



## Wider Curriculum Home Learning Pack 5 (Year 3)

8<sup>th</sup> June – 19<sup>th</sup> June

<p><u>Science</u></p> <p>How much sugar is in our drinks? Have a look at the Eatwell guide. <a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</a> and <a href="https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/">https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/</a> Pick some drinks to investigate - Which do you think will have the most sugar in? Then, you need to look at the sugar content in different drinks. You can look at the labels to help you! You could use the worksheet to record your results. Was your prediction correct?</p>	<p><u>PSHE</u></p> <p>Have a go at the well-being worksheet.</p> <p>Set yourself some goals for the day, think about your favourite memories and reflect on your achievements.</p> <p>Why not try some yoga to relax and focus your mind as well. Use the attached yoga cards to help you.</p>	<p><u>Art</u></p> <p>Explore the MET museum online. Look at the different works of art and exhibitions in the 1900 - Present gallery. <a href="https://www.metmuseum.org/art/online-features/metkids/time-machine/results/1900%20-%20Present/all/all">https://www.metmuseum.org/art/online-features/metkids/time-machine/results/1900%20-%20Present/all/all</a> Choose one of the works of art, learn about it and then complete your own piece based on it. You might decide to look at a piece of clothing, a painting or a sculpture, it's up to you"</p>
<p><u>ICT</u></p> <p>Experiment with coding using <a href="https://www.j2e.com/visual.html?edit">https://www.j2e.com/visual.html?edit</a> Can you make you sprite move around the space and say 'Hello'. This can not be handed in like Purplemash, but you could ask your adult to take a photo of your final code.</p>	<p><u>RE</u></p> <p>Watch the video about Karma. <a href="https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-my-life-my-religion-hinduism-cycle-of-birth-and-rebirth/zn68qp3">https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-my-life-my-religion-hinduism-cycle-of-birth-and-rebirth/zn68qp3</a> Can you write down 3 things that would give you good karma Can you write down 3 things that would give you bad karma.</p>	<p><u>Geography</u></p> <p>Watch the video and read the information about volcanoes. <a href="https://www.bbc.co.uk/bitesize/topics/z849q6f/articles/zd9cxyc">https://www.bbc.co.uk/bitesize/topics/z849q6f/articles/zd9cxyc</a> Research a volcano and write a fact file about it.</p>

### PE

Plan your own sports day!

You need 3 races and 3 team games.

What order will you do your races and games?

Some races you might include are: short distance, long distance, obstacle, sack race, relay.

Team games: football, rounders, basketball, tennis.

### French

Madame Stidolph would like you to learn a song about the different parts of the body.

Use the video and the lyrics to help you.

<https://www.youtube.com/watch?v=bChrAwLzoSo>

### Music

Listen to the piece again.

<https://www.bbc.co.uk/teach/ten-pieces/classical-music-ravi-shankar-symphony-finale/znk8bdm>



Think about how the music makes you feel and how it is made.

NAME OF DRINK	TYPE OF DRINK	AMOUNT OF SUGAR IN GRAMS (PER SERVING)
	FIZZY DRINK	g
	FRUIT JUICE	g
	MILK	g
	CHOCOLATE MILK	g
	WATER	g
	FLAVOURED WATER	g
	HIGH ENERGY DRINK	g
	FRUIT SMOOTHIE	g

Date:

**Goals for Today:**

There's no need to reflect on them at the end of the day.

- 1.
- 2.
- 3.
- 4.
- 5.

**Things I Am Grateful For Today:**

- 1.
- 2.
- 3.

**Quote of the Day: 'Nothing is impossible, the word itself says 'I'm possible'!' (Audrey Hepburn)**

**My Future Dreams:**

Where are you? Who else is there?  
What is happening and how are you feeling?

**Thinking Time:**

What do I feel energetic about today?

Why do I feel this way?

How can I use this energy?

**The Best Thing That Happened Today:**

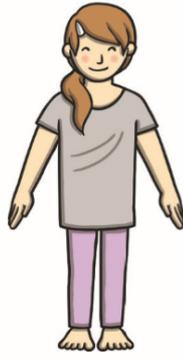
Rate the Day:



## Mountain Pose - Tadasana

**Benefits** Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



## Chair Pose - Utkatasana

**Benefits** Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



## Happy Baby Pose - Ananda Balasana

**Benefits** Gently stretches inner groin and spine; calms the mind; and helps relieve stress and fatigue.

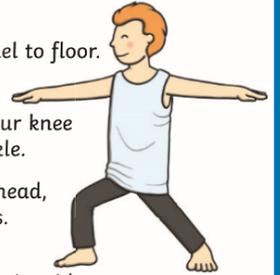
- 1 Lie down on your back.
- 2 Exhale, bend your knees into your belly, and hold onto your feet.
- 3 Allow your body to gently rock side to side.



## Warrior II Pose - Virabhadrasana II

**Benefits** Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



## Tree Pose - Vrikshasana

**Benefits** Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



## Crescent Moon Pose

**Benefits** Stretches arms, abdominals, spine, and chest; calms the mind.

- 1 Inhale, and raise your hands over your head, pressing your palms together.
- 2 Exhale and tip your body to one side.
- 3 Inhale while returning to standing straight.
- 4 Repeat on the opposite side.
- 5 Exhale and lower your arms.



## Locust/Snake Pose - Salabhasana

**Benefits** Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.

- 1 Begin by lying on your tummy.
- 2 Exhale, and lift your head, upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.



## Cat Cow Pose - Marjaryasana Bitilasana

**Benefits** Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
- 2 Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
- 3 Exhale, round your back towards the ceiling and look at your belly.
- 4 Repeat.



Tu as deux mains et deux pieds  
Tu as deux jambes et un nez  
Tu as un ventre et un dos  
Et des muscles sous la peau  
Tu as une tête et un cou  
Deux oreilles et deux genoux  
Tu as deux yeux et deux joues  
Et une bouche qui mange tout, et  
Sous ta peau il y a des os  
Des petits et des gros  
Des os, des os, il en faut  
C'est parceque tu as des os que  
(Repeat Song)

English translation:

**Bones, You Must Have Them**

You have two hands and two feet  
You have two legs and a nose  
You have a stomach and a back  
And muscles underneath your skin  
You have a head and a neck  
Two ears and two knees  
You have two eyes and two cheeks  
And a mouth that eats everything, and  
Under your skin, there are bones  
Small ones and big ones  
Bones, bones, you must have them  
It's because you have bones that  
(Repeat Song)

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