet
History	<p>What other movements have changed the world?</p> <ul style="list-style-type: none"> Emmeline Pankhurst and Rosa Parks were great leaders of their movements – but there have been many others too. Have a look at the leaders here. Pick one that is interesting to you and write down what you find out, maybe make a poster! You might have some books about someone else you would like to explore, like Malala Yousafzai. You could learn about them instead. 	You will need Paper and pencil Support
Geography	<p>Compare Mediterranean countries and the UK.</p> <ul style="list-style-type: none"> What do you remember about your chosen country? Watch this video. Think about how your chosen country is similar or different to the UK and other Mediterranean countries. Create a poster or video presentation to share your research from the previous session and this session 	You will need: Support: Example presentation Prompt questions
PE	<p>Athletes training workout</p> <ul style="list-style-type: none"> The next week is for you to train like an athlete and see if you can become a fitter, stronger and more flexible athlete over time- by performing the same exercises as often as you can over the next week, recording your personal best each time. Do not expect big changes <p>*Make sure you complete one of our warm up posters before every training session</p>	A timer/time keeper Paper to record how many reps completed in 30 seconds
RE	<p>How should we care for our world?</p> <ul style="list-style-type: none"> Watch and listen Write a list of some of the things that we can see on land and in the sea Write a short note to your baby sister or brother about the ways they can care for others and the things around them. 	
Art	<p>What would Banksy do? Stencil art</p> <p>Look at the images of work by artist Banksy. What is he trying to say to us? We are currently experiencing life in a very different way to our normal routines. If you were Banksy what message would you like to send out at the moment.</p> <ul style="list-style-type: none"> Draw the outline of your image onto a piece of card –old packaging or a paper plate would be ideal. Carefully cut your image out – you need the area around it not the image itself. Lay it onto a clean piece of paper or card securing it place with weights, paper clips or masking tape. Using black or dark coloured paint, stipple the paint through the cut out image onto the surface below. Do it carefully. Alternatively you could colour in the stencil using black pencil, felt or wax crayons. Carefully lift the stencil and add any further images or messages by hand. 	You will need: Card, paper Scissors, pencil Paintbrush and paint or crayons or felt tips. *Support
Computing	<p>Coding Choices</p> <ul style="list-style-type: none"> Lightbot or Dance Party – which one will you choose? See below for options and a how-to guide 	Support:



Here are some fun challenges suitable for the whole family.

Summer 2 Week 7

1. To talk about	Would it be better to never age?
2. To do	How many push-ups can you do? Can you improve each week?
3. To investigate	What things are magnetic in your house and what do they have in common?
4. To find out more about	The bottom of the ocean.
5. To design	A suit to survive in space.
6. To learn	Count to 10 in Mandarin.
7. To draw	What the world will look like in 100 years. Cars, schools, clothes etc.
8. To create	An idea for a new TV show or movie.

Wellbeing – Feelings Thermometer

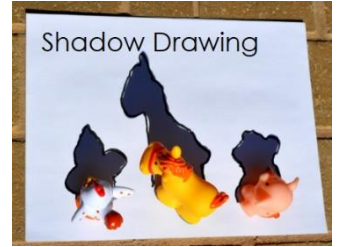


- 10 **Happy**
- 9 **Love Proud**
- 8 **Excited Elated**
- 7 **Joyful**
- 6 **Included Content**
- 5 **Calm Ok**
- 4 **Envious Jealous Greedy Disgusted**
- 3 **Embarrassed Lonely Disappointed**
- 2 **Scared Angry Anxious Fearful**
- 1 **Worried**

Science - Support

Science Experiment Sheet Light (Size of Shadows)

Use your drawings to investigate the size of shadow cast by an object at different times of the day.



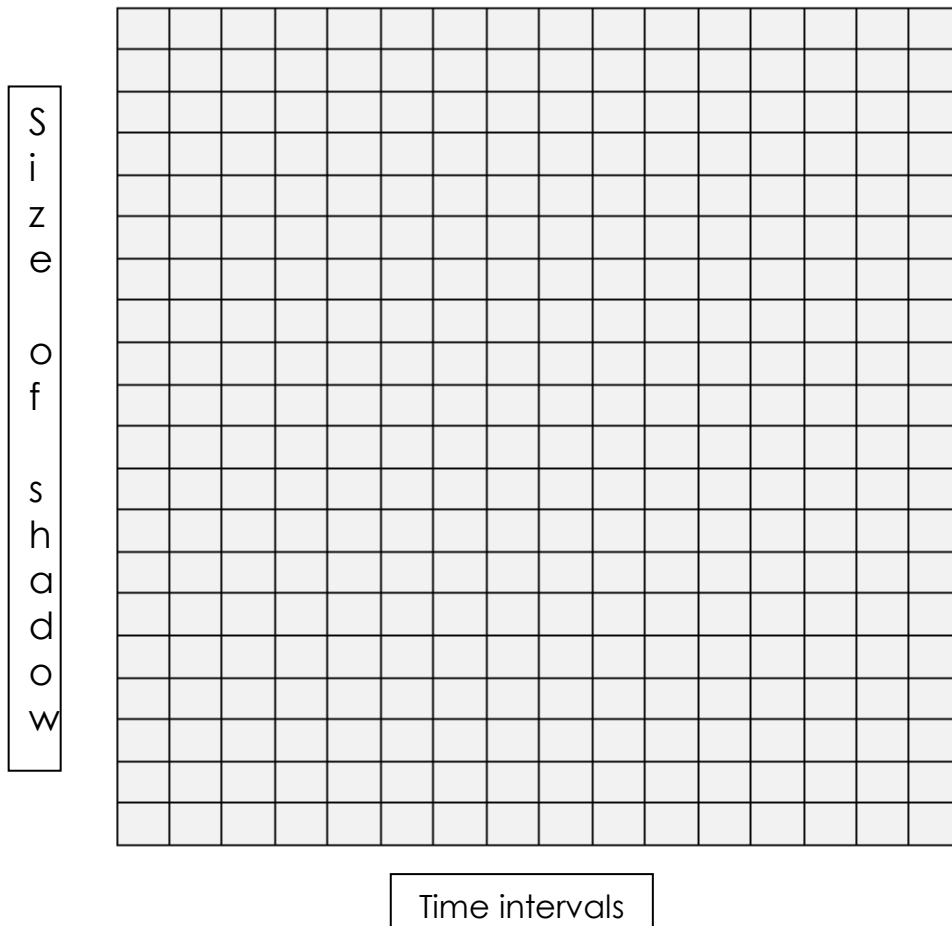
My shadow is _____ at 9:00 a.m.

My shadow is _____ at 12:00 p.m.

My shadow is _____ at 3:00 p.m.

My shadow is _____ at 5:00 p.m.

Use the grid below to draw a graph of your results.



What differences did you observe in the shadows at different times?

History - Support

Possible layout for your poster.



Picture of Person

Name: _____

Born: _____

Country: _____

What did they do and why?

What was the outcome?

Geography – Support

Example presentation and glossary:

MONTENEGRO




LOCATION



Montenegro is a country in Europe on the Adriatic Sea, which is part of the Mediterranean Sea.


It is bordered by Bosnia and Herzegovina, Albania, Croatia, Kosovo and Serbia.



CLIMATE

Coastal Montenegro has a Mediterranean climate with long, dry and hot summers and mild winters. July is the hottest month in Podgorica with an average temperature of 26°C and the coldest is January at 5°C. The most daily sunshine hours at 11 are in July. The wettest month is November with an average of 230mm of rain.

Using these graphs, we can compare the climate in Montenegro to the UK.



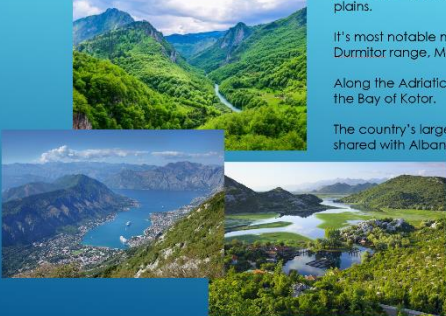
KEY PHYSICAL FEATURES

Montenegro has a diverse landscape, with rugged mountains, a narrow strip of beaches, and coastal plains.

Its most notable mountain ranges include the Durmitor range, Mount Ojien, and Mount Lovcen.

Along the Adriatic Sea, there's also a bay called the Bay of Kotor.

The country's largest lake is Lake Skadar, which is shared with Albania.



KEY HUMAN FEATURES



Montenegro has a **population** of 631,219.

The **capital city** is Podgorica.

The official **language** is Montenegrin but lots of people speak Serbian, Bosnian, Albanian or Croatian.

The main **industries** are tourism, agriculture, steelmaking and aluminium manufacturing.

The top agricultural products include tobacco, grains, citrus fruits, olives, and grapes. Sheepherding and commercial fishing also contribute to the economy.

AGRICULTURE AND DIET

In coastal areas people eat a Mediterranean diet with lots of fish, fresh vegetables, olives and olive oil, citrus fruits, grapes and homemade bread. This is because there are lots of opportunities for fishing here, these foods that grow in the Mediterranean climate of this region, and it is close to Italy so has been influenced by it.

In northern Montenegro by the mountains, diets are influenced by the colder weather and the closeness of the region to Serbia and Turkey. People in this part of Montenegro eat lots of lamb because the colder climate means there is lots of sheepherding. They also eat things such as baklava and kababs which come from Turkey.




TOURISM

Montenegro is popular with tourists because of its good weather, beaches, mountains and beautiful medieval towns.

Almost 25% of Montenegro's GDP is earned through tourism (this means about 1 in four pounds earned by Montenegro is because of tourism).



THE MEDITERRANEAN SEA

The Mediterranean Sea is very important to Montenegro.

It is partly because of the beautiful, blue sea and the beaches along Montenegro's coast that it is so popular with tourists.

As they are close neighbours across the sea, coastal regions of Montenegro are influenced by Italy. This is obvious in the diet eaten by people in coastal areas of Montenegro and also in some buildings and architecture. Lots of Italians also live in coastal areas of Montenegro like the Bay of Kotor.

Montenegro has the highest biodiversity (number of different types of plants and animals) of any country in Europe. This is partly because of all of the varied habitats that are in Montenegro but also because of its position Sea on the Adriatic Sea.



HOW DOES MONTENEGRO COMPARE TO THE UK AND OTHER MEDITERRANEAN COUNTRIES?

What are the similarities and differences?

- Tourism is really important to Montenegro and lots of other Mediterranean countries like Spain. Tourism is also important for the UK.
- By the coast, people eat a similar diet to other Mediterranean countries such as Italy. This diet is very different to the traditional diet of the UK.
- Key physical features include mountains and beaches.
- Coastal areas of Montenegro have long, hot and dry summers and mild winters. This is very different to the UK but similar to other Mediterranean countries.
- Montenegro has more biodiversity than other countries in Europe.
- Montenegro is much poorer than lots of other Mediterranean countries and the UK.

Diverse landscape – what the land looks like is very different in different places (e.g. there are mountains, lakes, and beaches)

Bay – an area of water that is surrounded by land but connected to the sea

Industries – the different ways that countries can make money (e.g. tourism or farming)

GDP (Gross Domestic Product) – the money that a country makes

Biodiversity – the number of different types of plants and animals in a place

Prompt questions

- 1) What is the climate like in the country you have researched? Is this the same as the UK?
- 2) What foods grow in the country you have researched? Is this the same as the UK?
- 3) What do people eat in the country you researched? Is this the same as the UK?
- 4) Is tourism important in your country? Is tourism important in the UK?

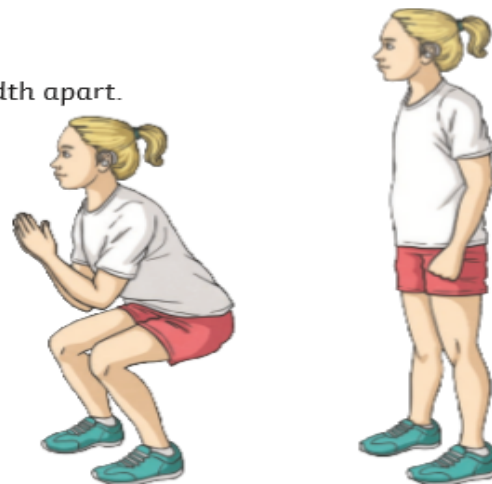
PE - athletes training workout

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!

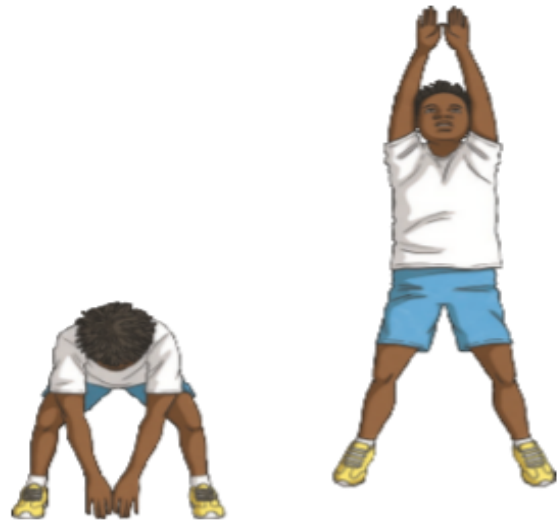
SCROLL DOWN FOR 3 MORE EXERCISES...

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.

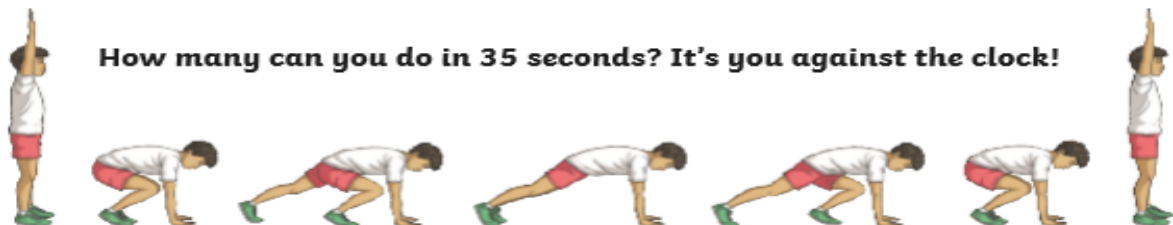
Can you jump like a frog?



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 – What would Banksy do?

Banksy often creates everyday scenes and adds a powerful message through the addition of an image, and object or through a written message. He creates his art using stencils which allows you to repeat the image several times. When painting through a stencil, use a 'stippling' motion with your paint brush. Stippling is created by using dots, which we learnt about 4 weeks ago and rather like the pointillism we explore 3 weeks ago. When painting gently 'bounce/dab' your paintbrush onto the surface you are painting rather than using it to create strokes. The paint on the tips of the paintbrush create the stippling effect.



Kids on Guns 2003



Laugh Now 2003

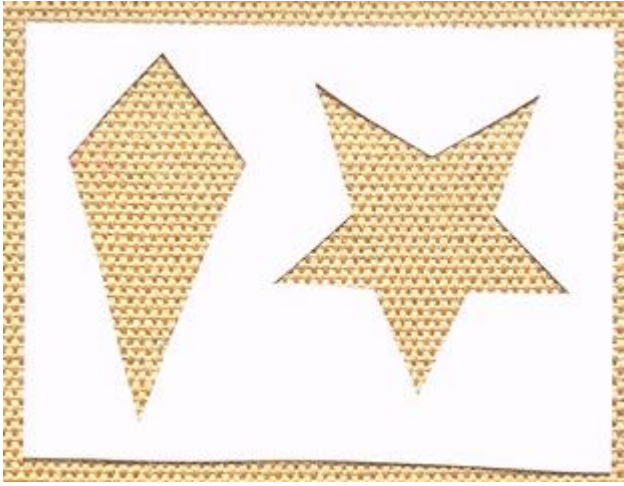


No Ball games 2009

Graffiti



Choose an image that has a very identifiable outline. Cut out your image – you need the space it leaves as your stencil.



If you are using paint to create your picture through the stencil, don't put too much paint onto the tip of the brush and use a spare piece of paper or card and dab the paintbrush on it a few times first to get rid of any extra paint.

When using the stencil keep the paintbrush upright and dab, don't sweep the paintbrush from side to side as you normally do when you are painting. You could also try using small sponges or cotton wool balls instead of a paintbrush but remember not to use too much paint.



Computing

Lightbot hour of code

- Challenge yourself by playing lightbot hour of code.
- Think of the different types of algorithms you are coding.
- See if you can finish all the levels in the hour!

Using a browser

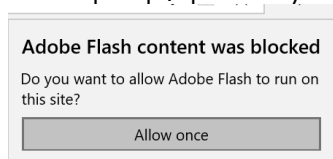
If doing this using the browser in your tablet/ phone/ pc, search for lightbot hour of code or go to:

<https://lightbot.com/hour-of-code.html>

For laptop/ pc only: Double click on the centre to Select for Adobe Flash.

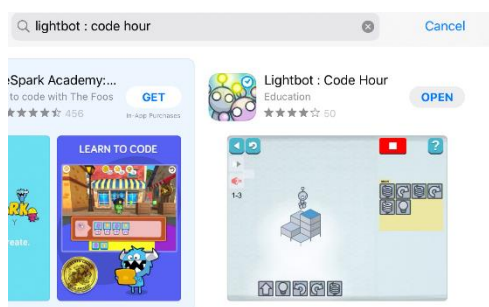


For laptop/ pc only: Click 'Allow once' and the lightbot game should begin to load.



Downloading the app

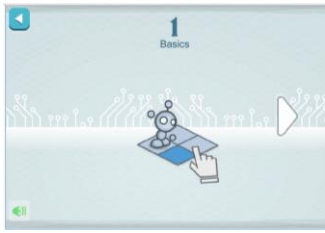
Search for lightbot: code hour in the app store.



Download the app (it is free).

HOW TO PLAY

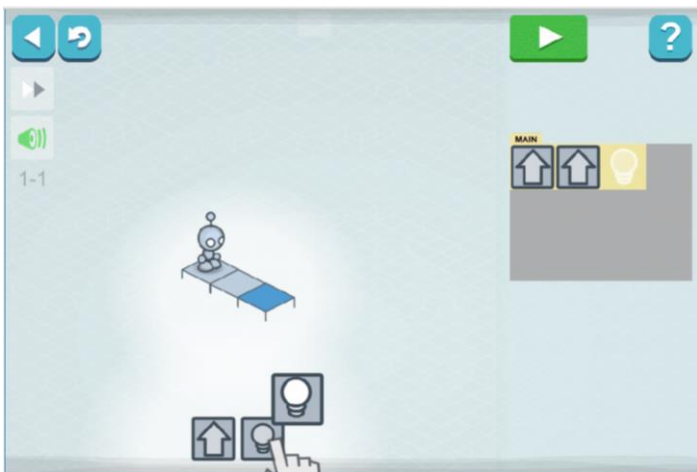
Choose basics



The lightbot robot gives you tips to help you.



Drag the blocks across the screen to the 'main' area and code the robot to walk through the maze and turn the light on!



Good luck!

Dance Party Hour of Code

- Challenge yourself by coding fabulous dance routines.
- Try different levels of movement and go wild.
- See if you can code a dance for a song chosen by someone else in your household!

In your browser go to the [hour of code website](https://www.hourofcode.org/).

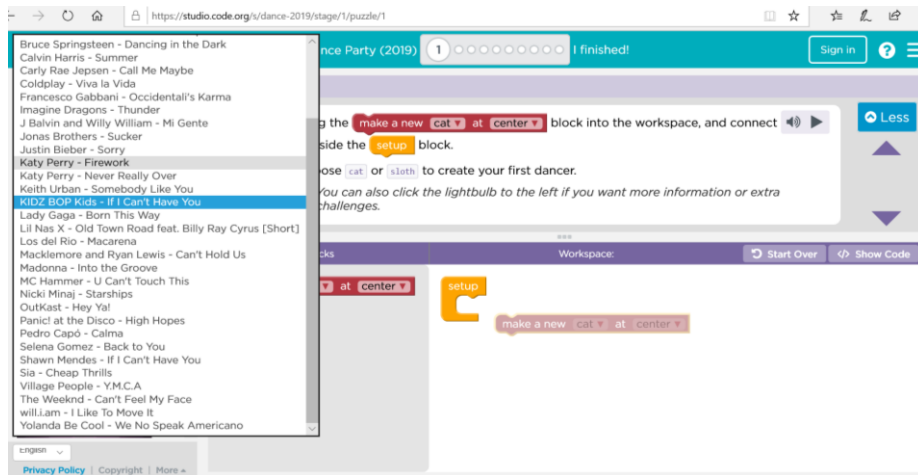
Choose dance party.



Click on start on the next two pages.

Watch the video, or skip if it takes too long to play.

Follow the instructions on the screen. On the left hand side of the screen there is a drop down box with lots of different songs to dance to.



Have fun!