

Home Learning - Suggested Activities for children in Year 3

Weeks Beginning - Monday 15th June and Monday 22nd June 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 optional** 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

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-a-book/library-page/>

Maths (10 mins) - on Times Table Rockstars You can also access Numbots on here for number games. **Top of the Rocks competition begins this week!**

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 - see eschools.

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 12x12. 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 x 12, then go backwards! Time challenge - how quickly can you recall aloud each times table up to 12 x and then back to 0 x. Can you beat your time after some practice?

RECOMMENDED daily or weekly activities for children in Lower KS2

Online Learning

Reading - Audible have free audible books available at <http://stories.audible.com/start-listen> **St Austell Library summer reading challenge (see eschools homework)**

Writing -

Watch this video of Mo Farah <https://www.youtube.com/watch?v=hI2eM2YYwSO>

- Write a newspaper report for this race, pretend to interview Mo, his wife, his coach or his old PE teacher. Create a headline (like 'Not so slow Mo') for the report.
- Look at Mo crossing the line. Write a short diary extract from Mo's point of view. How does he feel as he crosses the line? What things would be going through his head? Did he imagine he would win a gold medal? Who would he thank?
- Research about Mo (use the reading comprehension sheet attached to help) or another Olympic athlete. Create a fact file about them.

Offline Learning

Maths - ACTIVE MATHS: Linking to the work on Mo Farah, challenge yourself to build up your fitness by measuring your pulse after different types of exercise. Choose different activities which last a minute (hopping/skipping/running). First test you resting pulse and write it down. Perform your exercise and test pulse again. How much did it change? Which form of exercise made your pulse change the most? Can you give a reason?

Reading - Read all about Mo Farah in the sheet attached. Have a go at answering the questions about Mo Farah using the information in the text. When you have finished, think of your own questions based on the text and ask someone else in your family if they can answer them.

Writing -

- Choose your favourite sport or activity. Write a persuasive letter to your friend, telling them why it is the best sport or activity to play. Think about: Why is it good for you to play the sport? What makes the activity fun and interesting? What are the rules?
- Create your own sports drill, game or activity. Write a set of instructions to tell someone how to play the game. Don't forget to create a list of equipment that they will need. When finished, send it to you friend to see if they are able to play the game by reading your instructions

GEOGRAPHY

Explore where in the world the summer Olympics have been held since 2000.

Online: Go to www.getset.co.uk This website has a range of resources linked to the Tokyo Olympics. Go to resources and primary home learning. There is a quiz about the Olympics. Look at Google maps to find some Olympic host cities (listed on attached sheet).

Offline: Look at the host cities information sheet attached. Choose either the summer or winter games. Find each country and city on a map, atlas or globe and either write a 'Did you know?' for each one or choose one city/country to find out about in more detail.

For either activity, make a memory game by writing host cities and years on paper/card. Cut these out and place face down. With a partner, take turns to turn over 2 cards and try to match the cities with the years.

Music

Keep active with Just Dance routines (children - youtube). Can you create a new routine using your own musical pattern? What can you use at home to create a musical pattern? Eg body percussion, tapping anything wooden or metal, blowing over a bottle (fill several bottles with different amounts of water to create different pitches of sound) and so on!

You could create an action song to teach to a younger child or to help you learn new words eg change the words in Heads, Shoulders, Knees and Toes to skeleton bone names.

Listen to a piece of classical music. How does it make you feel? How could you move to it? Try Camille Saint-Saens The Carnival of the Animals.

PE

Online: • Ideas from <https://ukactivekids.com/movecrew/>
This is updated weekly and features professional athletes and weekly challenges. You can also scroll back to previous weeks for different challenges.

Offline: see the attached activities.

RE/PSHE

Have a go at some of the 'Team Building' activities below or make your own team building game.

- Back To Back Pictures - Divide your family into groups of two and have them sit back to back. Give one teammate a picture, and give the other teammate a paper and pencil. Instruct the person holding the picture to give instructions on how to draw their picture without telling them what it is.
- Minefield - Set up a "minefield" in your house by creating an obstacle course of chairs, pillows, etc. Then divide your family into groups of two. Have one family member close their eyes while the other guides them through the minefield with only verbal directions.

Or create an 'Inspiration Rosette'. In the centre, write down the name of someone who inspires you (a friend, family member, famous sportsperson). On the outside, note down words to show how this person inspires you (determined, honest, works hard).

ART/DT

What is your favourite sport or physical activity? Design an image. For example, if you love skateboarding, scooting or surfing, draw a board design. If you love football, basketball, hockey or golf, you could design a new ball or T-shirt. You could use paint, pencils, computer drawing or pastels (see the attached designs).

You could even use fabric paints or crayons to draw your design on a T shirt.

Year Group Theme - Keeping Active

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

Challenge and reasoning in Science using Boats as the focus. Can you face the challenge and work out whether there is a good way of ensuring the boat floats or sinks? Does the way the boat is loaded make a difference to how far it can travel or how fast? You can use the internet to research ideas.

Instructions:

1 Fill a tub or bowl with water. Place it on a mat or tray so your surfaces don't get slippery with spilled water. 2 Take a piece of squared paper (below). Create a rectangle of 6 x 7 squares. Cut this out as shown on the next page. 3 Fold up the four sides (shown in green). Tape the corners together to make it watertight. 4 Count the number of squares in the base of the boat. 5 Gently place the boat in the tub of water - it will float! 6 Add weights one after the other until the boat sinks. For best results, place the weights equally and in a balanced way around the boat. On a real ship the weight is carefully spread across it to prevent it from tipping. 7 Repeat the experiment and compare your results. 8 Now try different designs. Does the size or shape of the boat change how many weights it can hold? The only limit is the size of the tub! 9 Write down your findings and give a reason.

COMMUNITY SPIRIT

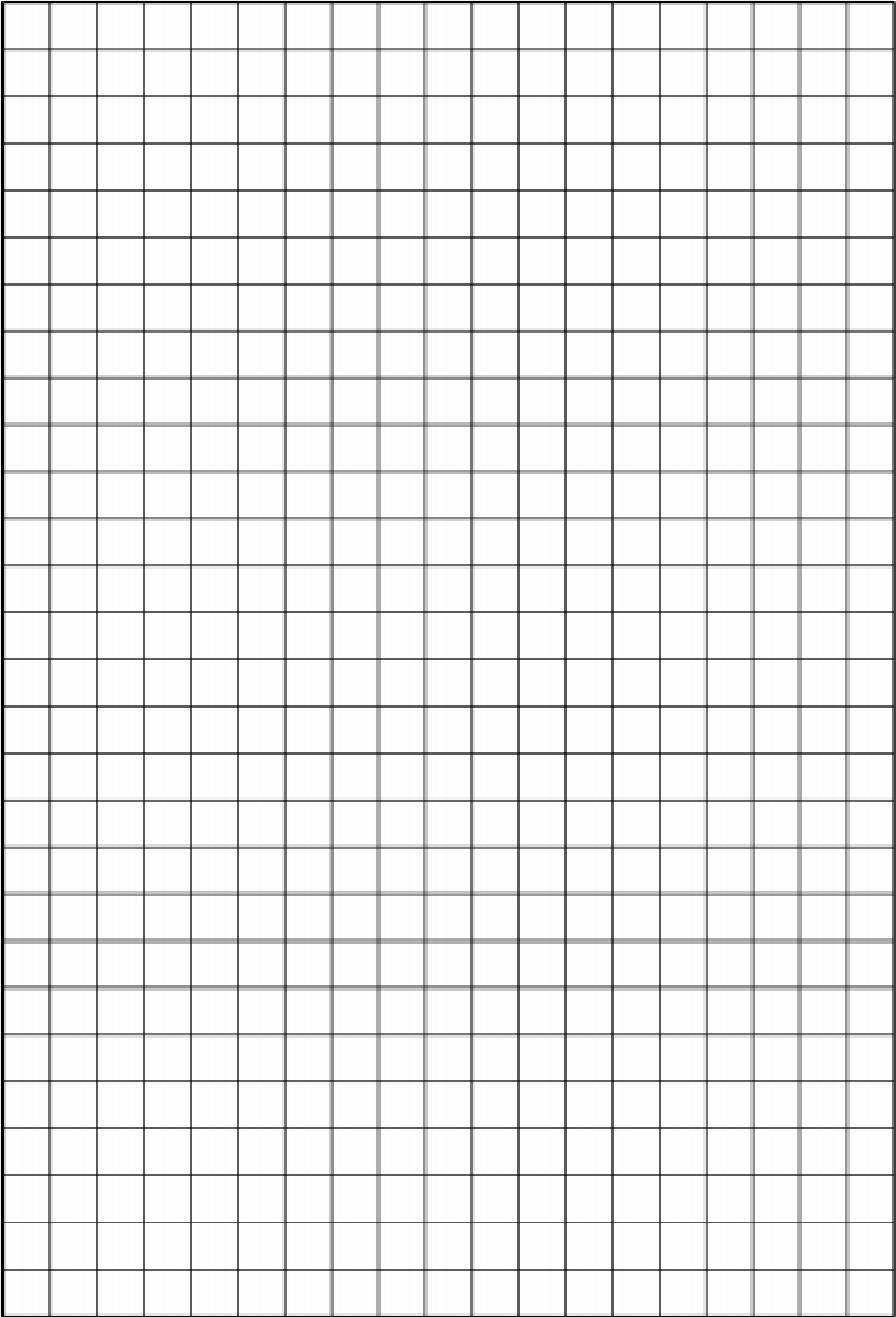
June 5th was World Environment Day 2020. The Olympic Movement has considered how to build a healthier planet through sport. It tries to protect nature when putting on events (such as <https://www.olympic.org/tokyo-2020> now 2021) by ensuring the event isn't too noisy or brightly lit for wildlife, checking spectators are not in a place where they could damage special plants, putting up barriers and making sure rubbish is tidied and plastic/ cans are recycled. Can you plan a sports activity/ obstacle course in your garden whilst also thinking about how you will protect nature?

HISTORY

Offline: Look at the old and new photos of netball or football (attached). Compare these, listing the similarities and differences in kit, equipment and pitch/court. You might also be able to speak to a family member who has played sport over the years and can tell you how their sport has changed.

Either: design a 'retro' football or netball kit for your school team, or complete a 'then and now' poster for a sport of your choice, showing how it has changed over time.

Online: Choose a sport and look at some old and new photos, or look at the History of the Olympics pdf resource. Compare old and new, listing the similarities and differences in kit, equipment and stadiums/venues. Create a 'then and now' poster or a PowerPoint about your sport or the Olympics, showing how it has changed over time. What changes might happen in the future?



	1	2	3	4	
	5	6	7	8	
	9	10	11	12	
	13	14	15	16	
	17	18	19	20	

History



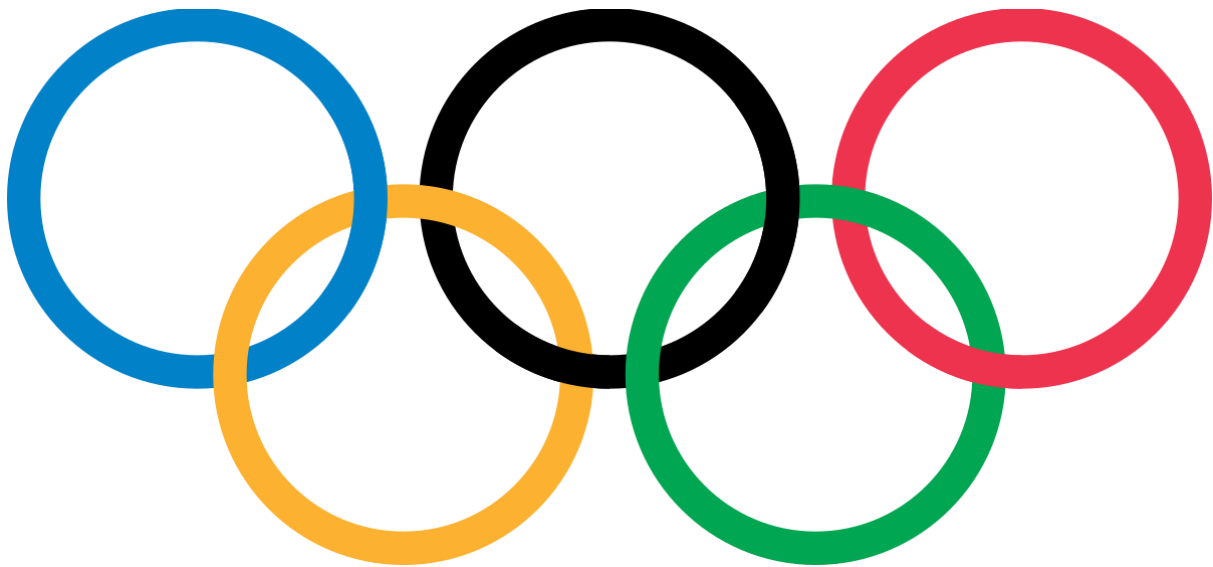


Olympic Host Cities since 2000.

Summer Games

Winter Games

Year	City	Country	Year	City	Country
2000	Sydney	Australia	2002	Salt Lake City	USA
2004	Athens	Greece	2006	Turin	Italy
2008	Beijing	China	2010	Vancouver	Canada
2012	London	UK	2014	Sochi	Russia
2016	Rio de Janeiro	Brazil	2018	Pyeongchang	South Korea
2021	Tokyo	Japan			



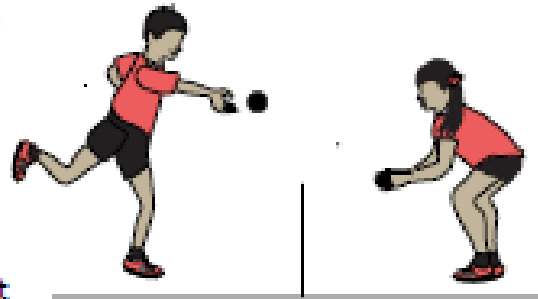
Throw Tennis

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Mark out a tennis court. Use a rope as a net or socks as the court markings.
- Playing against an opponent can you underarm throw a ball into a space on your opponents side of the court.
- If the ball bounces twice you score a point, but if you throw it out of the court your opponent wins a point.
- Make sure that you start the game by serving from the back of the court.
- The first player to score 10 points is the winner.



Can you identify spaces on your opponents side of the court?

Top Tips

Be Ready to Receive!

Are you on the balls of your feet ready to receive the ball? Make sure you have your hands ready to catch!

Let's Reflect

Where are we aiming the ball at on your opponent's side of the court?

Can you explain why you were throwing the ball there?

Spaces Monsters

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the space monsters (defenders).
- Can you dribble using your hands, from the starting point, around the marker and back avoiding the space monsters?
- If you dribble around the marker and back you score 1 point. If you hit a space monster they score 1 point. The first to score 5 points is the winner.



Can you keep trying even if the space monsters score more points than you?

Top Tips

Dribbling: Hands

Keep the ball close to you, use the tips of your fingers.

Try not to let the bounce come above your waist and look where you are going!

Let's Reflect

What were the consequences of losing control of the ball?

Why did you need to keep the ball close to you?

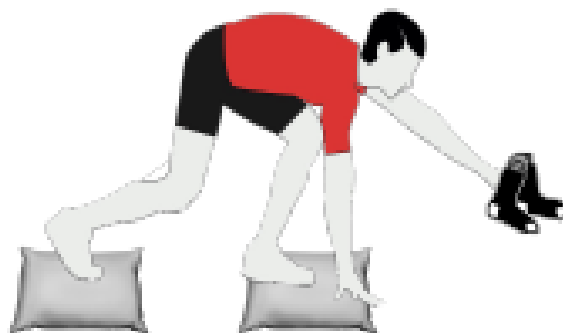
Save the Treasure

Home Physical Education

Can you play by the rules and if you touch the floor start again?

How to play:

- Agree a starting point. Spread treasure across the floor. Use toys and socks as treasure.
- Using two objects can you move without touching the floor, picking up the treasure and returning it to your starting point.
- If you touch the floor you must drop the treasure and start again.
- Create a scoring system so that shoe = 1 point and socks = 2 points. How many points can you score?



Can you keep trying to think of the best ways to use the objects to move?

Top Tips

Do not carry too much treasure in one go!

If you carry too much treasure then you risk falling and losing your treasure.

Let's Reflect

What tactic did you use for collecting treasure?

How did you use your two objects to move around safely and efficiently?

Jumping Dice

Home Physical Education

Can you encourage others to keep going?

How to play:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:
 - Roll a 1 = Perform 20 star jumps
 - Roll a 2 = Perform 20 tuck jumps
 - Roll a 3 = Perform 20 pencil jumps
 - Roll a 4 = Perform 20 jumps with a $\frac{1}{2}$ turn
 - Roll a 5 = Perform 20 jumps with a full turn
 - Roll a 6 = Perform 20 squat jumps
- The first player to complete all of the activities listed above is the winner.



Can you keep trying even if you feel tired?

Top Tips

Pace yourself

Take your time when performing the exercises, as you may need to perform some of them more than once.

Let's Reflect

What happened to your body (heart) after completing an exercise?

What helped you to keep working hard and not give up?

Move to the Beat Extravaganza

Home Physical Education

Can you try quicker and slower music? Which is harder?

How to play:

- On the spot can you start by clapping in time to the music? Clap for 8 counts.
- After 8 claps, can you jump on the spot for 8 counts? Then can you jog around the space for 8 counts?
- Challenge yourself to add a final movement for 8 counts, then repeat.
- To make it harder, can you perform movements that take 8 counts to complete but do not require 8 individual counts e.g. a slide left (4 counts) a slide right (4 counts).



Can you teach your routine to someone else using clear instructions?

Top Tips

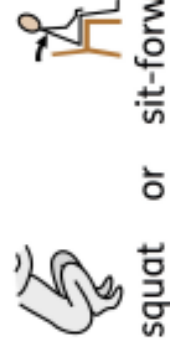
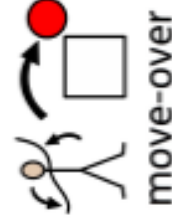
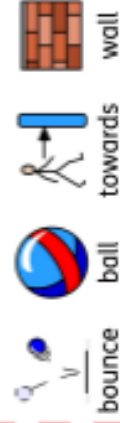
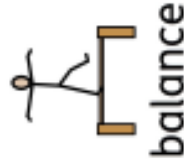
Listen for a beat

When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.

Let's Reflect

Did you keep trying to improve your routine?

Did you challenge yourself to create harder movements?



How to play:

- Once you complete a physical activity tick it off.
- If you are finding some of the activities hard, change them or have a rest and then continue.
- If you are finding the activities easier why not challenge yourself and think of ways to make them harder.
- When performing the activities make sure that you always try your hardest and have fun.

Achieve Gold

Complete all the activities on the card

Achieve Silver

Complete a horizontal or vertical line of activities

Achieve Bronze

Complete three activities from the card

Tennis challenges – best played on the playcourt.

Equipment needed:

- One tennis racket and ball per child.
- Cones to mark different areas.
- Wall.

Challenges: Aim for maximum 5 minutes per challenge. Ideally, 4-5 children per challenge to allow a good distance between them.

- **Tennis keepy-uppies.** Within a set area, each child counts how many gentle hits they can do on their racket without the ball touching the ground or anything else. If they achieve 25, try with non-dominant hand. Ensure they stop if ball goes out of area. Alternative is the same skill, but allow ball to bounce once before hitting again.
- **Squash style game against a wall.** Children aim to hit ball from racket onto wall, let it bounce once and then repeat. Count highest number of shots before it loses control or rolls on the floor.
- **Mini-rallies.** Using cones as a net, adult hits ball from their racket, over the net for child to return. Continue rally, counting how many shots were managed in total. Have 3 rallies, then swap with the next child. If space allows, children could do a similar activity in pairs across a net or cones.

To maintain distancing, mark start points next to wall and for children to wait on during mini-rallies. Make sure children keep the same ball and racket.

<u>Major success</u>	
<u>since 2012</u>	
2012	5000m European Championship
	5000m Olympics
	10,000m Olympics
2013	5000m World Championship
	10,000 World Championship
2014	5000m European Championship
	10,000m European Championship
2015	5000m World Championship
	10,000 World Championship
2016	5000m Olympics
	10,000m Olympics

Mo Farah Reading comprehension

Mo Farah (Mohamed Muktar Jama Farah) was born on the 23rd March 1983 in Mogadishu, Somalia. He is a British distance runner, competing mostly on the track in the 5,000 and 10,000 metres but he has also been known to run from 1500 metres up to marathon distance.

Early life

Mo Farah was born in Somalia in Africa. He spent the early years of his childhood in Djibouti with his twin brother before moving to Britain to join his father at the age of eight. His father, Mukhtar Farah, is an IT consultant and a British citizen who was born in London and grew up in Hounslow. Mo's parents met each other whilst they were on holiday.

Mo attended Isleworth and Syon School and Feltham Community College. His ambition was to become a car mechanic or play as a right winger for Arsenal. Later on, he joined the Borough of Hounslow Athletics Club in west London.

Early career

Mo Farah represented Hounslow at cross-country in the London Youth Games. At the age of 14, he won the first of five English school titles. His first major title was 5000 metres at the European Athletics Junior Championship in 2001.

In 2005, Farah moved in with Australian Craig Mottram and a group of Kenyans. Farah was quoted as saying, "If I ever want to be as good as



these athletes I've got to work harder. I don't just want to be British number one, I want to be up there with the best."

The following year, Mo clocked the second fastest time ever by a British runner in the 5000m and followed this up by winning a silver medal in the European Championships. In 2008, he was knocked out in the preliminaries for the Olympic 5,000m, failing to make the final as a result.

Mo the invincible?

Mo Farah's breakthrough came in 2011 when, at the World Championships, he won silver in the 10,000m and gold in the 5000m, becoming the first British man to do this. This gave Mo the confidence that he could compete with the best in the world. Since then, he has gone on to win in every major final he has competed in, giving Mo an air of invincibility. His nine global titles have made him the most successful British athlete in history. Mo plans to leave the track after the 2017 World Championships in London.

Mo Farah Reading Comprehension questions

- 1) What year was Mo Farah born in?
- 2) What running distances does Mo Farah compete in?
- 3) Where was Mo Farah born?
- 4) What did Mo initially want to become when he was an adult?
- 5) What was Mo's first major title?
- 6) Who did Mo Farah move in with in 2005?
- 7) When was Mo Farah's breakthrough year?
- 8) How many global titles has Mo won?
- 9) When does Mo plan to quit track running?
- 10) How many Olympic Golds has Mo won?

Art: Skateboard designs



Surfboard designs



Sports T shirts

