

<u>Home Learning - Suggested Activities for children in Year 3</u> Weeks Beginning - Monday 29th June and Monday 6th July 2020

Please find below activities, which may be beneficial to your child's home learning. We have tried to include a range of practical activities, written activities and activities using technology to cover whatever home setup you may have available. It is not essential you complete all these activities. We know many parents are working and therefore we do not want to ask more of you than you can easily give. Therefore, the activities have been arranged into three categories: essential, recommended and additional activities. We recommend completing the essential activities first then seeing what time is available to commit to additional activities. Please feel free to message your child's class teacher via eSchools with questions you have regarding these activities. If you have a concern or need help accessing any of the home learning documents, please do not hesitate to contact us. Teachers would love to see photos or receive information about what you have been up to at home when you have time. Please encourage your child to continue sharing their learning online where possible.

ESSENTIAL daily activities for children in Year 3

Online Learning

Daily Reading (2 x 15 mins) - see eschools homework. Accelerated Reader have made 7000 books available online for free. Check out this link: https://readon.myon.co.uk/ There are lots of great books free to read on this website:

https://www.freechildrenstories.com

Log on to Oxford Owl and read an eBook, there are lots of books to choose from! https://www.oxfordowl.co.uk/for-home/find-abook/library-page/

Maths (10 mins) - on Times Table Rockstars You can also access Numbots on here for number games.

Maths (20 mins) - Have a go at a lesson on https://whiterosemaths.com/homelearning/ for daily maths challenges.

Other reading, writing and maths tasks-https://www.bbc.co.uk/bitesize/dailylessons.

Offline Learning

Spellings and grammar - see eschools.

Can you write a sentence that include the spelling words?

Daily Reading (2 x 15 mins) - Find a book you have at home to read. You might have a magazine or newspaper, or something else you could read. Can you create a reading space in your house to enjoy your book - perhaps a reading corner or a den?

Maths (30 mins) - Children need to develop confidence with any times table up to 12×12 . Create your own times table grid for the 1x table to 12x table. Hang it on your wall to help you learn your times tables. Make a times table rap or song. Choose two playing cards and multiply the numbers. Play ping pong with an adult for any times table eg: 7x table - start at 0 and take it in turns to reach 7×12 , then go backwards! Time challenge - how quickly can you recall aloud each times table up to 12×12 and then back to 12×12 0 and then back

RECOMMENDED daily or weekly activities for children in Lower KS2

Online Learning

Reading – Accelerated Reader have made 7000 books available online for free. Check out this link: https://readon.myon.co.uk/

Audible have free audible books available at http://stories.audible.com/start-listen

Writing - Watch this clip called 'Adrift' https://www.youtube.com/watch?v=WkmCYyOnjRk

- Draw pictures in the correct order (a story map) to show the order of events that happen in this clip.
- Use your story map to write a story about what happens in the clip. You could do
 this from the point of view of the whale, the bird, the friend or the girl. How will
 you make it sound exciting?
- Write a conversation between the two characters. What would they say to each other? Don't forget to add inverted commas (speech marks).
- Turn your conversation between the characters into a play script. Can you act this out with someone else in your house?

Offline Learning

Maths - Take a look at the Pirate carroll diagram - Complete the activities by placing the pirates in the correct boxes. Can you also create your own with different criteria?

Reading - Have a look at the reading comprehensions below. There is one about Seas and one about Coasts. Have a go at answering the questions once you have read the text. Afterwards, can you make up your own question for someone in your family to find the answer to?

Writing - Look at the writing sheet below with pictures from the clip 'Adrift':

- Look at the pictures 3 and 4. How is the girl feeling in these pictures? How do you know? Write a short description of how the girl is feeling in these pictures. Afterwards, write another short paragraph to describe how she is feeling in picture 8, when her new friend's home is attached to hers.
- Choose a different sea creature and imagine your home is on top of that sea creature. Write a short story about an adventure you could have if you lived on the sea creature's back. Think carefully about where your story is set (sky, sea, river) and who you will meet (another animal, a friend, a monster).

GEOGRAPHY

What dangers do sea creatures face?

Online: Investigate one threat to sea life such as plastic pollution, climate change or oil pollution. Find out why it's a problem, what is being done to help and how we can help. BBC Bitesize has a general section about oceans for KS2.

https://www.bbc.co.uk/bitesize/topics/z849q6f/articles/zmgwscw

Another useful website about plastic pollution is:

https://www.natgeokids.com/uk/kids-club/cool-kids/general-kids-club/plastic-pollution/

Visit http://www.cornwallwildlifetrust.org.uk/what-we-do to find out what local people are doing to help.

Offline: Write a list of what you already know about plastic pollution. Think about what it is, who it affects, why it's a problem and if it could be stopped. Try to give some examples of items that contribute to the problem. You may see some plastic pollution around our local coast and beaches. For either activity: design a poster or an advert to encourage reusing and recycling plastic.

Music

What sounds does the sea make? Can you make an instrument to make sea music? Put some rice in a plastic bottle for instance. Can you make the sounds of peaceful, gentle waters? What about stormy, crashing waves? Can you create a sounds story about the sea using your instrument? You could also use your voice to make sounds. How could you show the sounds in your story with marks on a piece of paper?

How would you describe the sea in these pieces of music?

https://www.bbc.co.uk/programmes/articles/3Fm3H66YnxNZslLrSX3mMvh/top-six-sea-pieces

Is the music loud or quiet? Fast or slow? Are there high or low sounds? Are there lots of long or short sounds?

Can you use your instrument to play along?

Why not make a sound recording at the beach? How could you make the sounds with body percussion, voice and homemade instruments?

PE

Complete the National School Sport week activities attached.

RE/PSHE

RNLI - WATER SAFETY

Online: Have a look at this website, it has a few videos to help you stay safe near or in the water

https://rnli.org/youth-education/education-resources/water-safety-wednesdays

Follow this link to have a go at some of the interactive online games. https://rnli.org/youth-education/education-resources/online-learning

Offline: Look at the sheets below all about water safety from the RNI T website

- See if you can spot all of the dangers at the beach and at the harbour in the pictures.
- Look at the four 'Water Smart' RNLI steps. Use these steps to create a poster about how to stay safe near the water or when at the beach.

ART/DT

Art: Create a collage of an underwater scene. You can use paper, material off-cuts, card or other materials. Try to include both sea creatures and plants in your collage.

DT: Design and make a small boat or raft out of sticks or other wood and test it in a large bowl of water. Can you use it to transport a small toy or Lego person across the water?

The Woodland trust website has some instructions:

http://www.woodlandtrust.org.uk/blog/2019/04/rainy-day-activities-kids/

Or try: https://www.easypeasyandfun.com/twig-boat-craft/

Year Group Theme - The seaside

Additional Optional Activities

You may wish to choose to complete one or more of these activities during this two week period.

These have been organised into different subject areas and are based around a theme.

SCIENCE

Life in the ocean.

Online: Investigate different layers of the ocean - take a look at http://neal.fun/deep-sea/

Represent your findings as a diagram; by creating an 'ocean in a bottle' or with sea creature toys – the more creative the better!

Offline: Visit the beach and look at the plants and animals that live there (Try to go when the tide is out). Do a rock pool study and take some photos of the creatures you see. Use the attached Seashore Safari Guide to help you identify some of the sea life. Think about why a rock pool or sandy shore is a good place for these creatures to live.

COMMUNITY SPIRIT

Offline: When out for a walk with your family, think about how you can help the environment by picking up some rubbish. If you happen to visit a beach you could do the same and help protect others from danger.

Online: Watch the following video link of a story about the sea becoming polluted and how it was caused. https://www.youtube.com/watch?v=i1_37YGzXrc - create a poster either online or offline warning people of the dangers.

HISTORY

Cornwall is an amazing place to live with a wonderful coastline! Look at the attached photographs. Can you work out where this is? What do you notice? Can you use these sentence starters to talk about the photos? 'I wonder if..." I think...' 'In the past...' 'Today....'

Can you work out what the harbour was used for years ago? What about today?

Why not visit the location? Be a history detective and find clues about the past. What can you find?

What else can you find out about the mystery harbour through research on the internet? We would love to see your research and photographs!





Good Fish Gruida





Regular beach clears that helpus clearly when rubbth as mer form and how to stop it. Sachertzh



MCS works tirelessly. But healthier sens and abundant widther and you can help us action curvision of sear fit for life.

Ourses and stones are home to amading widtle, will find stock, and give enjoyment for everyone. But to omany find are being steer and, to ormat mobile in going in and too of titlehes been done to prote diour the was around the UK.

Protecting our seas, shores and wildlife

olbw the MCS Seashore Code and nby the coast, without harm to outselfor wildlife. retching around 16,000km, the actine around the British ides is a ige play ground for everyone to enjoy.



Seashore Code

Watch with some

- Explore inspired by

 Laws arimals where you find them.

 Case by iffi and spice any octa you move and easy attache diseased in
- Sachelia nuture aninterest in nature and right children so if you want to take outpit home only take empty open shalls the limpest and models and levelthe shalls that can provide a forma bi thermit onto the whiles and perfectively.

Mind your stop

- Take your rubbish t
- Poop scoop your dog's wester, her bir it responsibly.



M&S

Short Course to keep MC 38.4 spectrum. Super edit any county by administrative and Course for the Course and Super en appropriate and super.

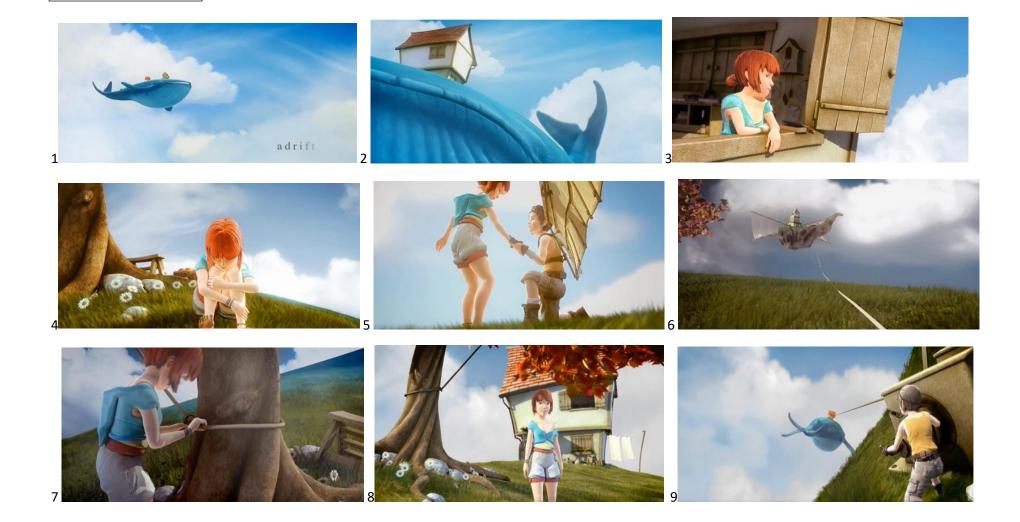
Take the MCS Seafners Safat Cuide with your every time you hand to the barch and see how many seasing treasures you can find. The strandithe - the topic of the beach where manneds and retural objects workedup on the wees are left as the Edermodes - is a place of worder and facthation. You can delve deeperinto the world offisionating facts and intriguing infor about the creatures of the shore and all the work we do at www.mcsuk.org wondered at the natural treatment he tide brings in but aren't sure what everything. Is then the MCS seahore Safari Guide will Canyou apot a sanderling, stuffishor sea potato without ase condigiance? Wall If you like scouring the shoreline for bits of drift wood and shells or have ever Doyau know your barnadesfrom your Impets or your harmened from your Madderwand?



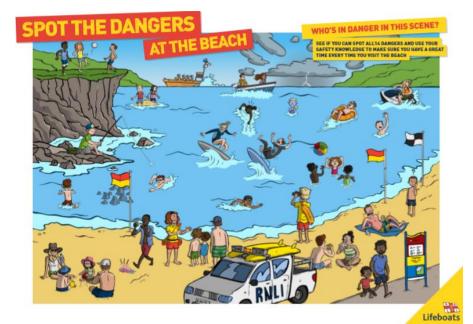
mariné

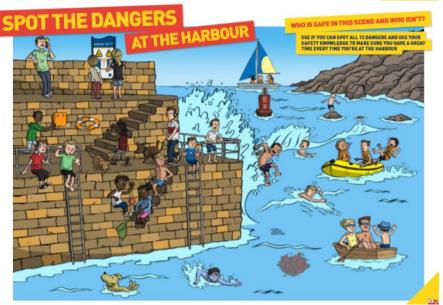
Explore the seashore with the Marine Conservation Society seashore xatari Guide





PSHE

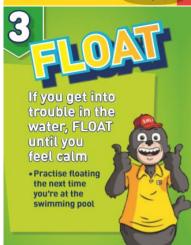




Use these Water Smart tips to create a poster about how to stay safe in the water.









Reading

Seas

The Dead Sea

The Dead Sea is actually a lake but because it is so salty, it is known as a sea. It has more salt in it than the oceans! The Dead Sea is nearly 400m deep and 60km long! It is called The Dead Sea because nothing lives there.



Seas are areas of salt water and are much smaller than oceans. They are actually small parts of the oceans.

The sea around Britain is called the North Sea. It is a cold and shallow sea and not very nice to swim in!

The Mediterranean sea is much warmer and many people visit it each year on their holiday. If you have been to Greece, Italy, Spain or Turkey then you have probably been in the Mediterranean sea.

A country which has no sea is known as a landlocked country. This is because it is 'locked in' by land.

The sea can be a dangerous place but luckily, countries with a coastline have got coastguards. These brave men and women go out into the sea on lifeboats to save people who are in trouble. You could say that Grace Darling was one of the first ever coastguards!

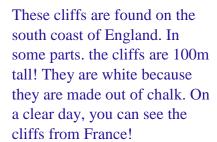
Questions

- 1. How deep is the Dead Sea?
- 2. Why is it called the Dead Sea?
- 3. What is the difference between seas and oceans?
- 4. What is the sea around Britain called?
- 5. Why would you not like to swim in the North Sea?
- 6. Name some countries on the Mediterranean.
- 7. What makes the Mediterranean a nice sea to swim in?
- 8. Who keeps people safe at the coast?
- 9. Who was one of the first coastguards?
- 10. Name a sea that you have visited.

Reading

The White Cliffs of Dover

Coasts





The coast is where the land meets the sea. Coasts are good places to visit because you often find sandy beaches.

People have travel to the coast from inland to have a holiday! Places like Whitley Bay are very popular places to visit. When the train was invented, towns by the coast grew to make room for all of the new visitors. The south of Spain is very popular thanks to the beaches.

Coasts are always changing because of the sea. Waves can cause a lot of damage. When there is a storm, whole cliffs can be washed away! Even a very small wave on a calm day moves the coast by just a few grains of sand at a time!

Waves start far out to sea and grow as they reach the land. All of the power in a wave is released as it reaches the coast and some can cause great damage. The biggest kind of waves, known as tidal waves, have caused huge damage in the past because they are so powerful.

Questions

- 1. Where are the White Cliffs of Dover?
- 2. Why are the White Cliffs of Dover white?
- 3. What can you see from the top of the cliffs?
- 4. Why are coasts popular places to visit?
- 5. Which vehicle helped to make towns at the coast grow?
- 6. How does the sea shape the coast?
- 7. Where do waves begin?
- 8. How do waves cause damage?
- 9. Which waves are the biggest?
- 10. Have a go at naming some local coasts.

National School Sport Week at Home 2020

Celebrating the power of sport to bring people together

#NSSWtogether









Activity Ideas



supercharged by





Athletics (Track and Field)







Take part in individual skills challenges / events. Can you go faster, higher, stronger?



Encourage each other to mprove your Personal Bests



Show your acts of kindness through support for each other



Make a note of the progress and improvement you each make



Learn new skills and see self-improvement through preparation and practice



Choose >> Challenge



Capture

Choose your event, these are just a few ideas:

- . Quick Start How fast can you react from different starting positions to sprint a set distance?
- Speed bounce this will certainly get your heart racing. How many times can you jump side to side in 60 seconds?
- Right Way Wrong Way in 60 seconds, can you challenge someone to turn everything the right way, as you turn everything the wrong way? You could play this in teams, or as a relay.
- Wacky races can you create your own Wacky race? Add obstacles, find different ways to move and compete against the clock? Challenge someone in your home, or virtually to take
- Running cards race against the clock and an opponent to reveal the Ace to the King in a suit of cards. How quickly can you complete the challenge? Can You improve Your time?
- Nutty squirrels as a team or individually, how many items can you collect before they are all gone?

Challenge yourself, your family, your friends:

- · How far could you run with all your quick start attempts
- How many people could you challenge to do speed bounce at the same time?
- Can you support each other to improve your personal best?

Capture it, create memories and celebrate. Why not...

- Create and stage your own 'old school' sports day using multiple activities
- . Have fun with it you could wear fancy-dress
- Have a parents'/guardians' race
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether



Samantha Kinghorn, wheelchair racing

'Sport is amazing!

Give everything your best, try new things and never give up."



Aiming Sports



Consider the five ways to wellbeing throughout your chosen activity:





Practise target and rally games. How many can you do? Can you improve your personal best?



Work together to achieve a shared goal or score



Know yourself and how you can make a difference to help others



Take notice of the target and goal you are working towards



Develop your hand-eye coordination and aiming, as well as patience and control

Choose



Challenge



Capture

Choose your event, these are just a few ideas:

- Frisbee golf get creative with setting up a course around your house, either indoors or out. Decide how many shots to allow per hole and have fun.
- Target games there are lots of ideas here for you to try. So why not try them all? Decide which is your favourite, then attempt to beat your personal hest.
- King of the cones can you be the king or queen of the cones? Hit your opponent's cone, collect it and add it to yours. Can you hit them all to win?
- In the box how far away from the box can you get and still land your ball on target? Challenge yourself to improve your personal best.
- Tap up tennis how many times can you tap up a tennis ball in 60 seconds? How many times can you rally with a partner to keep the ball up in 60 seconds?

Challenge yourself, your family, your friends:

- What is the highest score you can achieve together in a set time?
- How many can you do or how far can you go without stopping?
- Can you work together to improve your score over three attempts?

Capture it, create memories and celebrate. Why not...

- Take part dressed up like a famous sports person from your chosen activity
- Add a theme and pretend to be Robin Hood
- Send your video to friends and family challenging them to beat your score
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether

Sky Sports Scholar

Emily Appleton, tennis

"When I was at school I absolutely loved competition, and taking part in PE lessons was my favourite time of the week so I cannot imagine the thought of not being allowed to do this over the period of lockdown. As a result I am sure you are all itching to get back out there and be active which is why National School Sport Week at Home is the perfect opportunity to do so!"





Team Sports







Take part in team challenges



Work together as part of a team



Recreate that sense of belonging. What does it feel ike to be part of a team?



Take notice of what it feels ike to achieve as a team



Develop your passing, kicking and coordination skills. Don't forget the importance of teamwork



Choose >> Challenge >>



Capture

Choose your event, these are just a few ideas:

- Super session there are lots of ideas here for you to try. So why not try them all? Decide which is your favourite. work together and aim to beat your personal best.
- Fast feet how many times can you dribble a ball around a marker and back in 60 seconds? Does this improve when you are part of a team? Try using different types of ball!
- Wastepaper Basketball how far can you shoot a basket from into a bin? Challenge someone to beat your distance and find new ways to throw
- Keepy uppy challenge an oldie but a goodie! How many can you do in a pair, as a team? Try using different types of balls or objects.
- . Cool catcher how many throws and catches can you do with a partner in 60 seconds? Could you make it more challenging? E.g. turn around after each throw
- . Sock wars a bit like tag rugby, can you protect your socks from capture by your opponents?

Challenge yourself, your family, your friends:

- How many can you do without stopping?
- Can you work together to improve over three attempts?
- Can you adapt the challenge to make it more creative or encourage more family members to be involved?

Capture it, create memories and celebrate. Why not...

- Create a team celebration to complete after the challenge? Film it and share it
- Take a 'professional' team photo to include everyone who took part in your activity.
- Create a team identity and dress the same to play.
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether

Sky Sports Scholar

Imani Lansiquot, athletics

"In these unprecedented times, it's even more integral children are keeping fit not only for physical benefit but also for mental benefit."



Adventure Sports



Consider the five ways to wellbeing throughout your chosen activity:



Find new trails to explore and set yourself a personal challenge to beat



Get ready for an adventure. Use your chosen event to explore what is around you. Try something new together



Share your experiences with others. Involve your family, friends and neighbours in Vour activities



Take notice of your environment. Use this as an opportunity to learn more about your surroundings



Challenge yourself to learn more about your limits and find creative ways to



Choose



>> Challenge



Capture

Choose your event, these are just a few ideas:

- Race across the river using only two flat objects can you cross the river without touching the floor? Challenge yourself to find new ways to move, can you get faster?
- Orienteering challenge create an orienteering treasure hunt in your own home or local surroundings. Can you make the challenge more difficult by hiding items that spell out a hidden word?
- Swipe and swap how good are you at moving objects with different parts of your body? This is a great activity for core stability and balance. Can you challenge yourself to beat your personal best in three attempts?
- Horizontal climbing don't worry you don't need to climb the side of your house for this one! Just use socks and gloves and remember to maintain three points of contact!
- Go for a blke ride find a new route. challenge yourself to cycle further or faster in a time trial. Stay safe and take notice of your environment.

Challenge yourself, your family, your friends:

- Creativity is key, challenge yourself to set up exciting routes and give
- Time yourself from start to finish, then try to improve your time.
- Find new creative ways to move, test your limits to improve.

Capture it, create memories and celebrate. Why not...

- Go outdoors and find a new space to take part in your activity.
- Take pictures along your journey. can you find all the colours in the rainbow?
- Can you draw a map of the route You take on Your journey?
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether

Sky Sports Scholar

Max Litchfield, swimming

"Sport is an absolutely incredible thing for so many reasons, but above all for living a happy and healthy lifestyle! As you have signed up to the National School Sport Week at Home you clearly agree with me and I would just like to say good luck with everything this week, learn, make friends (even if it is socially distanced friends) but most of all, have fun! "



Artistic Sports



Consider the five ways to wellbeing throughout your chosen activity:





Get creative and come up with fun new activities to try!



Create activities to perform together



Take part in your activities for pure entertainment. Have fun and put a smile on everyone's face



Take notice of your own and others' creativity. Be proud and have fun trying something new



Learn to choreograph and use your imagination. Challenge yourself to be creative

Choose



Challenge



Capture

Choose your event, these are just a few ideas:

- Partner dance find a partner and have fun. Either copy this dance or get creative and choreograph your own.
- Disney Dance Along looking for inspiration, then check out these Disney themed dances. Find a partner, pick your favourite Disney Dance, practise and perform.
- Cosmic Kids Yoga relax and practise your poses with some Yoga. Can you get your whole family involved? Could you then create your own Yoga flow?
- KIDZBOP choose your favourite song, gather your backing dancers, watch the video and recreate the dance. Could you use this as inspiration to create your own dance?
- Upside down challenge can you balance something on your body as you turn upside down? Head stands, handstands, balances - get creative.
- Become a super mover! there are lots of ideas here for you to try. Dance with Alex Scott, Max and Harvey or The Vamps! Get the whole family involved in the dance mat fun. Follow the moves and feel the groove!

Challenge yourself, your family, your friends:

- Can you support each other to try new activities?
- Pick your favourite song and choreograph a new routine.
- Showcase your performances and hold up scores like you are on Strictly Come Dancing! Don't forget to share top tips to help someone improve.

Capture it, create memories and celebrate. Why not...

- Put on a performance, film it and share it with family and friends.
- Have a dance off! Who has the best moves? Would you put this on TikTok?
- Create a poster to showcase your performance.
- Create a journal or scrapbook about your week to capture these memories.

Take photos, videos and make memories. We would love to see them. #NSSWtogether



Joe Fraser, gymnastics

"With it being National School Sport Week at Home, I think it's a great opportunity for us all to get active and involved! Giving us all the opportunity to try some new sports and experiences. Enjoy yourself, get involved and have fun."



History: Where is this? What do you notice? I wonder if.... I think... In the past... Today....

























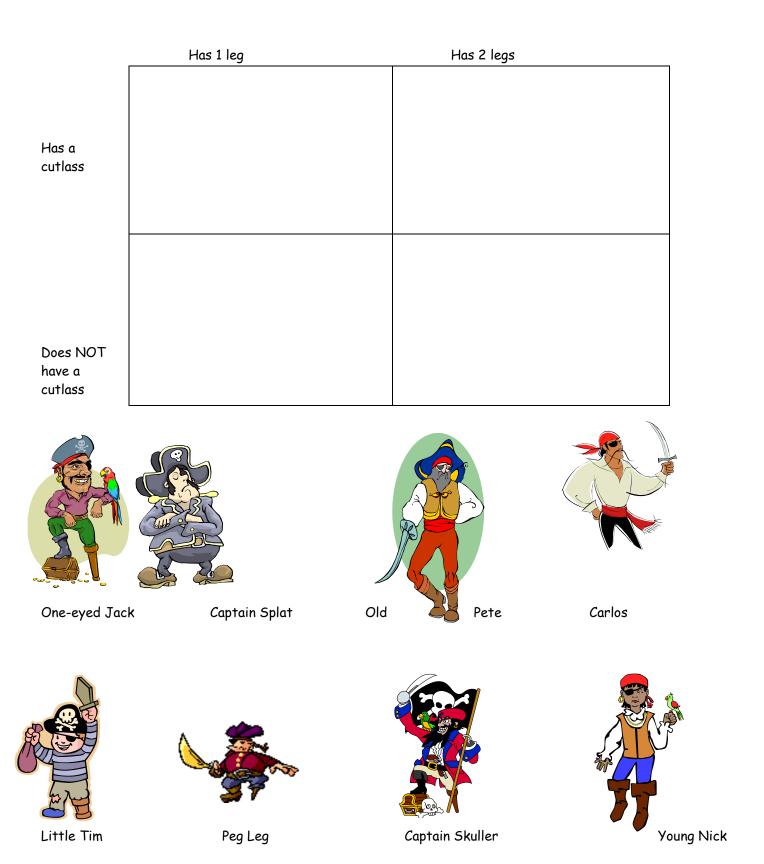








Pirate Carroll Diagram



Using the pictures above, design your own Carroll diagram with different criteria.