

<p><u>'This is me' home learning</u> Complete some of these activities. Post your work onto Seesaw or email to Miss Wadsworth. misswadsworth@south-stoke.oxon.sch.uk</p>	<p>Communication, Language & Literacy</p> <ul style="list-style-type: none"> Capital letter matching Watch Clown by Quentin Blake on the link below - https://www.channel4.com/programmes/quentin-blakes-clown or use the book if you have it, can you draw and tell someone what happened to the clown before he was thrown away. 	<p>Mathematics</p> <ul style="list-style-type: none"> Play board games Practise writing numbers, can you write them in paint, water, mud, anything else you can think of? Play some maths games on the websites given Watch numberblocks Complete the circus patterns Complete Numberbond Workbook (attached to Winter Half Term Topic) Roll add colour sheet
<p>Phonics</p> <ul style="list-style-type: none"> Complete daily challenges on seesaw. Watch some videos from https://www.youtube.com/channel/UCP_Fb1YUP_UtIdV2K-niWw Flashcard exception words & sounds Practise spelling exception words - the, to, I, no, go, he, she, we, me, be Initial Sound body matching 		
<p>Handwriting</p> <ul style="list-style-type: none"> Practise your robot letters (r, n, m, b, h, p, k.) Follow the links to look at correct formation, can you practise writing these - how many different things can you write these in - pencils, pens, paint, sand, water, flour, glitter, etc. https://youtube.be/kmhBalebVq4 https://youtube.be/VF5RnWZHf3w https://youtube.be/qu-IEJNIRq https://youtube.be/tf4IqclTZlc https://youtube.be/c5O-WtwwRfc https://youtube.be/qeVieMYcETQ https://youtube.be/yovVdipn1D4 		<p>PE/Wellbeing</p> <ul style="list-style-type: none"> Look at the body coach's videos (New videos live on Youtube Monday, Wednesday, Friday at 9am) Use Cosmic Yoga Videos Get out for a walk, run or bike ride (Ensure you're allowed & stay safe!) Look at the emojis. Can you match up the emoji to its meaning? Design your own emoji for an emotion. Bring to Wellbeing Wednesday.
<p>Topic</p> <ul style="list-style-type: none"> Circle of Life lessons from Oak National Academy on the link below: https://classroom.thenationalacademy/units/circle-of-life-2fd5 All of me lessons from Oak National Academy on the link below: https://classroom.thenationalacademy/subjects-by-key-stage/early-years-foundation-stage/subjects/understanding-the-world Follow one or more of the recipes attached for some healthy baking activities Healthy Eating & Living Board Game 	<p>Stars</p> <ul style="list-style-type: none"> Find out about London using the lessons from Oak National Academy on the link below: https://classroom.thenationalacademy/units/london-in-the-united-kingdom-shared-with-history-ex-transition-unit-b8a0 Find out about Human Lifestyles from Oak National Academy on the link below: https://classroom.thenationalacademy/units/human-lifestyle-b28d Finding the Food Groups 	<p>Stars</p> <ul style="list-style-type: none"> Importance of exercise activity - instructions attached Parts of the body labelling activities - a range attached Find out about Human Anatomy using lessons from Oak National Academy on the link below: https://classroom.thenationalacademy/units/human-anatomy-f968 Awe & Wonder - Digestive System instructions attached Awe & Wonder - Skin, Bones, & Muscles instructions attached Human Lungs - Amazing Fact Sheet A Healthy Heart - Amazing Fact Sheet
<p>Creative Arts</p> <p>D&T: Make a model of yourself from different materials</p> <p>Art: Complete a self-portrait of yourself in the style of Picasso. https://www.tate.org.uk/kids/explore/who-is/who-pablo-picasso About Picasso</p> <p>Music: Learn the song, 'This is Me' from the Greatest Showman for our virtual singing Teams session (see Miss T's email). https://www.youtube.com/watch?v=5J29YsEFYlo</p> <p>Music: Learn the song 'Dem Bones'. Can you put together a routine to go with it showing where each bone is? https://www.youtube.com/watch?v=2bWP3dc2ciY</p>		

Roll, Add and Colour

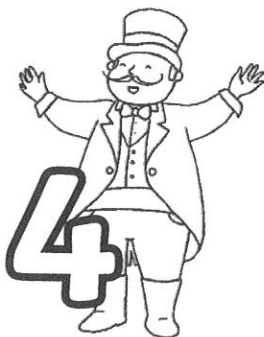
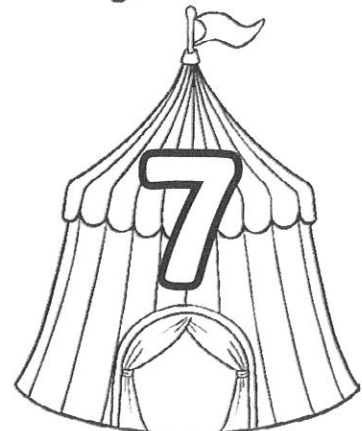
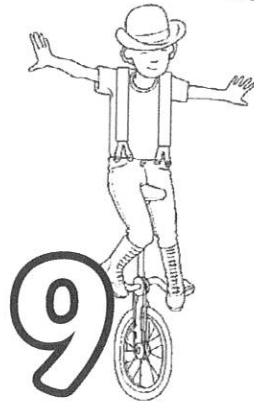
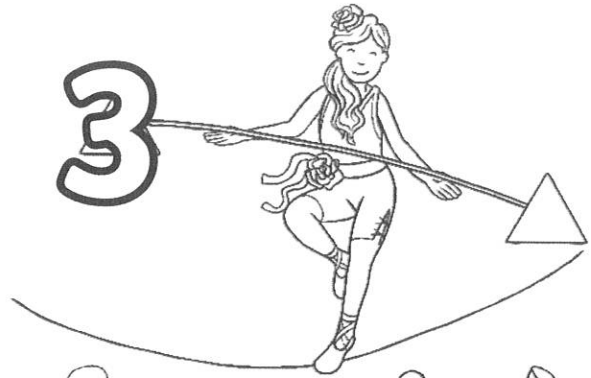
INSTRUCTIONS

1. Roll two dice
2. Add the numbers together
3. Colour the answer!

Two player:


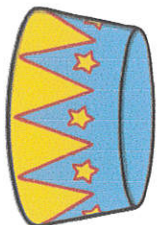

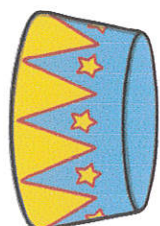

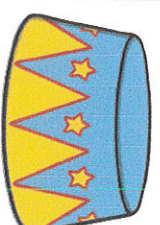
Each player chooses a colour.






The winner is the one with the most coloured in at the end.

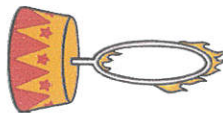

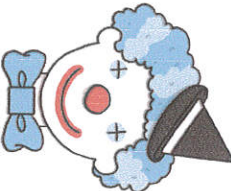
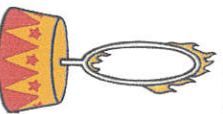
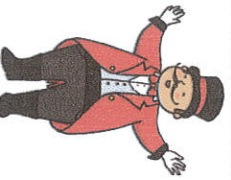


Circus Complete the Pattern

Can you complete the patterns?


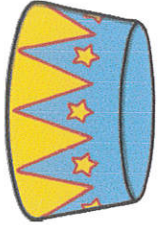


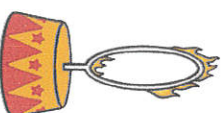


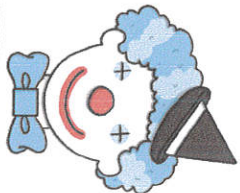
							
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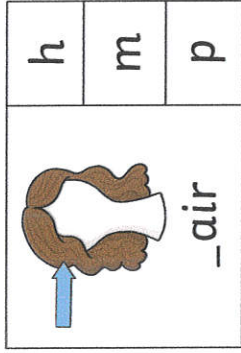
							
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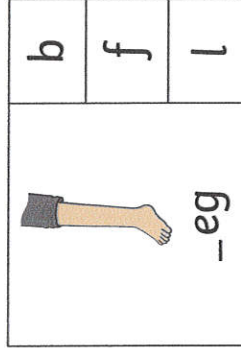


Cut out and use to complete the patterns.

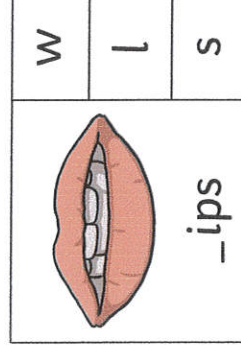
							
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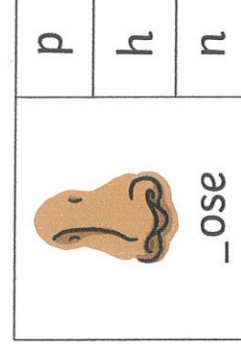
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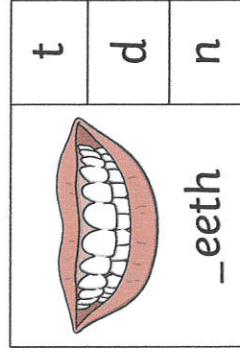
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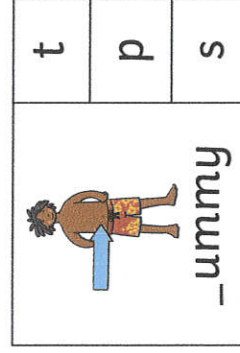
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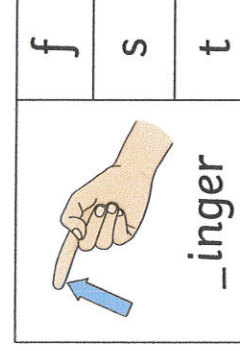
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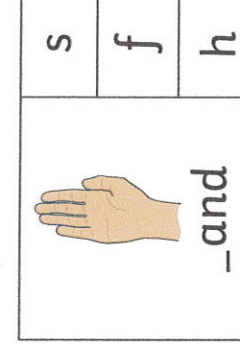
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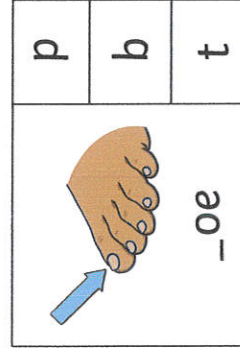
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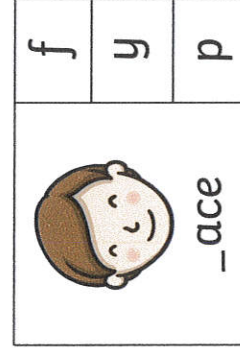
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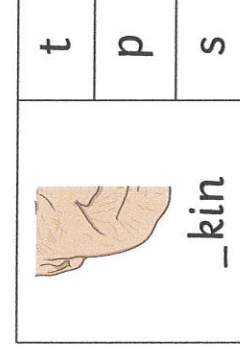
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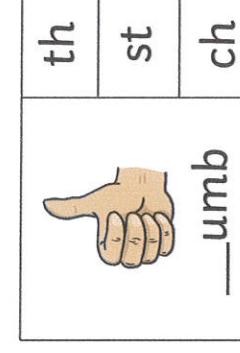
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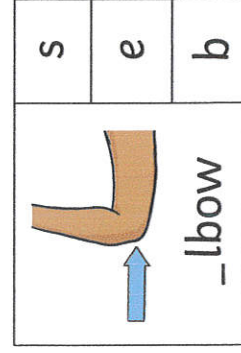
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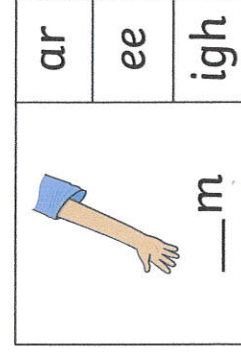
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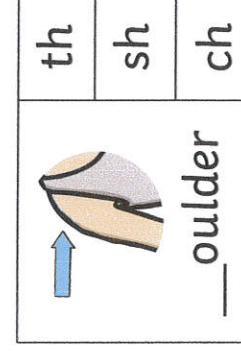
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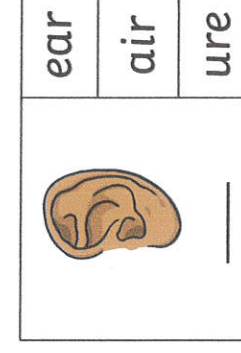
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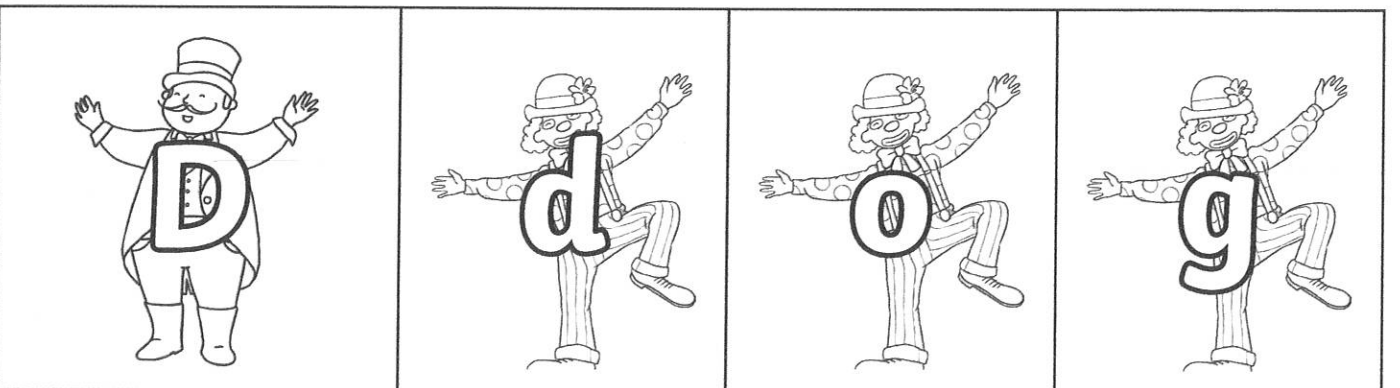
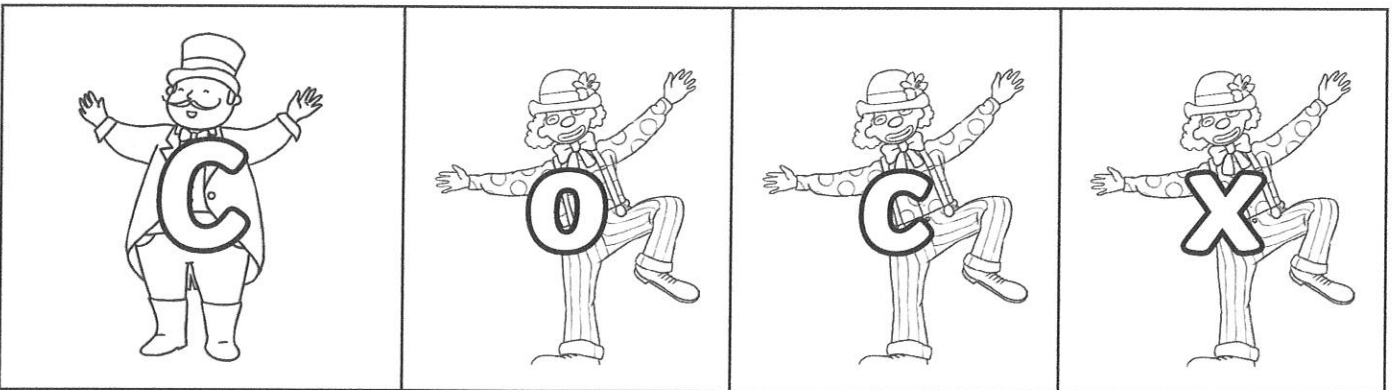
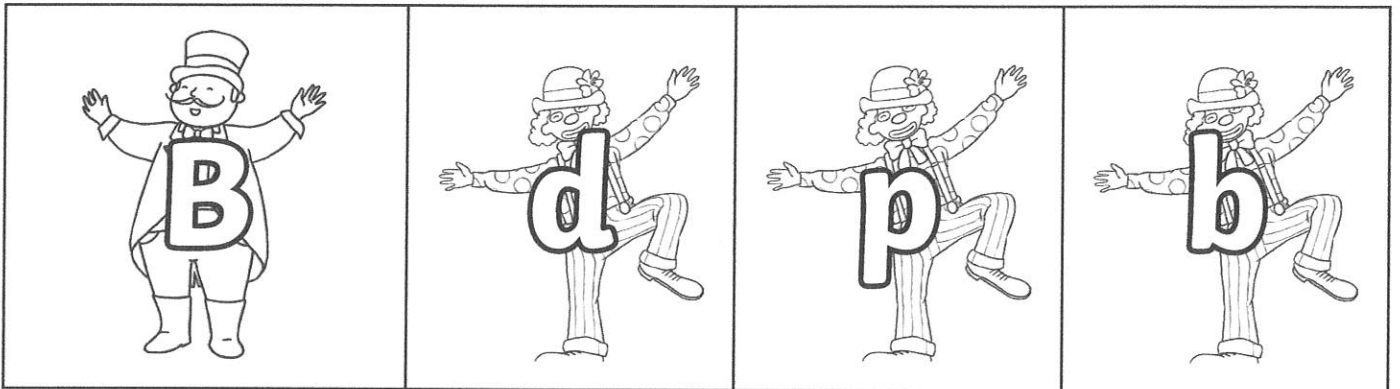
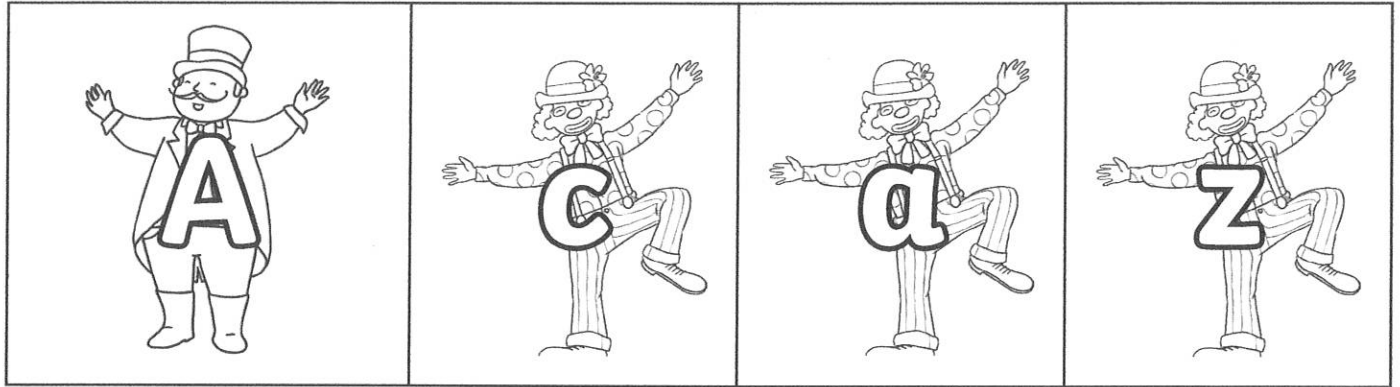


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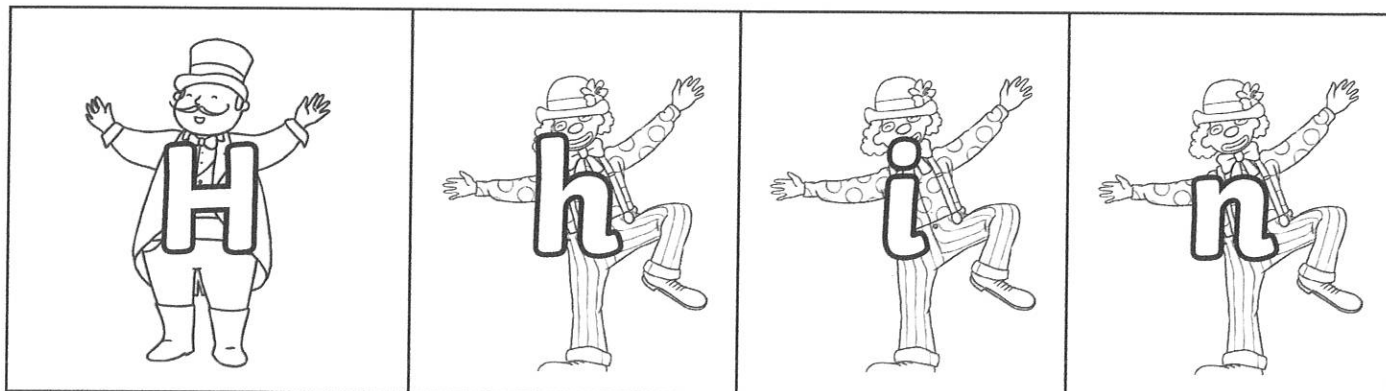
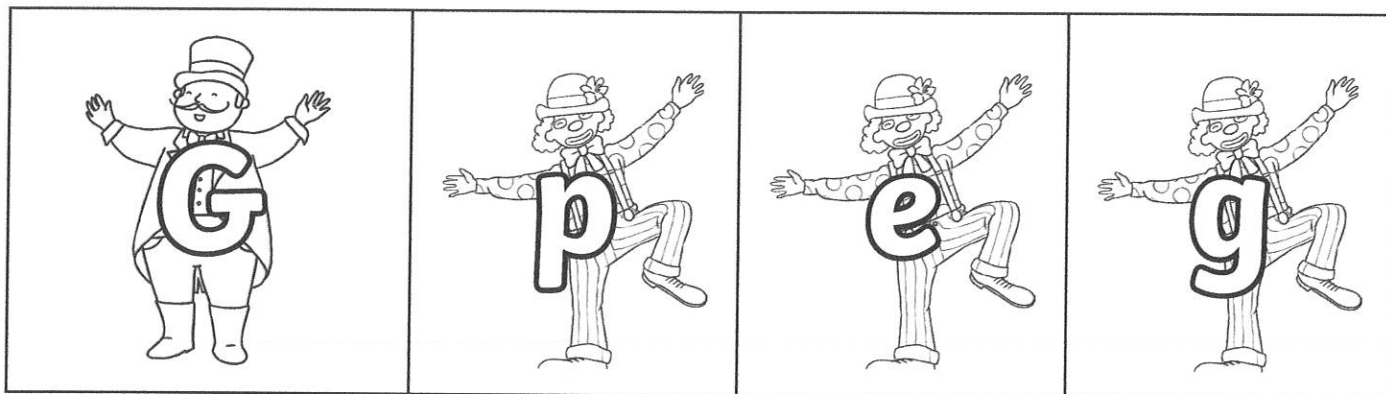
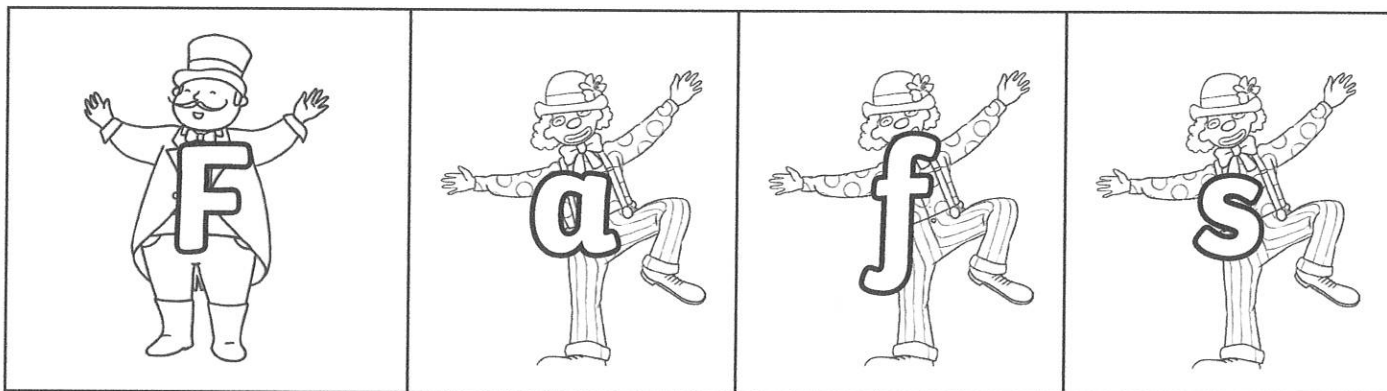
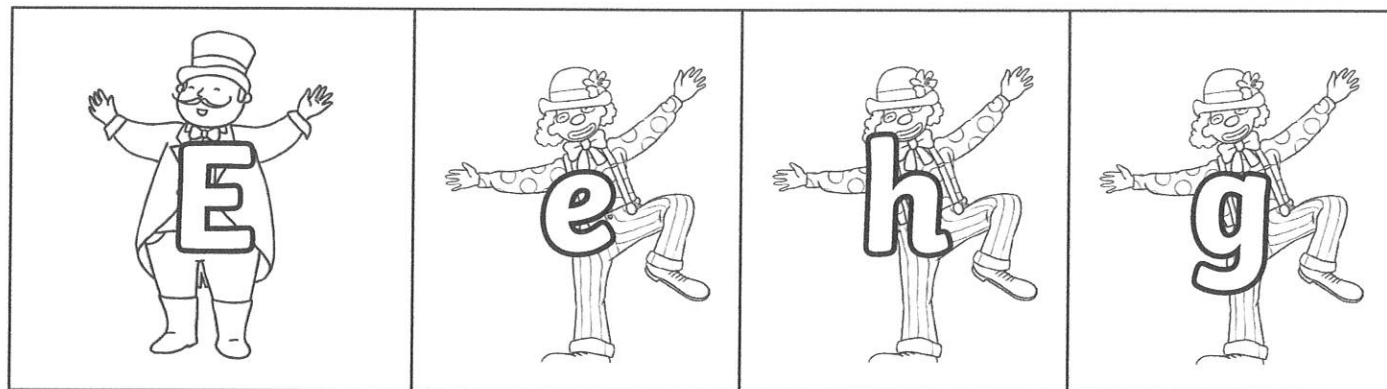
Capital Letter Matching

Match the capital letter on the ringmaster to the matching lower case letter on the clown.



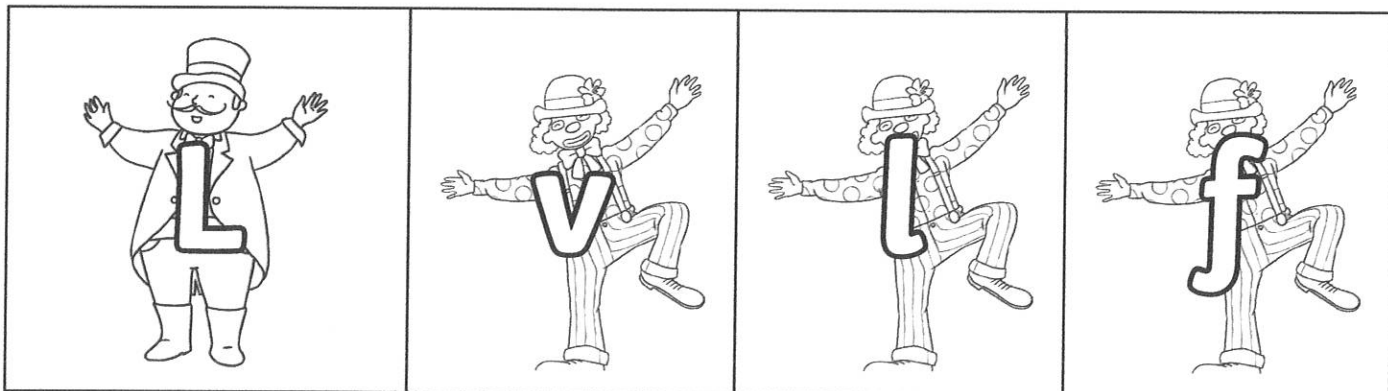
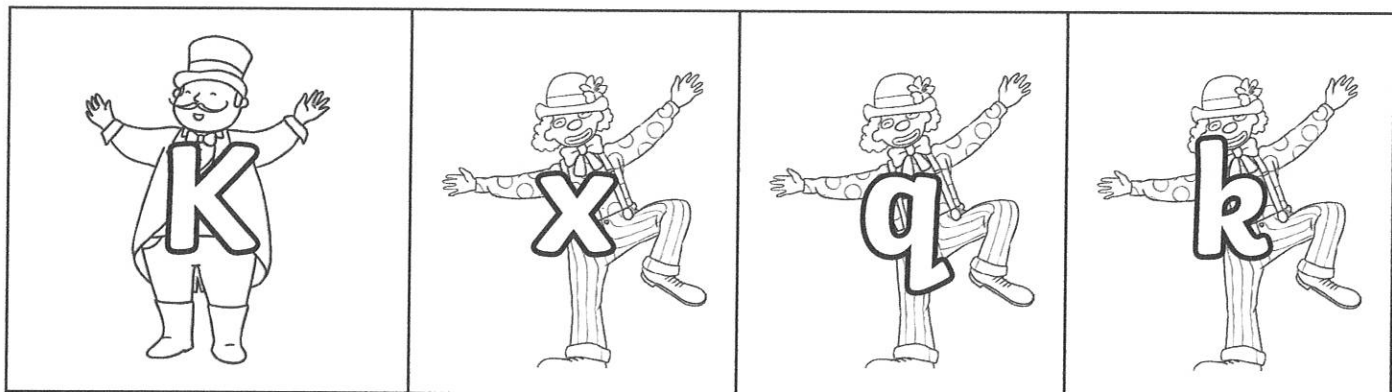
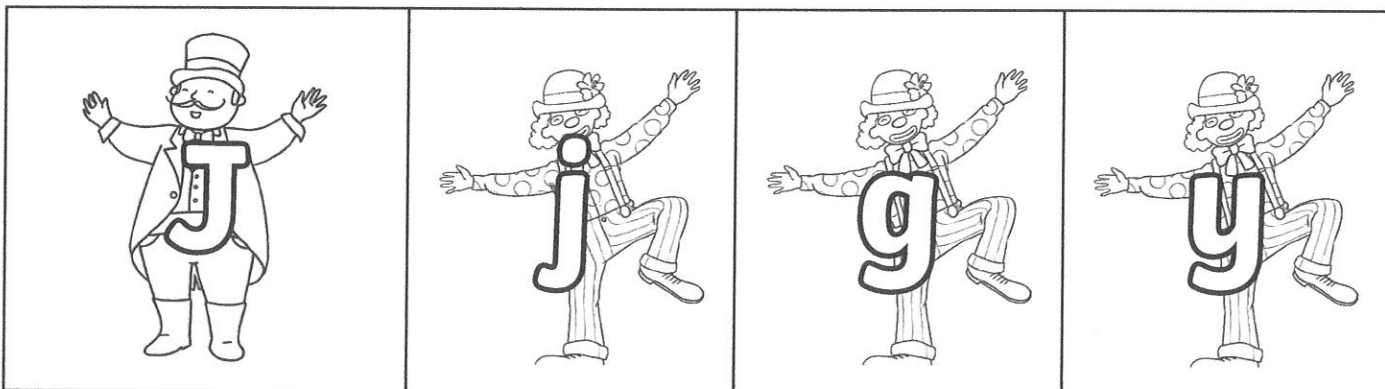
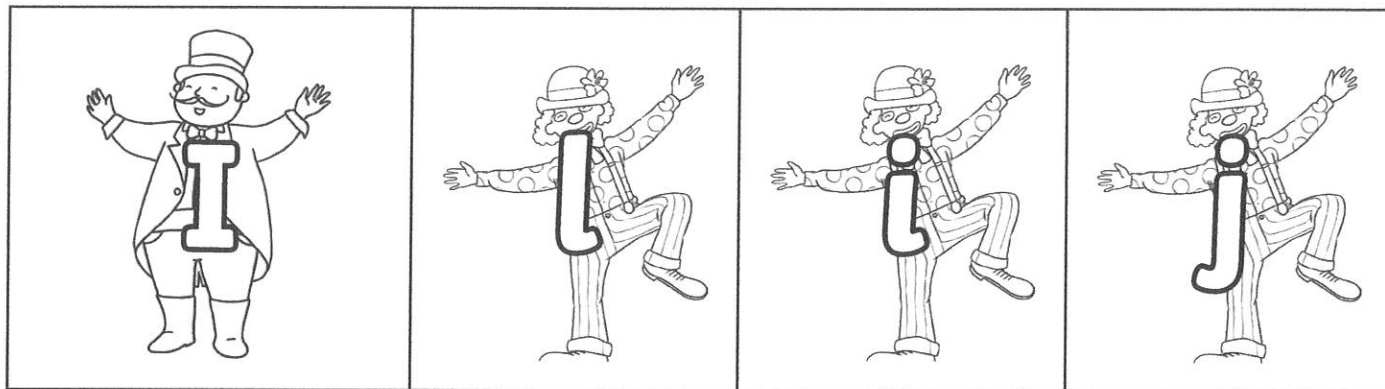
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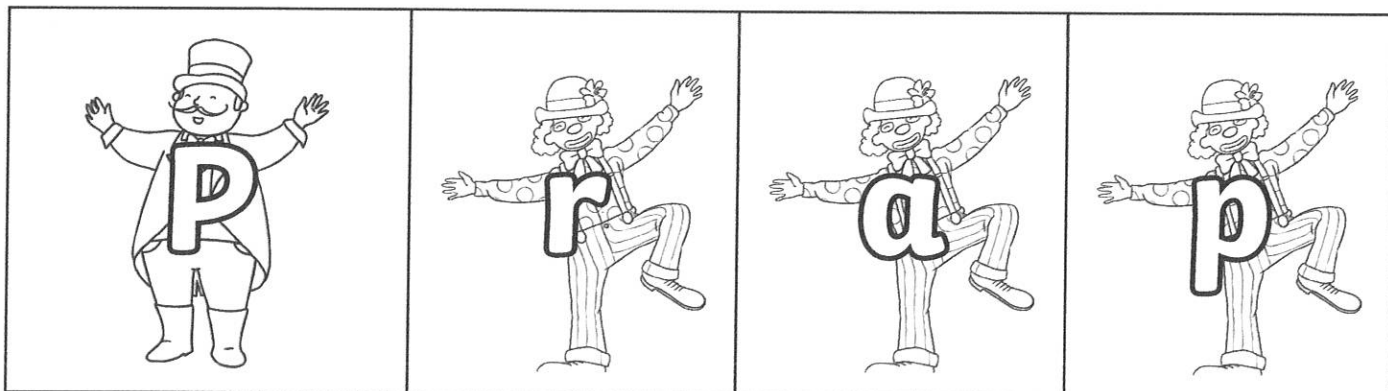
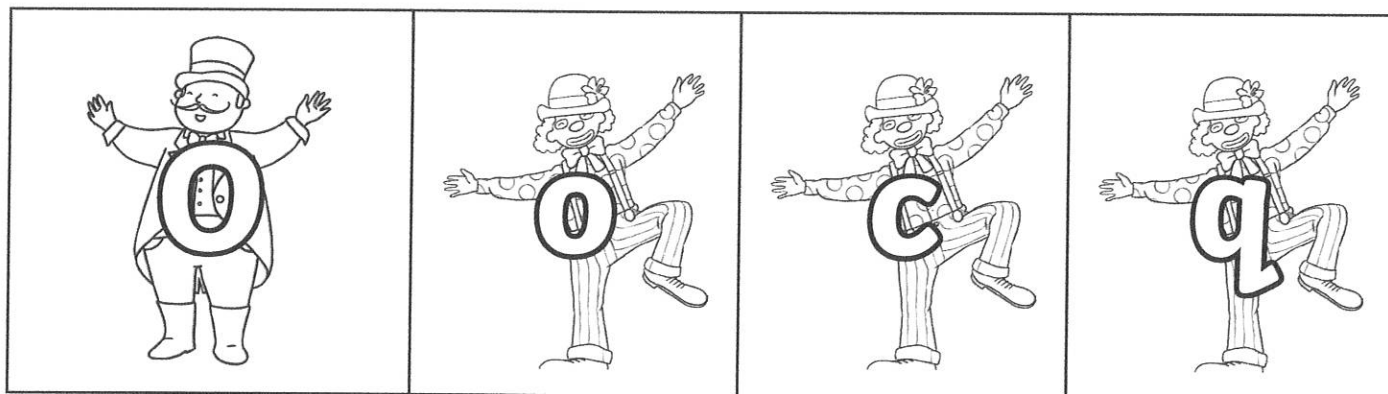
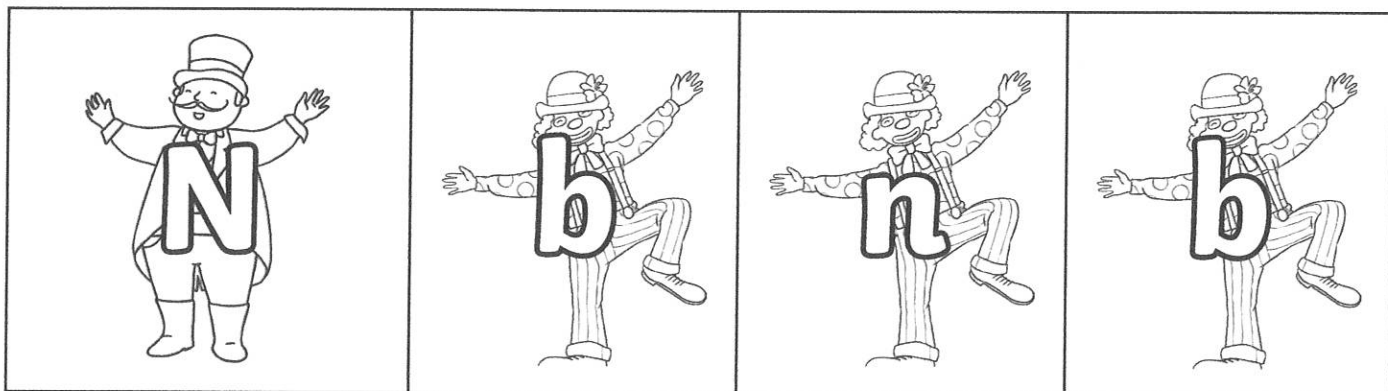
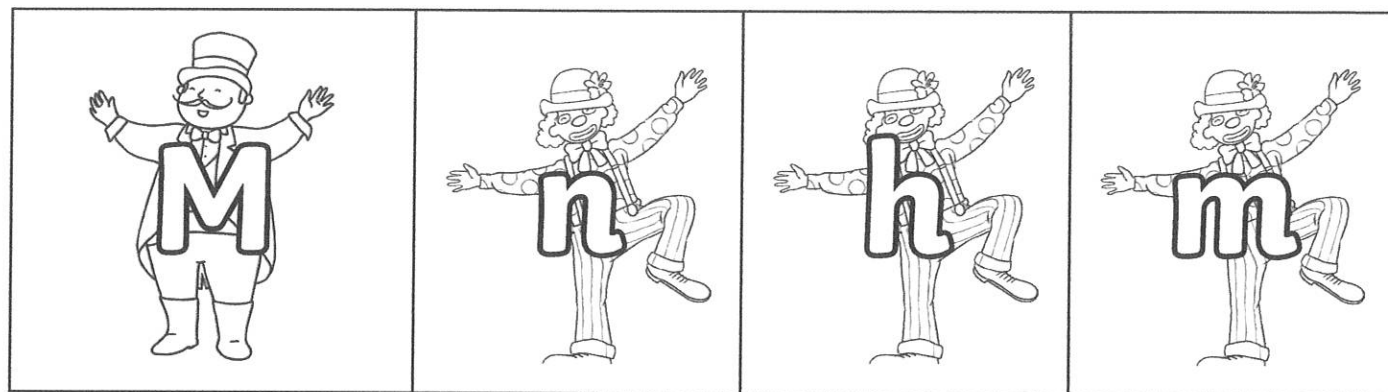
Capital Letter Matching

Match the capital letter on the ringmaster to the matching lower case letter on the clown.



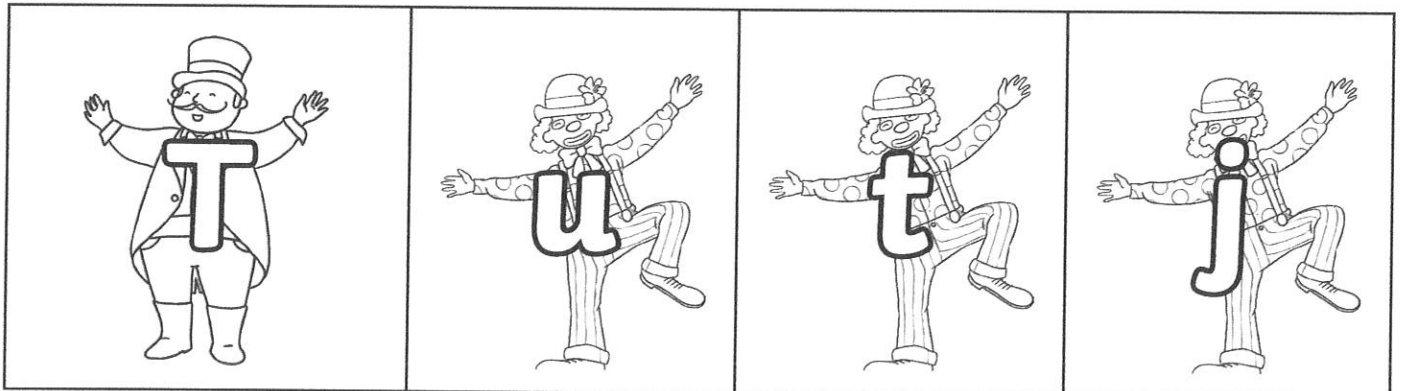
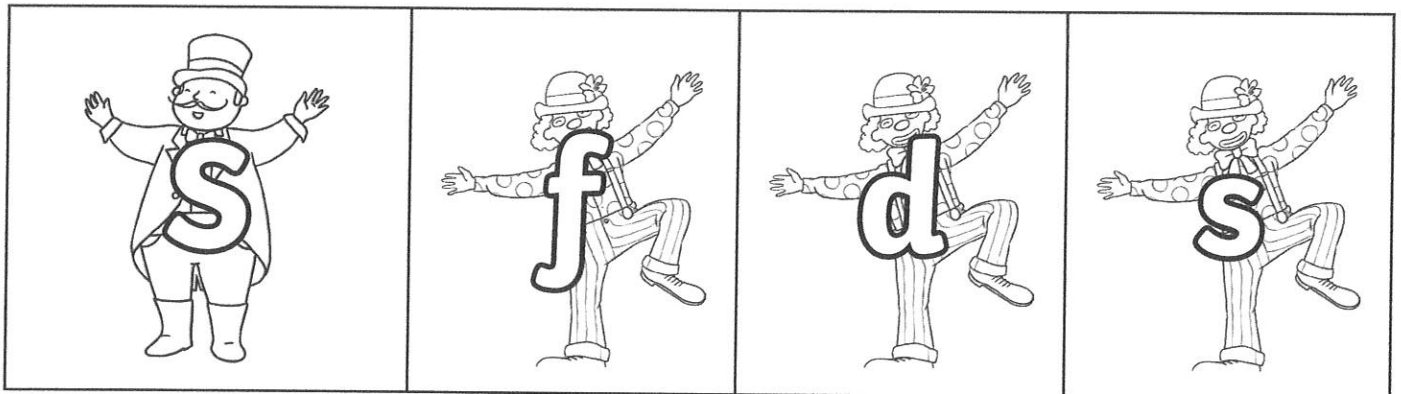
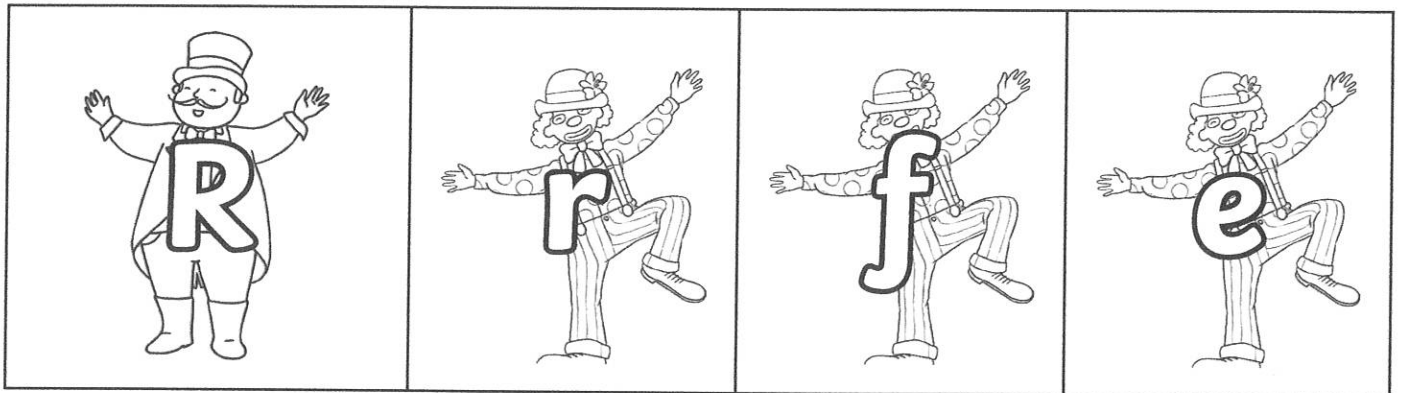
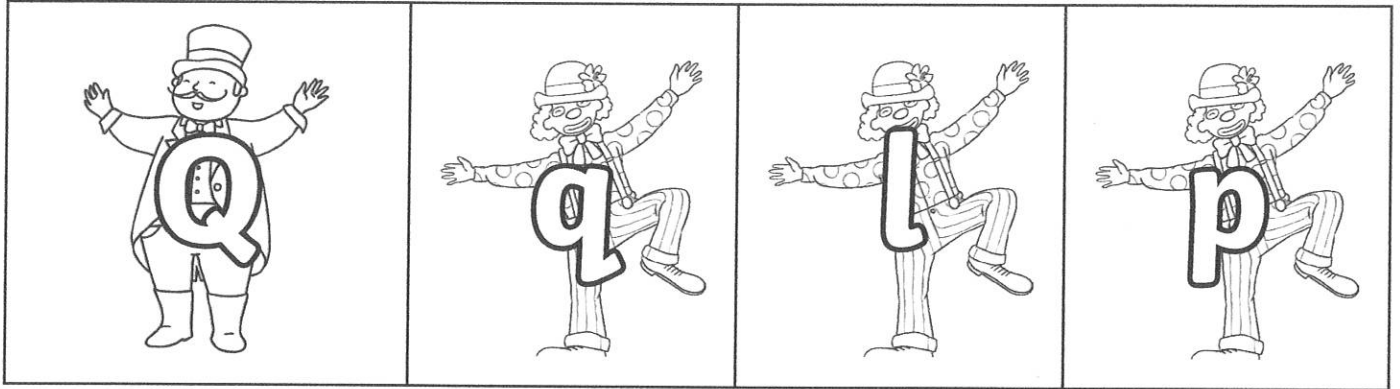
Capital Letter Matching

Match the capital letter on the ringmaster to the matching lower case letter on the clown.



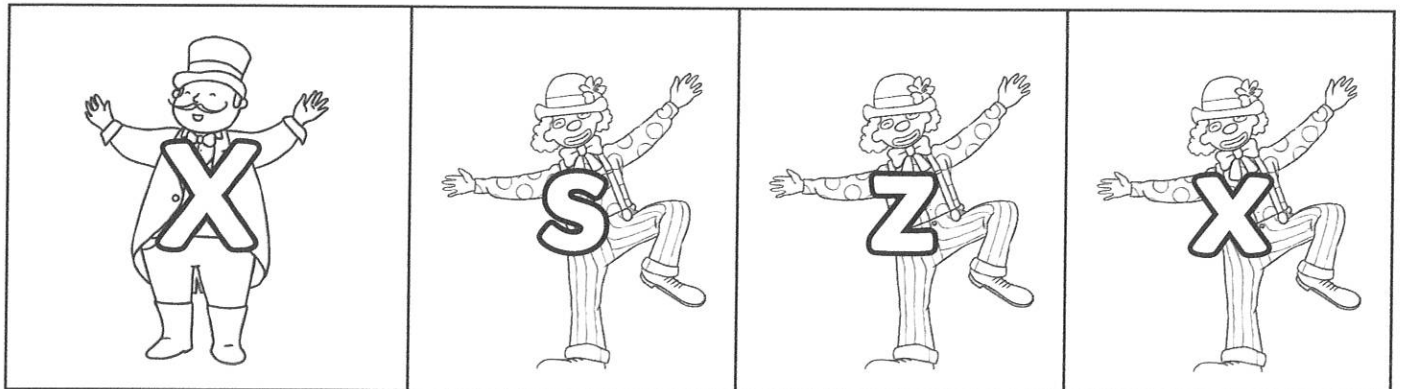
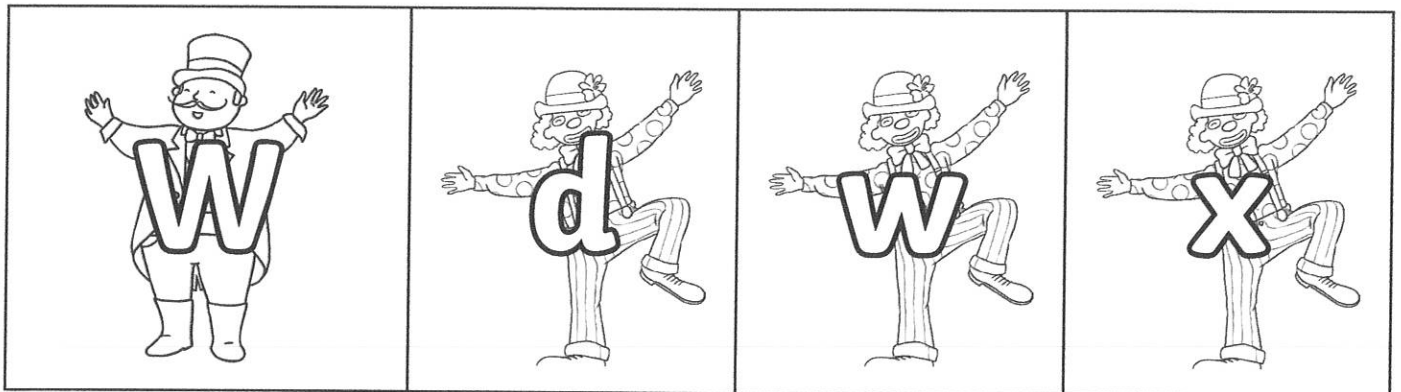
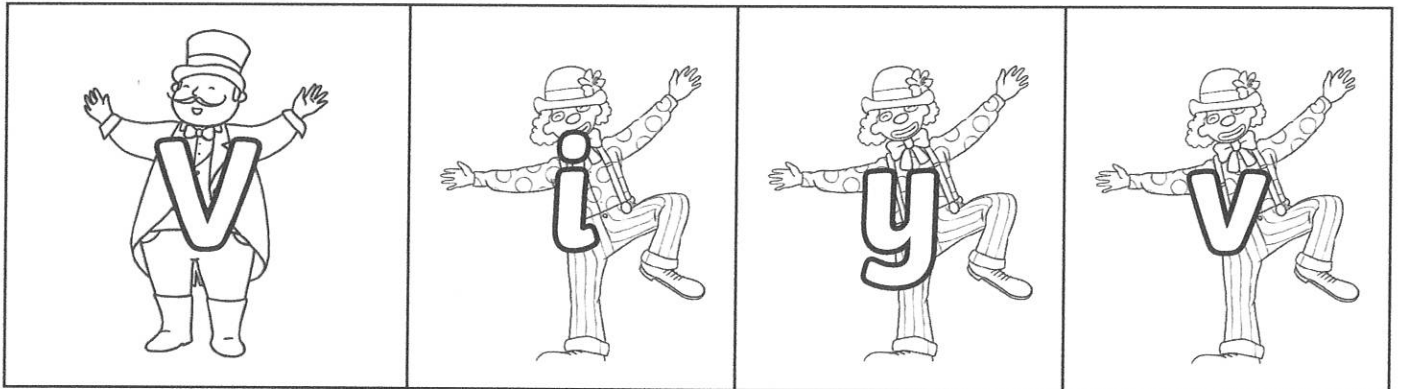
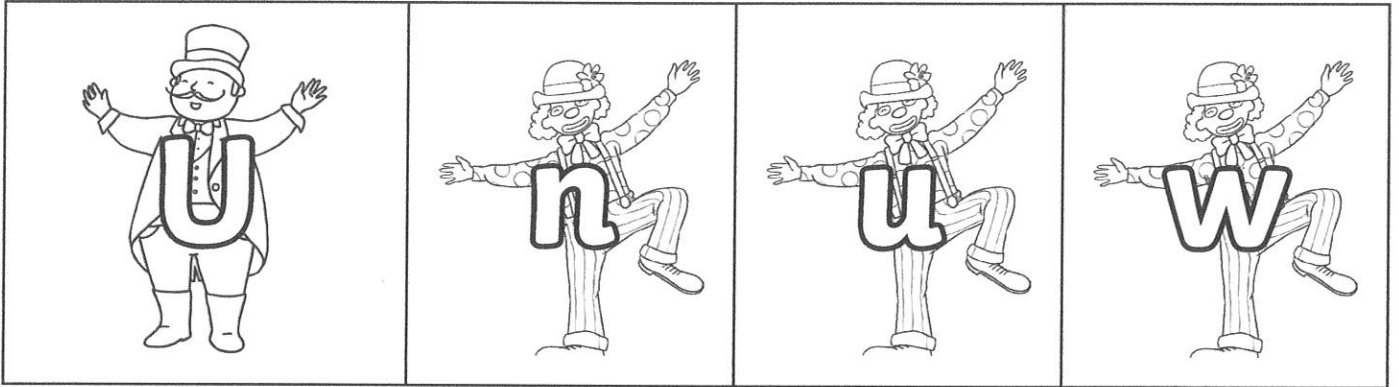
Capital Letter Matching

Match the capital letter on the ringmaster to the matching lower case letter on the clown.











Capital Letter Matching

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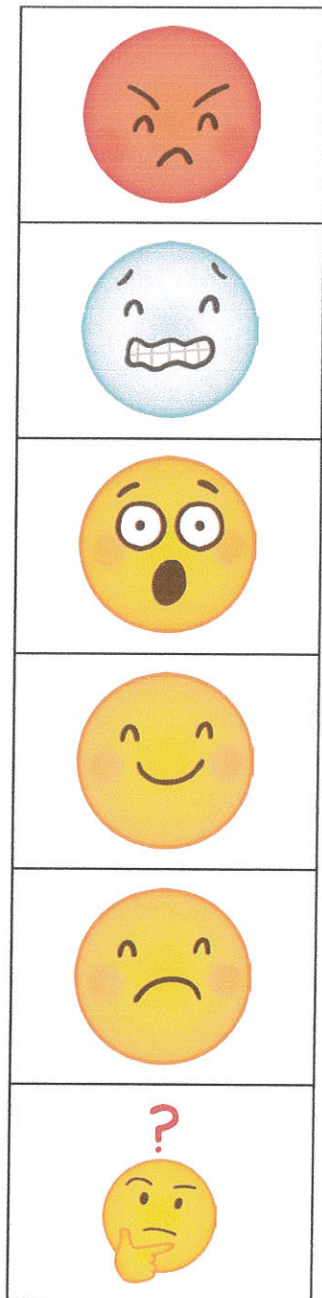
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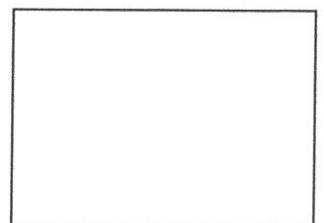
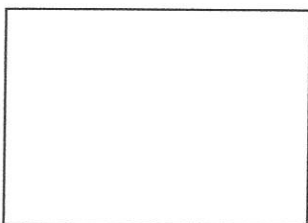
Emoji Feeling Match Up Activity

Match up each emoji to the correct word for the feeling it shows.



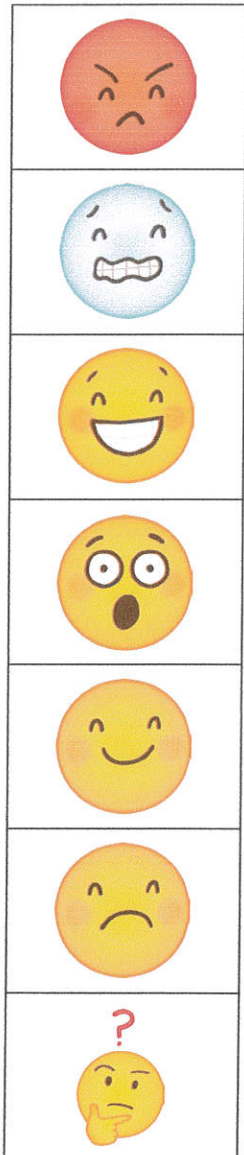
shocked
sad
poorly
happy
unsure
mad

Can you draw and label an emoji to describe a different feeling?



Emoji Feeling Match Up Activity

Match up each emoji to the correct word for the feeling it shows.

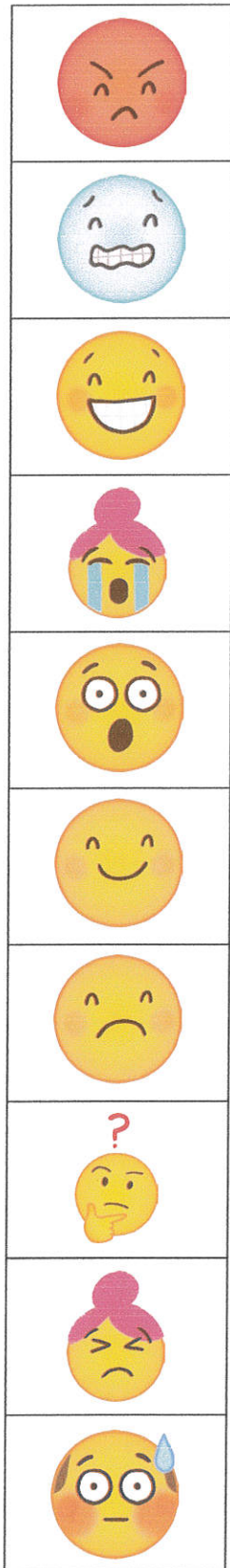


shocked
sad
ill
really happy
happy
unsure
cross

Choose two of these feelings. Write about when you felt like this below:

Emoji Feeling Match Up Activity

Match up each emoji to the correct word for the feeling it shows.

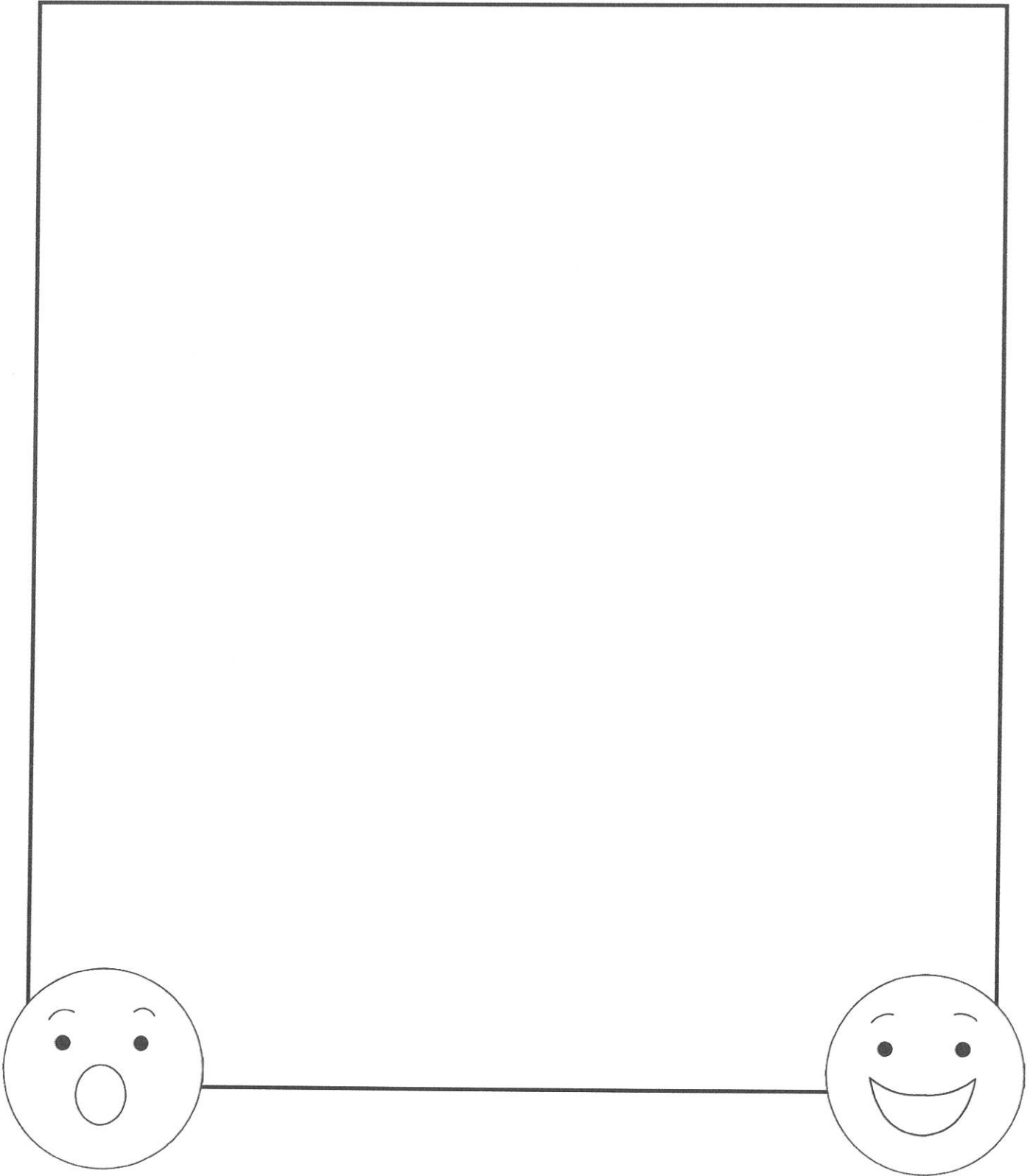


surprised
sad
ill
really happy
unsure
embarrassed
annoyed
happy
upset
angry

Choose four of these feelings. Write about when you felt like this below:

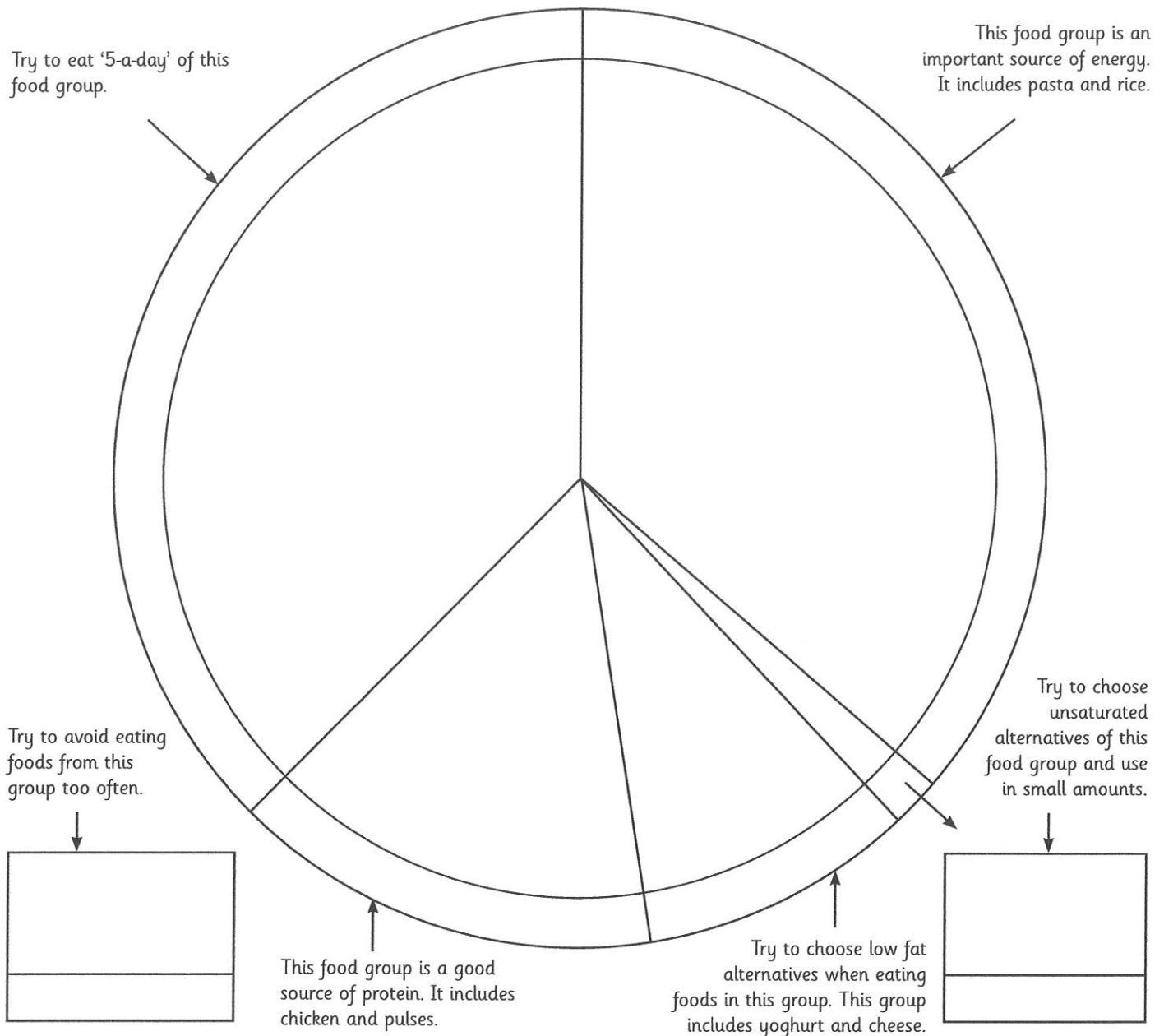
Emoji Design Sheet

Create your own emoji character in the space below. Your emoji could be male, female or an animal. You could accessorise your character or add a background.



Finding the Food Group

We can divide the food we eat into five food groups. We should follow a balanced diet to stay healthy. We should eat a variety of different foods in correct proportions. The plate below shows you the five food groups. We should always try to eat more of the two largest food groups and less of the food groups in the smaller sections.



Label each section of the plate with one of the following:

1. bread, rice, potatoes, pasta and other starchy foods
2. fruit and vegetables
3. meat, fish, eggs, beans and other non-dairy sources of protein
4. milk and dairy foods
5. foods and drinks high in fat and/or sugar
6. oils and spreads



BBC Children in Need

Joe Wicks' Healthy Bakes

Blueberry and Banana Muffins



This recipe makes 12 muffins.

You will need an adult to help you make these muffins.

Ingredients:

- 180g oats
- 2 bananas
- 2 eggs
- 2 teaspoons of vanilla extract
- 2 teaspoons of baking powder
- 2 handfuls of blueberries

Method

1. First, ask an adult to heat the oven to 180°C/160°C fan/gas mark 4.
2. After washing your hands, put 12 muffin cases in a muffin tin.
3. In a large mixing bowl, mash the bananas.
4. Crack the eggs into the bowl and whisk with a fork.
5. Stir in the vanilla essence and the baking powder.
6. Next, stir in the oats.
7. Ask an adult to halve the blueberries and then you can squish them.
8. Add the blueberries to the mixture in the bowl and stir well.
9. Spoon the mixture into the muffin cases.
10. Ask an adult to put them in the oven to bake for 18 minutes.
11. When they're ready, ask an adult to take them out of the oven and leave to cool.



BBC Children in Need Joe Wicks' Healthy Bakes

Frozen Berry and Yoghurt Bark



Ingredients:

- 500g / 2 cups of Greek yoghurt
- 2 tbsp honey
- 1 tbsp cranberries
- 1 tbsp raisins
- 5 fresh strawberries, chopped
- 1 tbsp dark chocolate chips
- 1 tsp desiccated coconut

Method

1. After washing your hands, mix the yoghurt and honey together until well combined.
2. Add the cranberries and raisins and stir again.
3. Line a baking tray with foil and carefully pour the yoghurt mixture on top.
4. Spread the mixture depending on how thick or thin you want your bark to be.
5. Sprinkle the strawberries, chocolate chips and desiccated coconut on top.
6. Place in the freezer for 2-4 hours until it is completely frozen.
7. Remove the tray from the freezer and ask an adult to use a knife to break it into pieces.



BBC Children in Need Joe Wicks' Healthy Bakes

Banana and Peanut Butter Oaty Muffins



Makes 12 muffins.

Warning – these muffins contain nuts.

Ingredients:

- 2 eggs
- 150ml almond milk
- a squeeze of honey
- coconut oil
- 1 banana (mashed)
- 1 tbsp peanut butter
- 1 tsp baking powder
- a sprinkle of cinnamon
- a sprinkle of salt
- 1 tsp vanilla extract
- 80g porridge oats

Method

1. Ask a grown-up helper to heat the oven to 180°C.
2. After washing your hands, line a muffin tin with 12 bun cases.
3. In a mixing bowl, mash the banana.
4. Add the peanut butter, baking powder, sprinkle of cinnamon, vanilla extract, coconut oil and a sprinkle of salt.
5. Mix it all together and then add the oats.
6. Spoon the mixture into the 12 bun cases.
7. Ask a grown-up helper to put the tin in the oven for 15 minutes.
8. Once the adult has removed them from the oven, allow the tin to cool on a wire rack.

Useful tip: The riper the banana, the sweeter your oaty muffins will be.



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BBC Children in Need Joe Wicks' Healthy Bakes

Carrot and Apple Muffins



Makes 12 muffins.

Ingredients:

- 2 medium carrots, grated
- 2 medium eating apples, peeled and grated
- 100g ground almonds
- 60g raisins
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 75g ricotta cheese
- 3 eggs
- 2 tsp vanilla extract
- 2 tsp honey
- 125g cream cheese

Method

1. Ask an adult to heat the oven to 180 degrees.
2. Line a 12-hole muffin tin with small muffin cases.
3. Place all of the ingredients (apart from 1 teaspoon of the vanilla extract, the honey and the cream cheese) into a large bowl and beat with a wooden spoon until fully combined.
4. Divide the mixture equally among the muffin cases.
5. Ask an adult to put the tin in the oven and bake for 25 minutes - they should be cooked through and a little golden on the top.
6. While the muffins are cooling, whip together the remaining vanilla extract, cream cheese and honey.
7. Once the muffins are completely cool, spread the cream cheese icing on top.

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Official Education Partner

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Start

Healthy Eating and Living

Finish!

You danced to a song today!
Move forward two spaces.

Uh oh! You ate too many crisps.
Go back two spaces.

You've had your '5 a day' today!
Move forward two spaces.

Oh no! You played on the computer all day with no exercise.
Go back two spaces.

Oh no! You ate too many sweets.
Go back two spaces.

You went swimming today!
Move forward two spaces.

You ate too many chips!
Go back two spaces.

You drank all of your water today!
Move forward two spaces.

You played football in the park!
Move forward two spaces.

You forgot to brush your teeth.
Go back two spaces.

You played a running game at playtime!
Move forward two spaces.

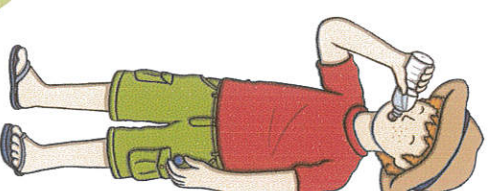
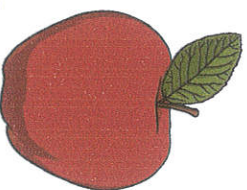
You forgot to wash your hands before lunch.
Go back two spaces.

You drank all of your water today!
Move forward two spaces.

Oh no! You ate too many sweets.
Go back three spaces.

You ate too many chips!
Go back two spaces.

Uh oh! You ate too many crisps.
Go back two spaces.

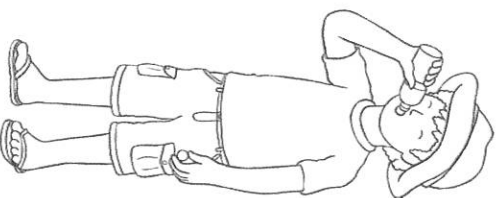
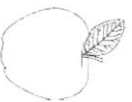


Healthy Eating and Living Board Game

Instructions

Roll the die and move your game piece that number of squares. Read the statement in the space and move forwards or backwards as directed.

This game can be for 2-4 players. The first player to get to the end wins!

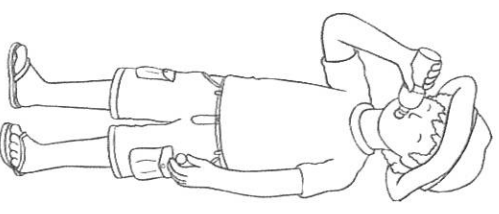


Healthy Eating and Living Board Game

Instructions

Roll the die and move your game piece that number of squares. Read the statement in the space and move forwards or backwards as directed.

This game can be for 2-4 players. The first player to get to the end wins!



Importance of Exercise

An estimated 67% of people with gym memberships never go!

You could try to find out:

- Why this is.
- Whether people are fitter now than they were 50 years ago.
- When most people sign up to gyms.

Design a poster which advertises the benefits of exercise.

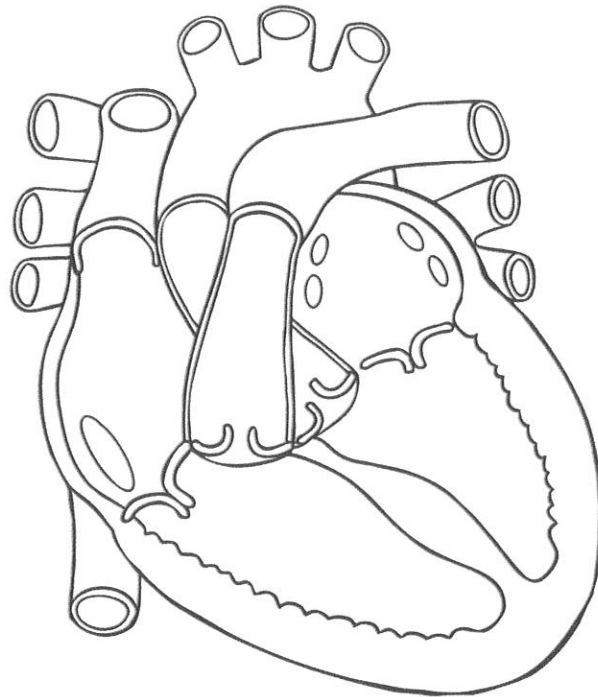
Think about the following points whilst preparing your poster:

- Why is exercise important?
- How does our body respond when we exercise?
- What are the different types of exercise?
- Where do people go to exercise?
- Are there any other benefits to exercise, other than improved health?



The Human Heart System

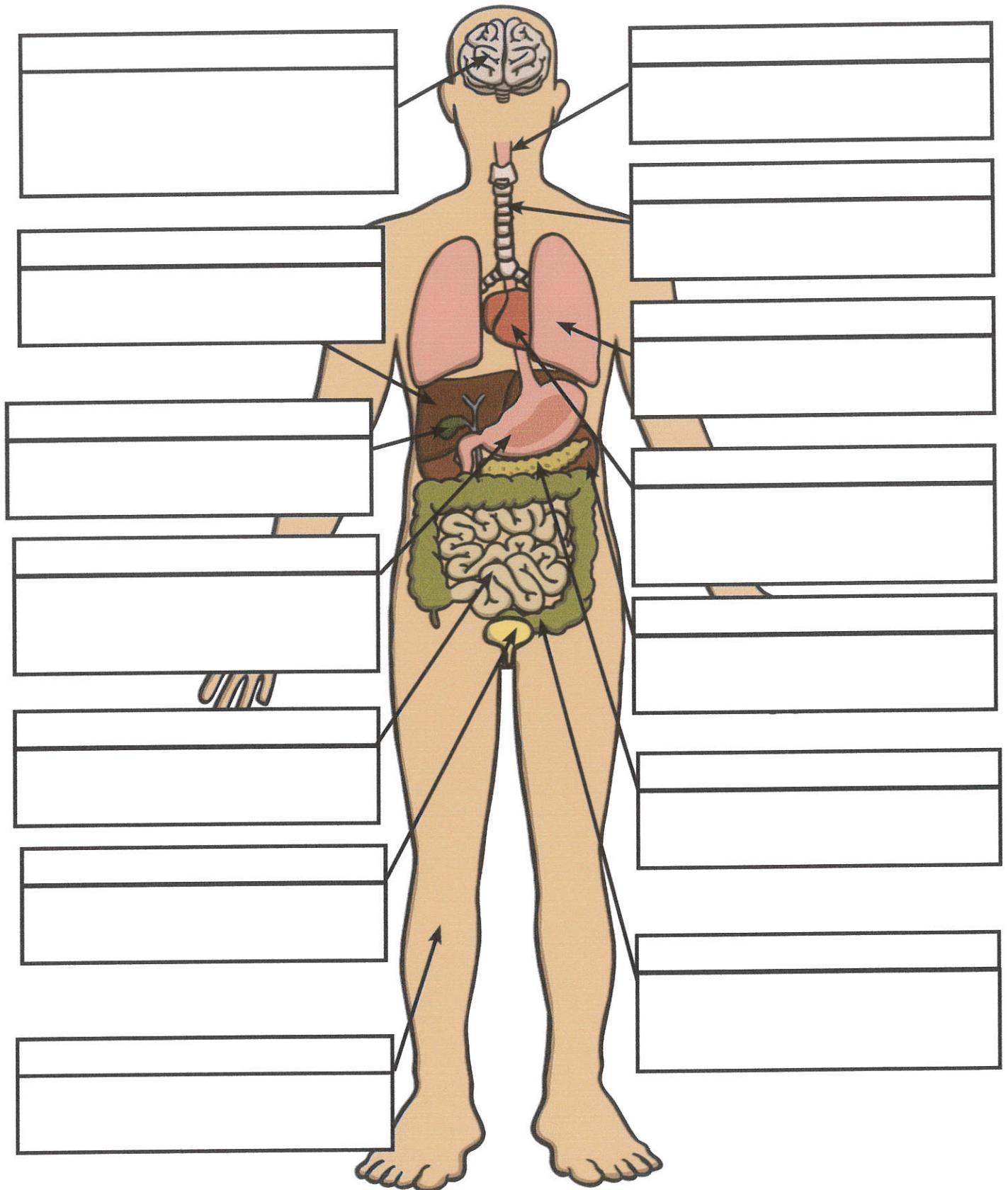
Label the parts of the heart system.



Now draw arrows onto the heart to show the direction of oxygenated and deoxygenated blood. Use 2 different colours to show the difference.

Human Organ Matching and Labelling

Cut out the organ names and descriptions and stick them down in the correct boxes on the diagram.



Maintains body temperature using sweat and goosebumps.

Controls all of our necessary bodily functions, sends the impulses which allow us to move and enables you to think and learn.

Pumps oxygenated blood around your body and receives de-oxygenated blood back.

Filters water and salt out of your blood and creates urine.

Makes bile for digestion, filters out toxins and regulates blood sugar.

Produces enzymes necessary for digestion.

Digests food using enzymes and absorbs nutrients for the blood.

Continues the digestion process, absorbs as much water as possible and expels excess fibre and waste.

Stores and concentrates bile produced by the liver.

Takes in oxygen, which reaches the blood via the heart.

Stores urine so that we can decide when we want to go to the toilet.

Transports food and drink from the mouth to the stomach.

Receives food from the oesophagus and begins to break it down with digestive juices (enzymes).

Transports air from the nose and mouth to the lungs.

oesophagus

bladder

liver

large intestine

gall bladder

kidneys

stomach

heart

pancreas

lungs

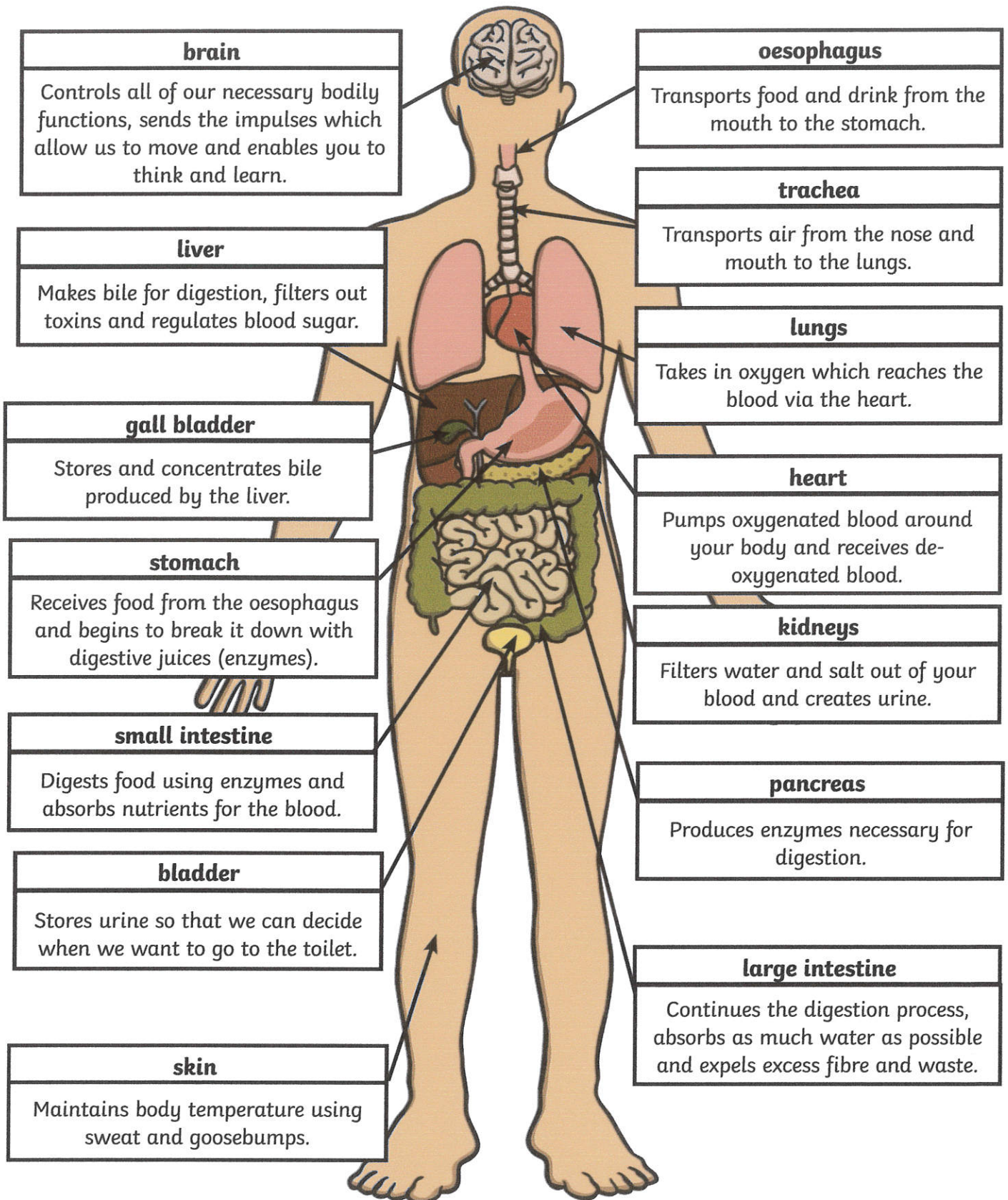
small intestine

trachea

skin

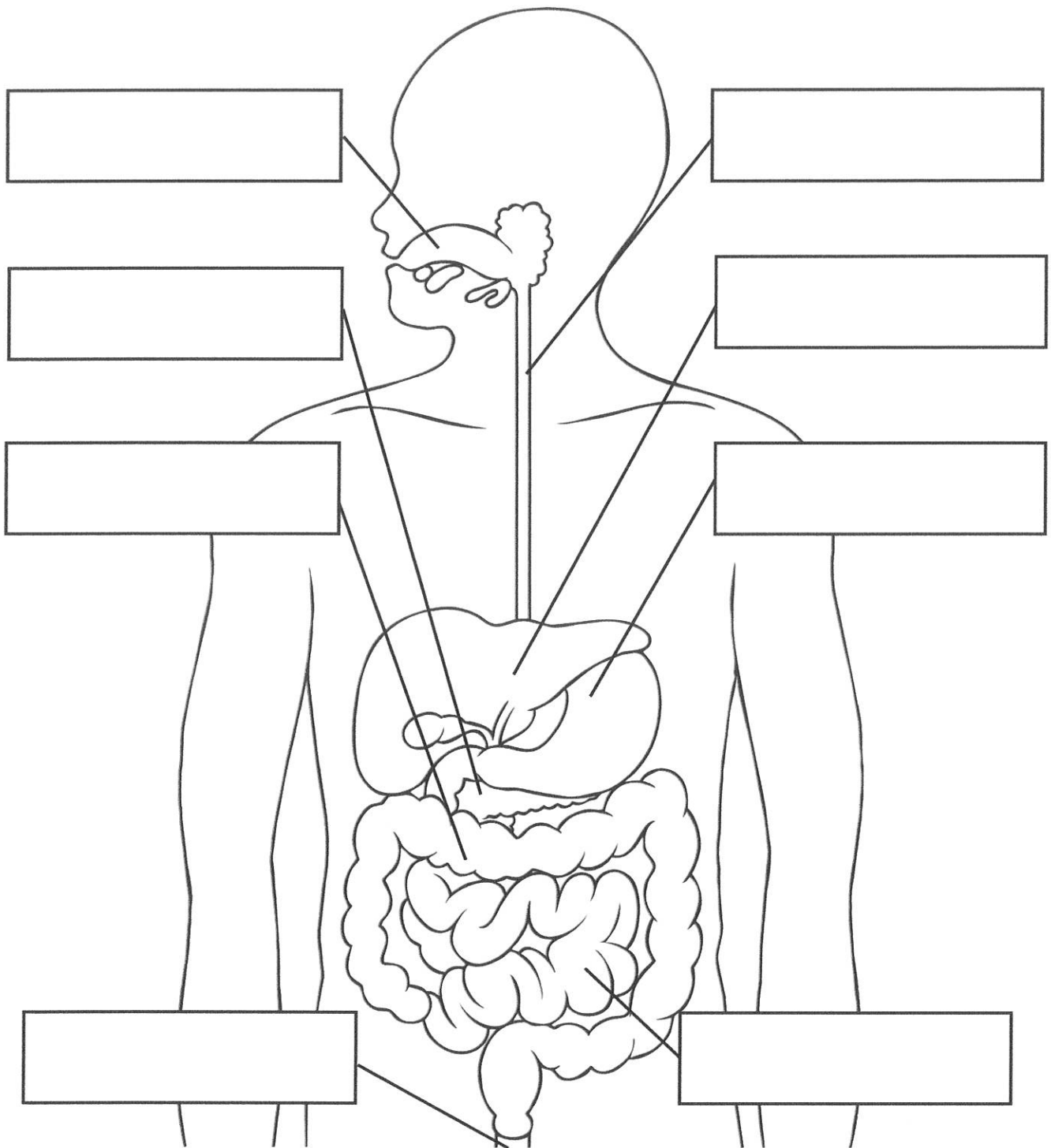
brain

Answers



Digestive System Labelling

Cut out the labels and stick them onto the correct digestive parts in this diagram.



Extension



See if you can find out what the large intestine does and why it is important in digestion.

Experience this in AR! Simply scan this code with any device running iOS 12 or later. For further info, please visit our FAQ page at www.twinkl.co.uk/help/twinkl-apps.

oesophagus

anus

liver

small intestine

large intestine

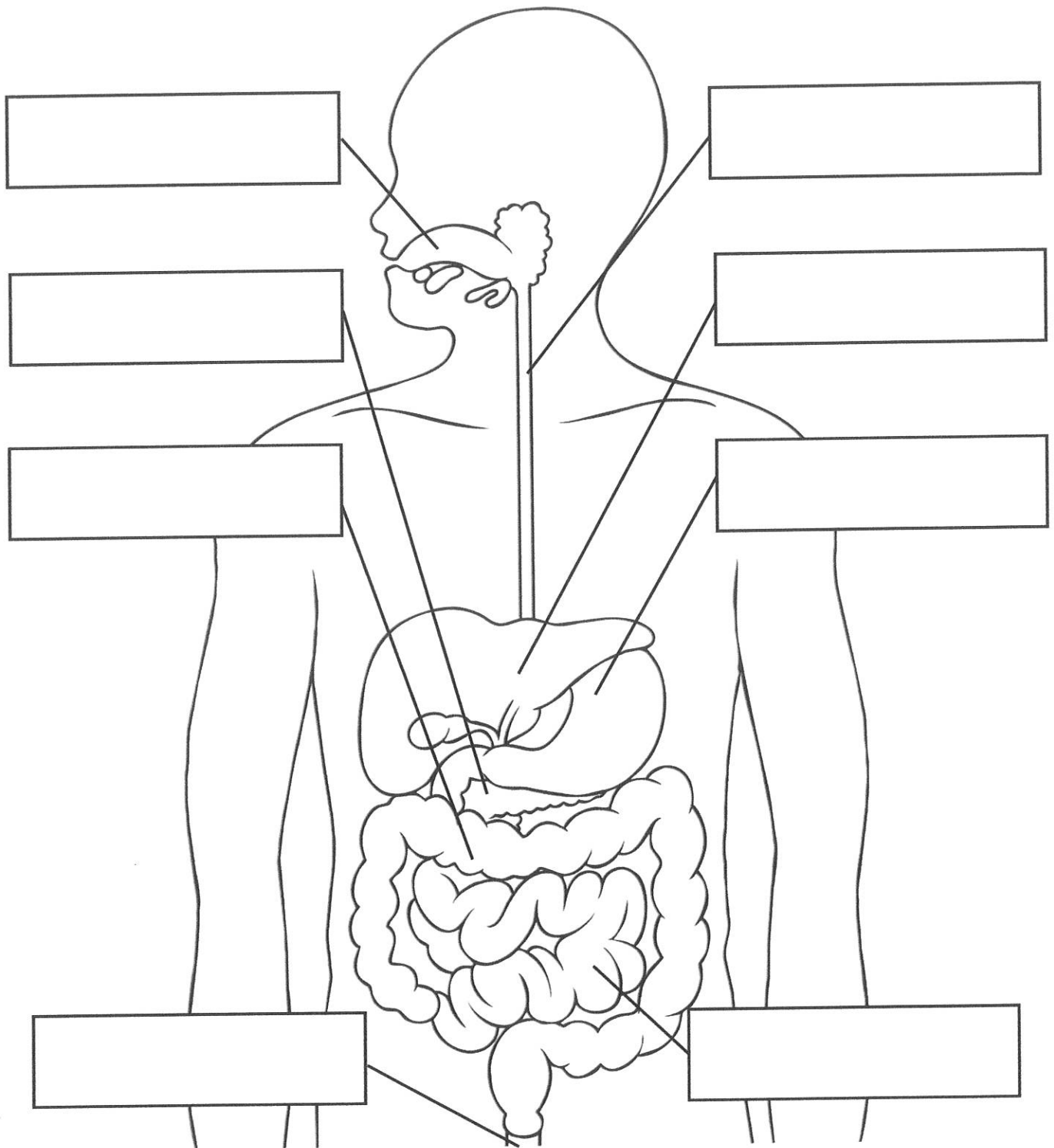
mouth

pancreas

stomach

Digestive System Labelling

Label the digestive parts in this diagram.



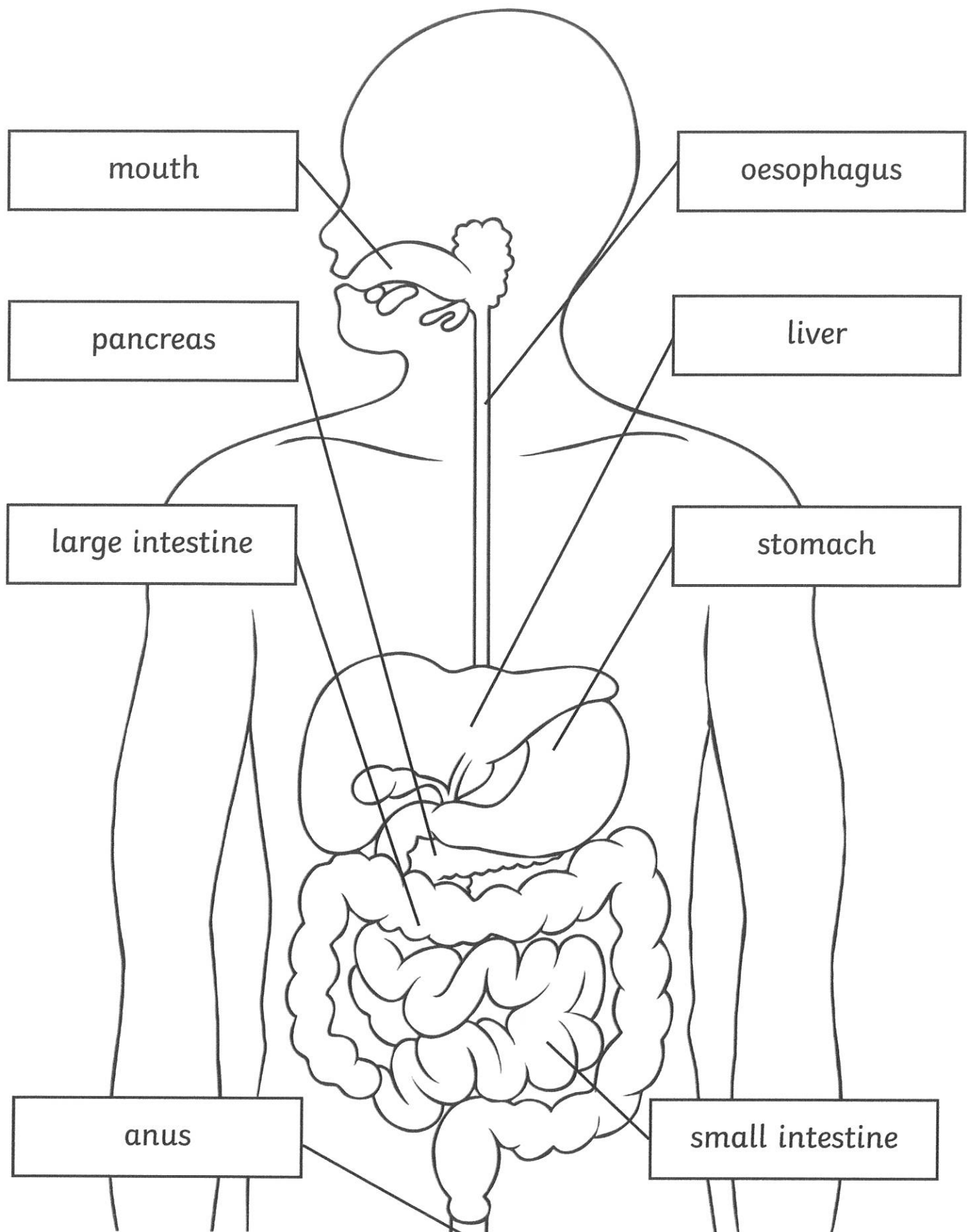
Extension



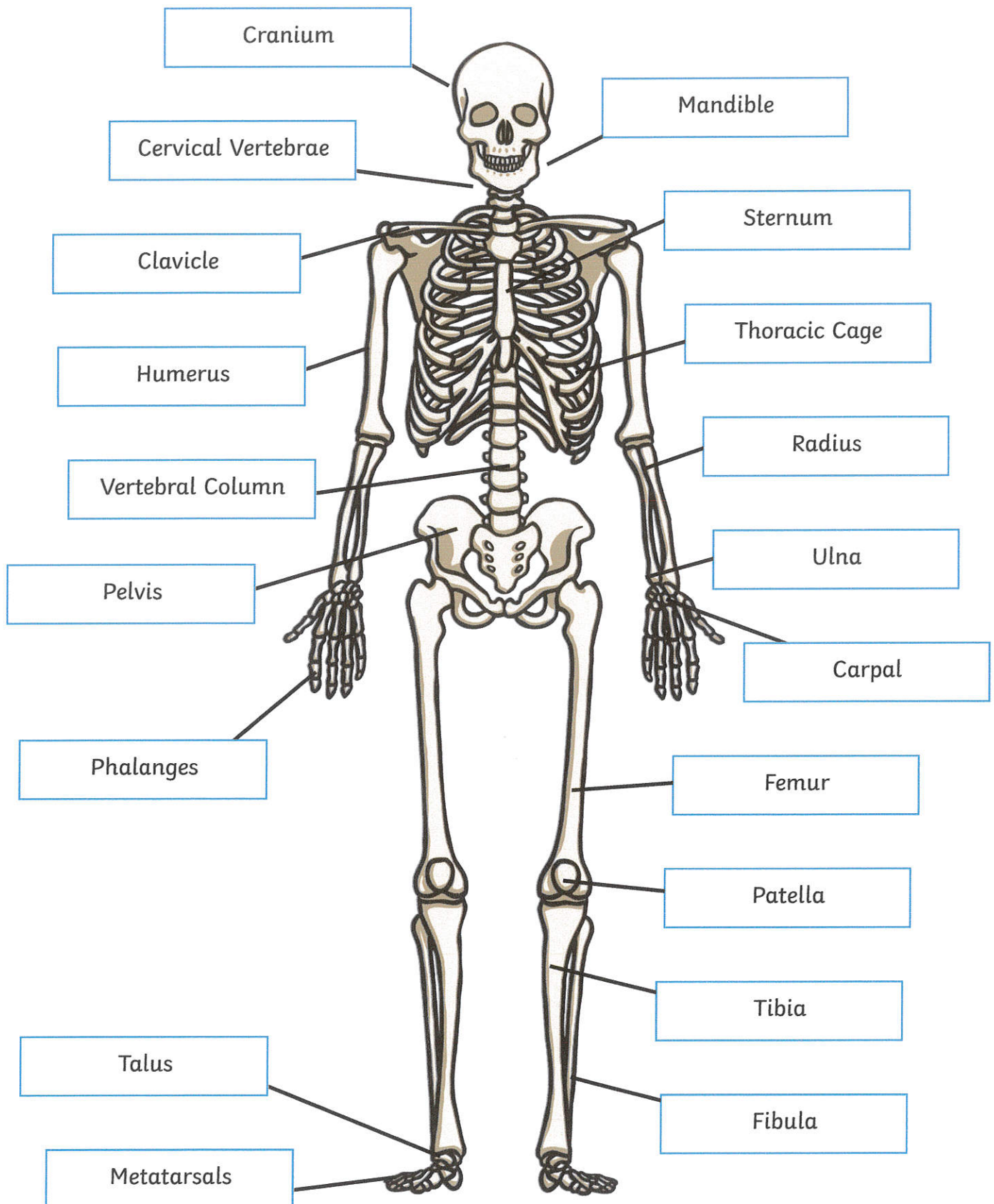
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Digestive System Labelling **Answers**



The Human Skeleton



The Human Skeleton

Cranium

Mandible

Cervical Vertebrae

Sternum

Clavicle

Thoracic Cage

Humerus

Radius

Vertebral Column

Ulna

Pelvis

Carpal

Phalanges

Femur

Talus

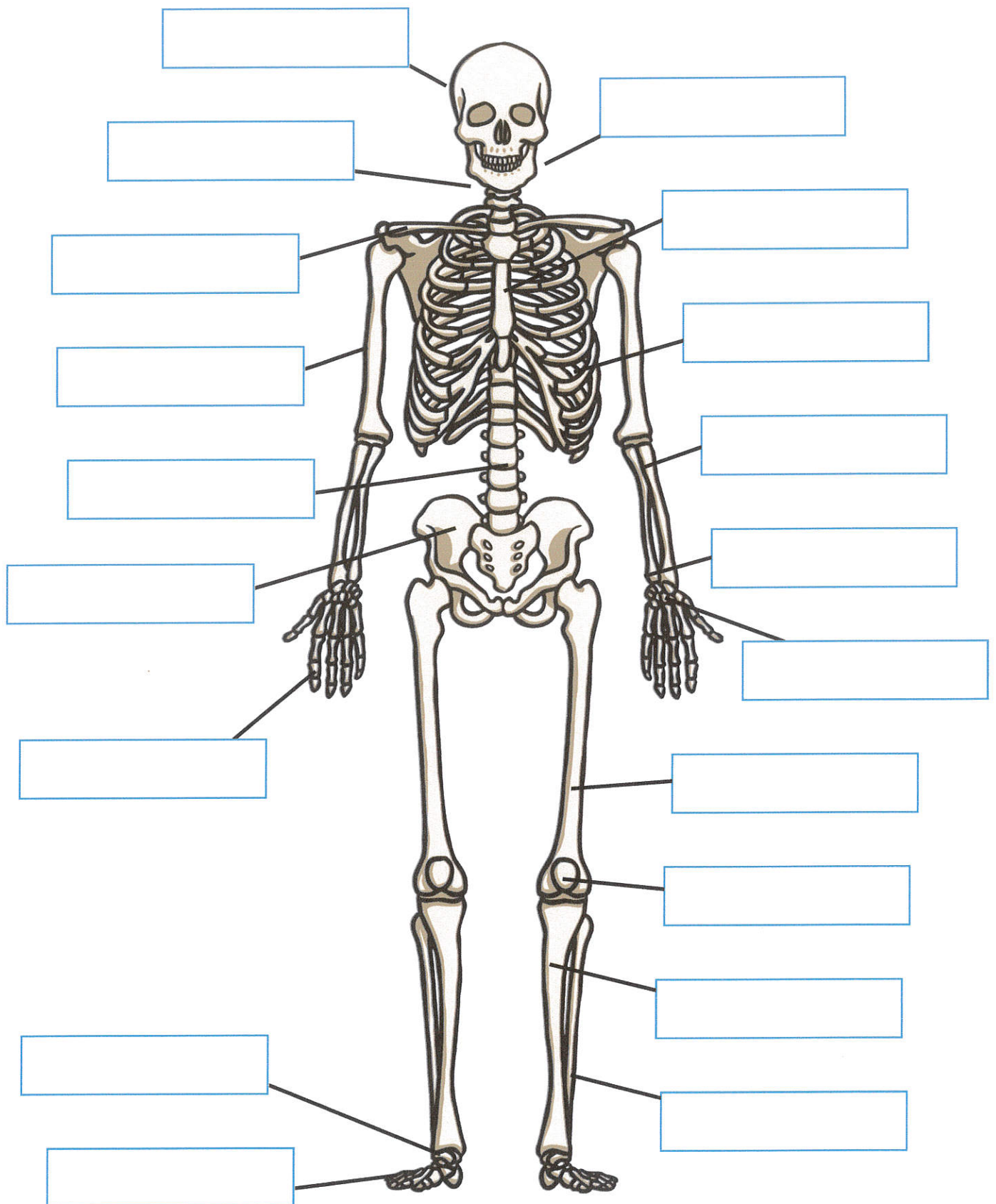
Patella

Metatarsals

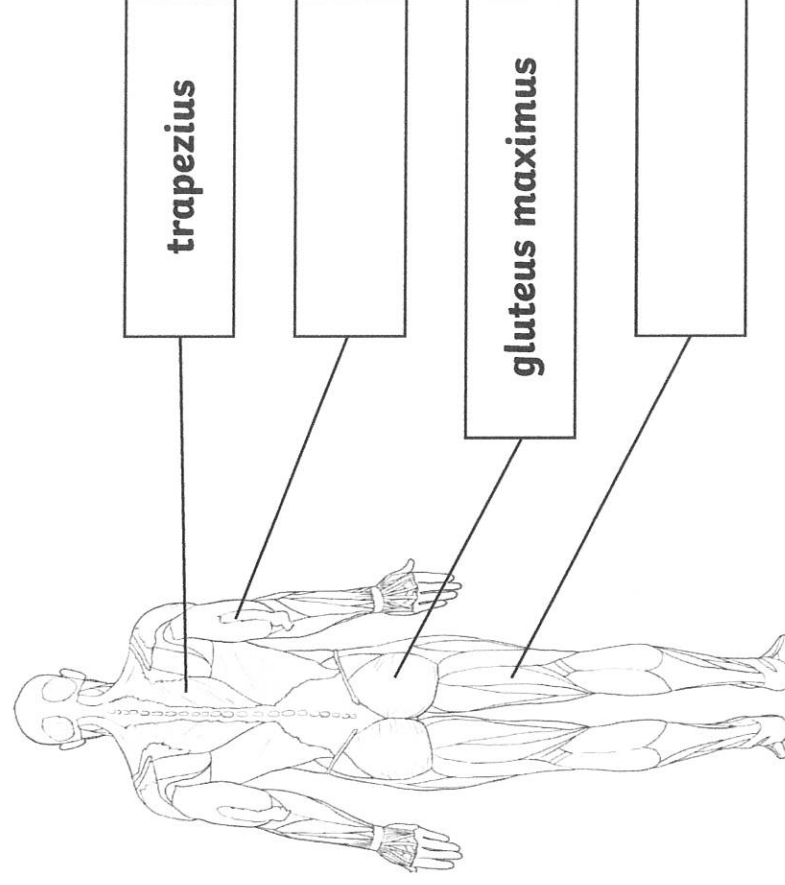
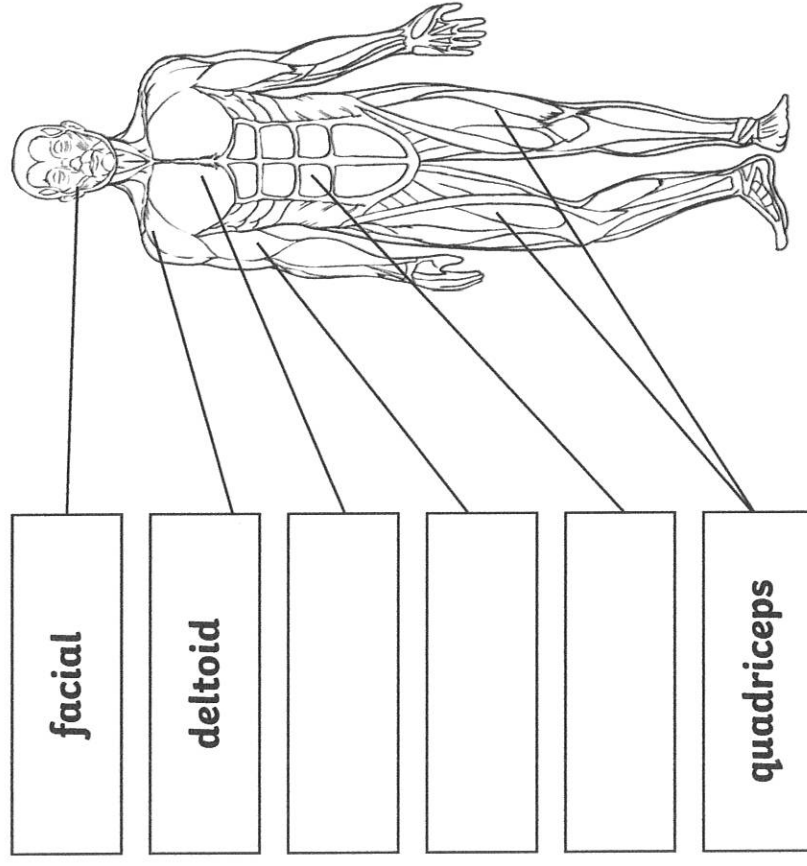
Tibia

Fibula

The Human Skeleton



KS2 Human Muscles Labelling Activity



hamstrings

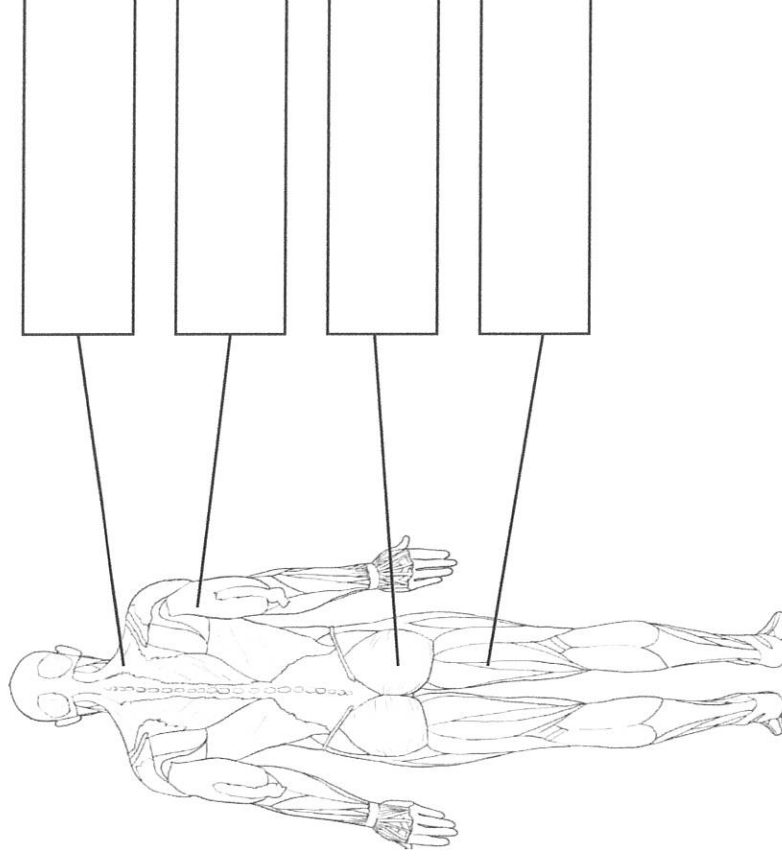
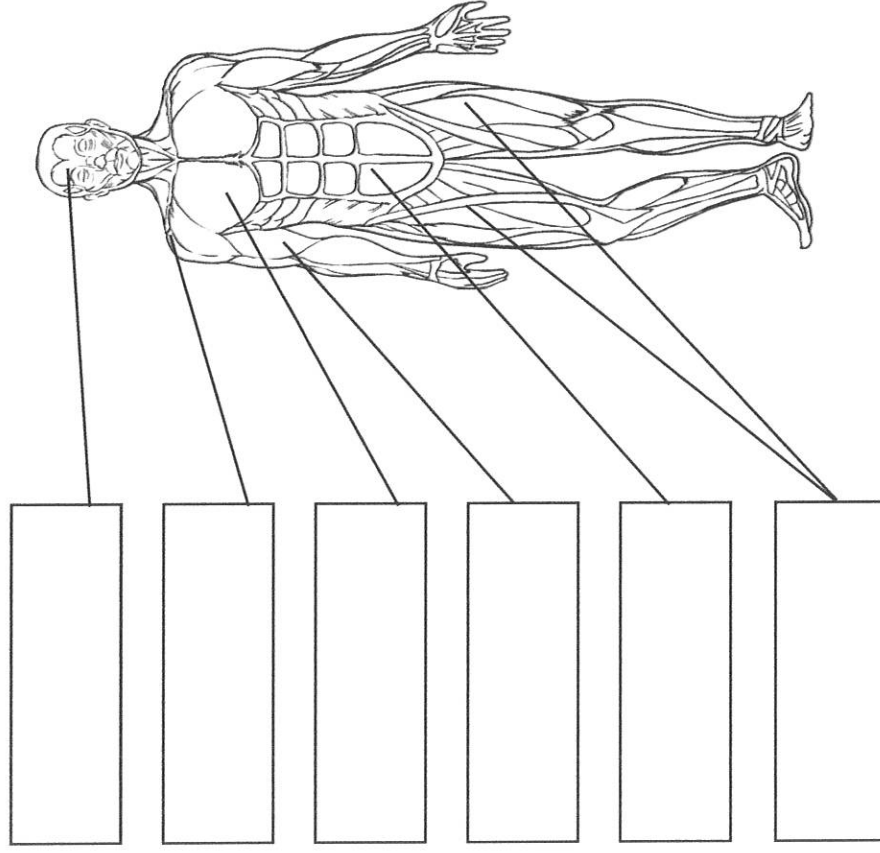
abdominals

triceps

biceps

pectorals

KS2 Human Muscles Labelling Activity



hamstrings

quadriceps

triceps

pectorals

facial

gluteus maximus

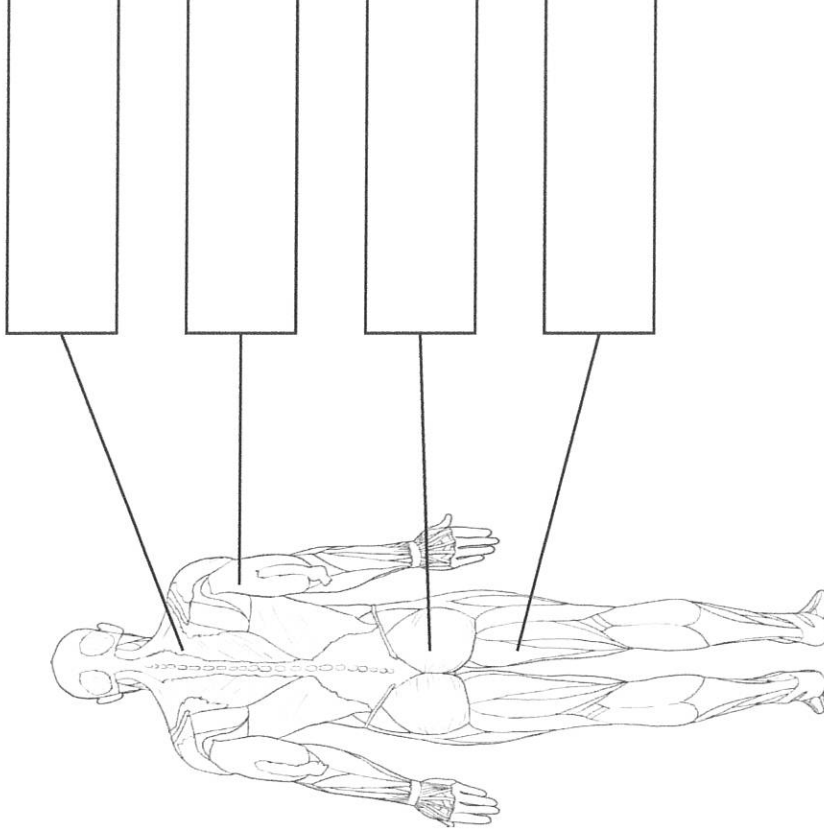
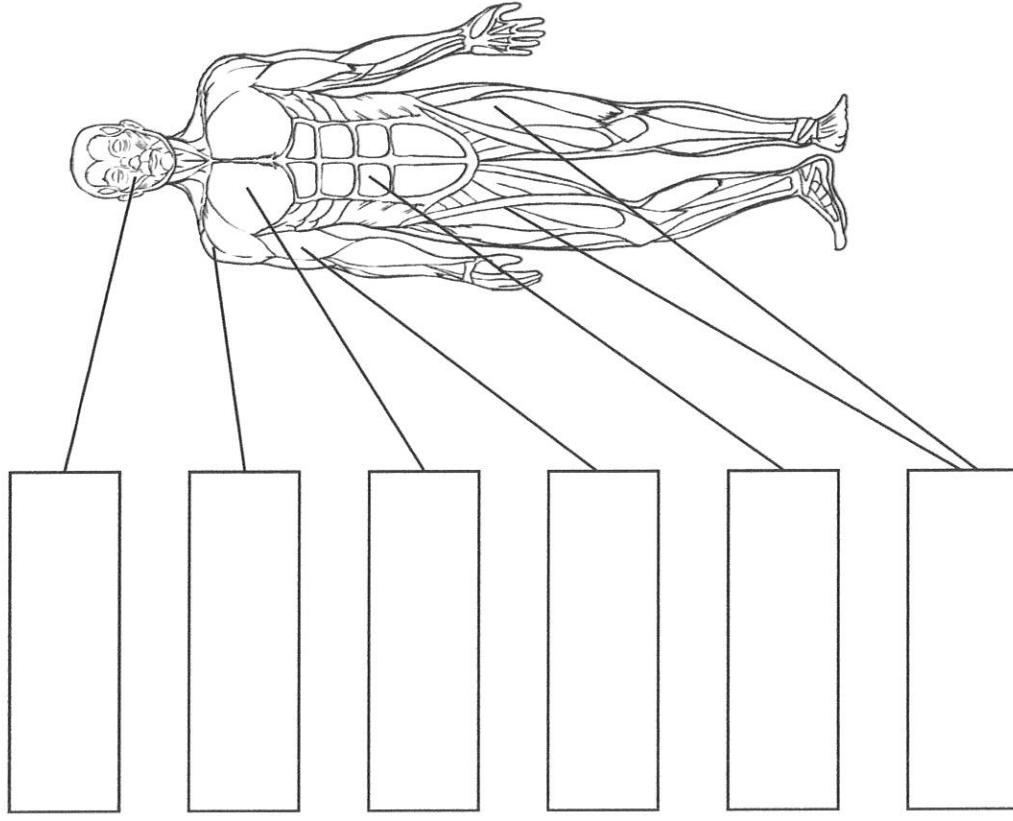
abdominals

biceps

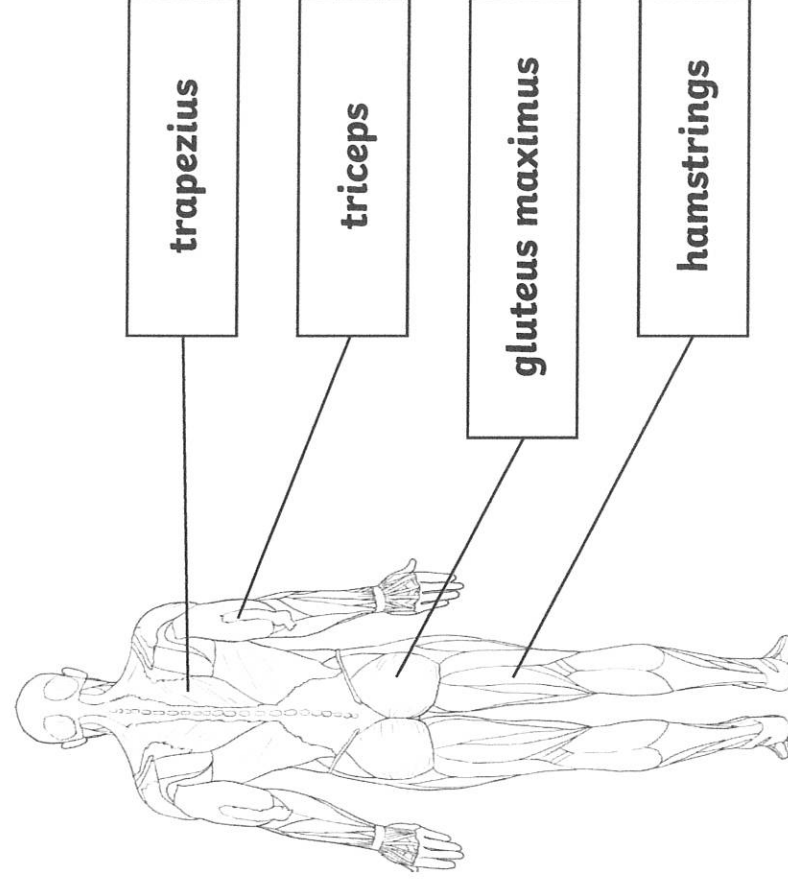
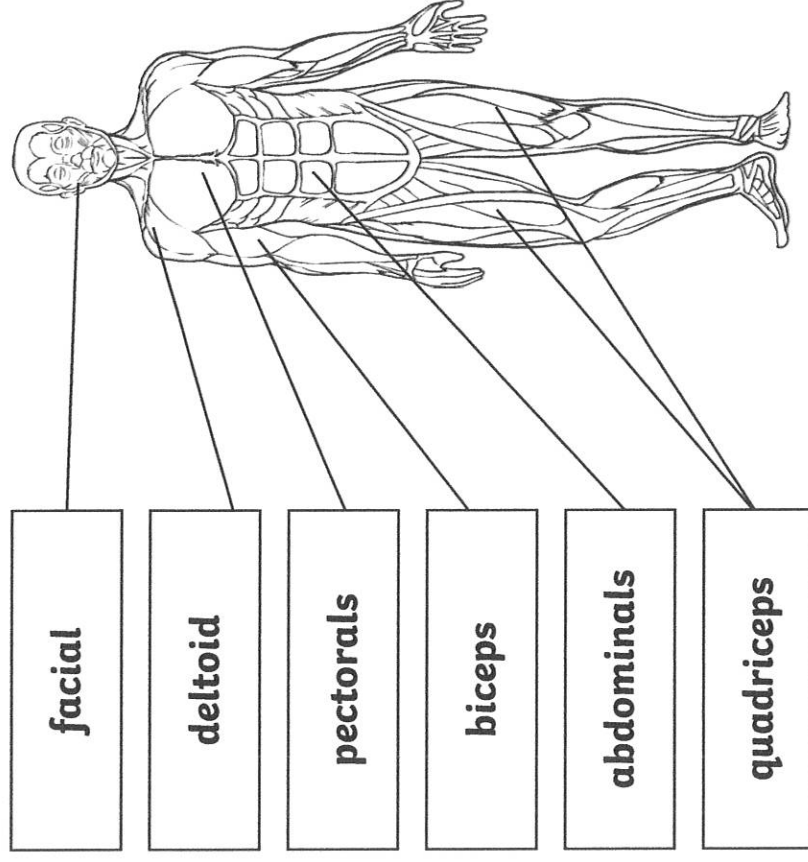
deltoid

trapezius

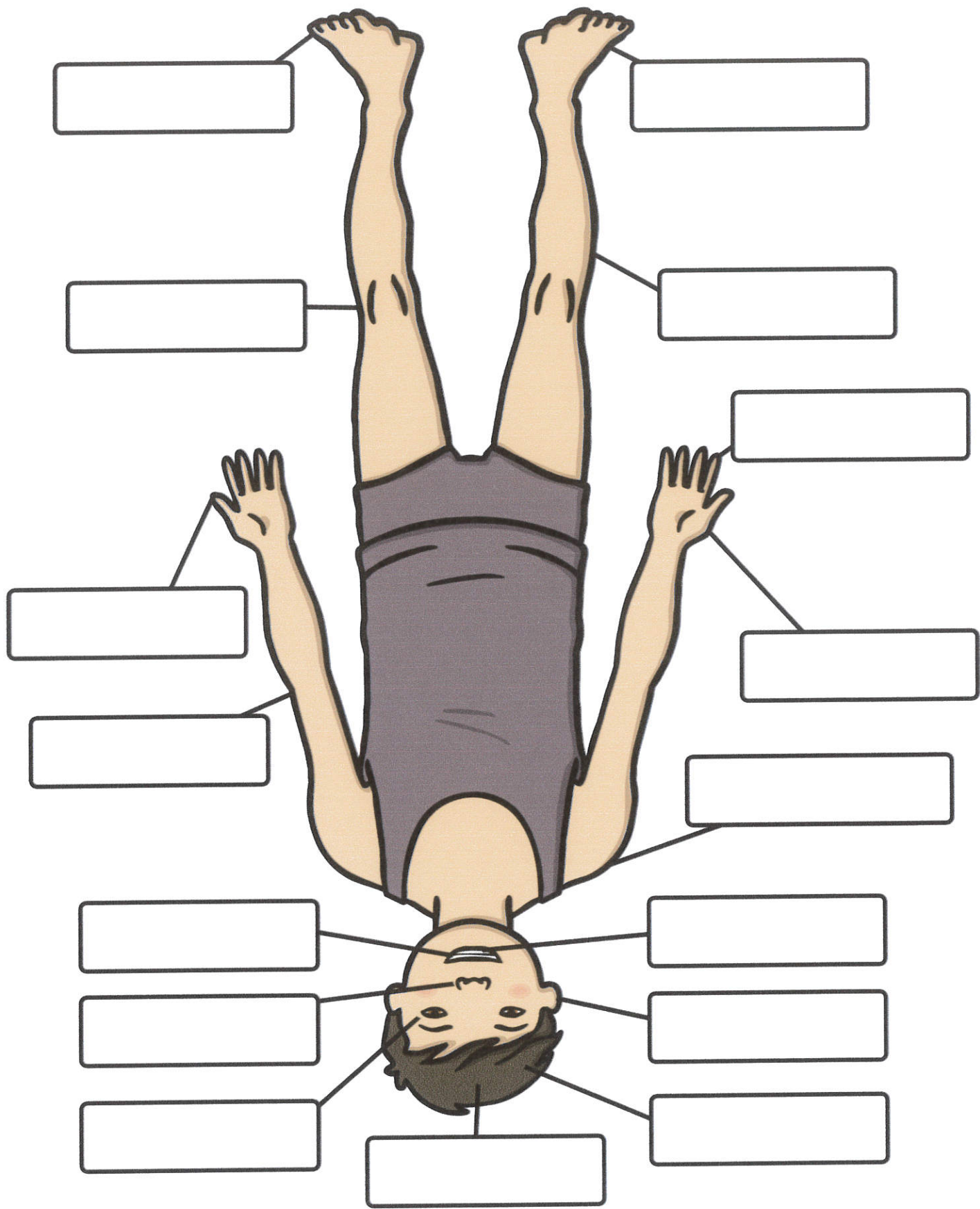
KS2 Human Muscles Labelling Activity



KS2 Human Muscles Labelling Activity Answers



Parts of the Body Labelling Activity



Parts of the Body Labelling Activity

Carefully cut out the labels and stick them in the correct places on the diagram of the body.

hand	fingers
toes	nose
knee	thumb
shoulders	elbow
leg	teeth
ears	eyes
head	foot
hair	mouth

A Healthy Heart

Amazing Fact

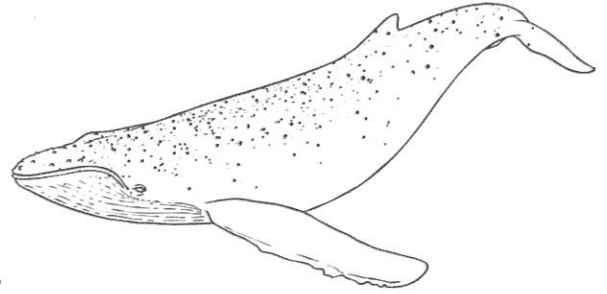
A blue whale's heart is the size and weight of a small car!

Challenge

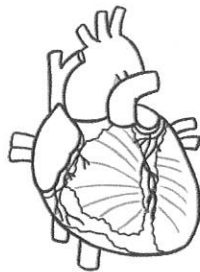
The heart is a very important organ. It has to pump blood around the body all the time. To help keep the human heart healthy, we need to eat the right foods.

Foods which are good for our heart include:

- fruit and vegetables;
- fish;
- wholegrain foods like bread and cereals.



Draw healthy foods around the heart below which will help to keep it working properly.



You could also try to find out:

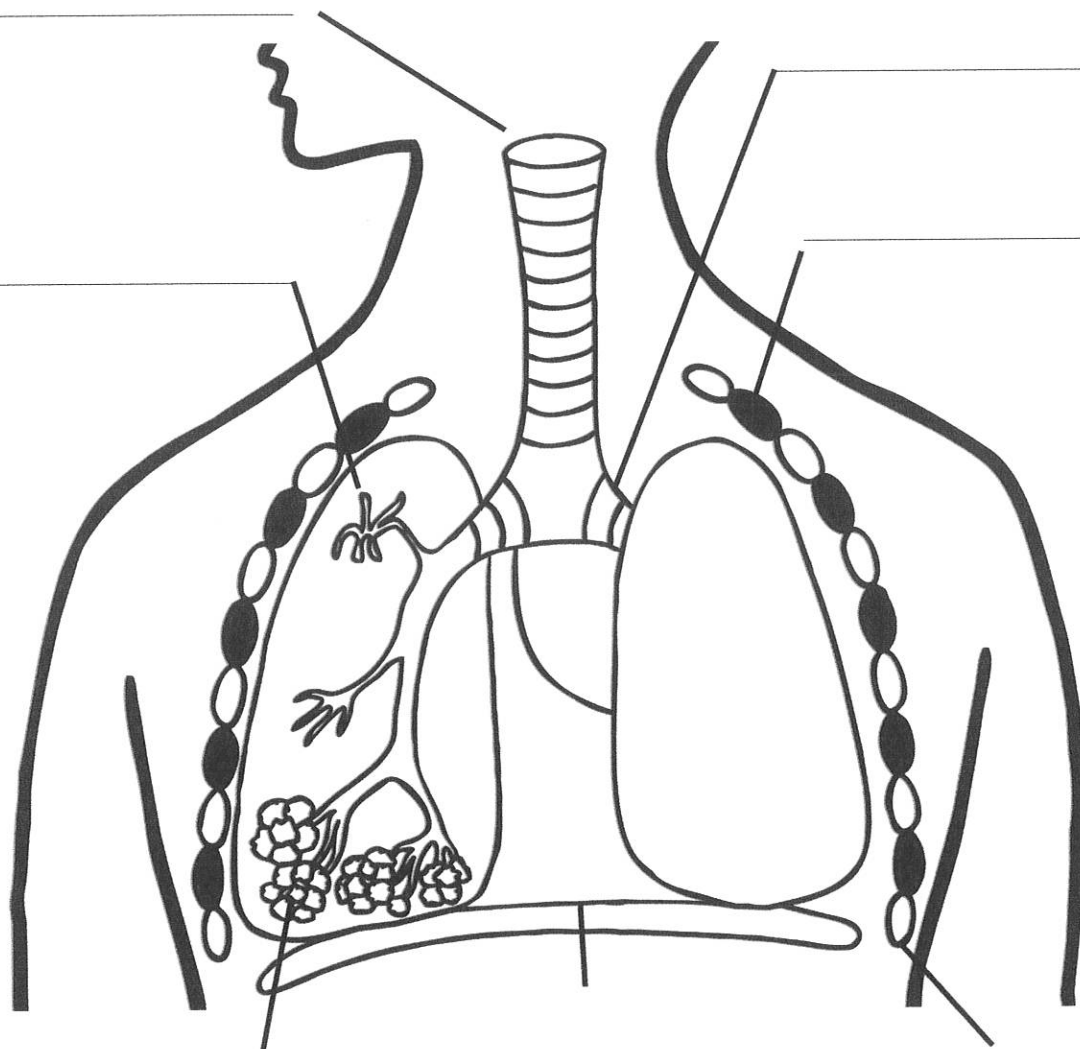
- how many times the blue whale's heart beats per minute;
- about the largest animals that have ever existed on Earth;
- what a blue whale eats;
- how many blue whales are left on Earth.

The Human Lungs

Sighing is the act of taking ones breath on top of another breath and scientists have found that we need to do it at least twelve times an hour to avoid damaging our lungs.

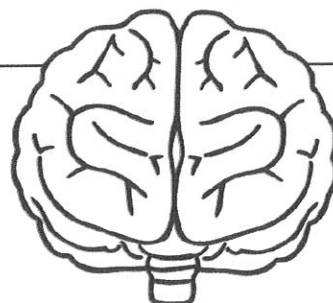
Use the internet or non-fiction books to learn more about the lungs.

Label the parts of the lungs on the diagram below.



You could also try to find out:

- how the brain regulates breathing;
- what happens after we breathe in;
- what the air we breathe is made up of.

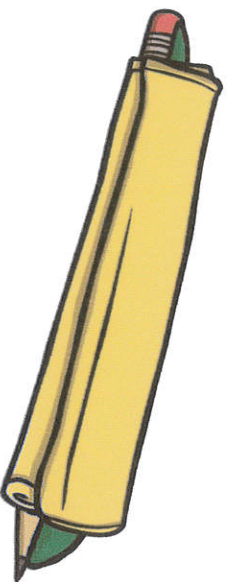


Awe and Wonder

Making Our Body: Skin, Bones and Muscle

You will need:

Water
Scissors
Corn flour
A long balloon
Thin wood, dowelling or old pencils.
Strong glue
Jug
Sticking tape
Spoon
Funnel
Spongy dish cloth



- Method:**
1. Look at the pencils/dowelling, explain that these are like bones, they don't bend very easily. Snap one, and explain this is what happens when someone breaks a bone.
 2. Make up a thick gloop mixture using corn flour and water in a jug and pour it into the balloons. Explain that this is like the muscles in our body that do move and stretch.
 3. Stick each end of the balloon to the pencil/dowelling using sticking tape, explain muscles and bones work together.

Making Our Body: Skin, Bones and Muscle

4. Show the child the sponge, look at it along its edges and point out the layers. Explain that our skin has lots of layers that protect our body, wrap the dish cloth around the pencil/dowelling and balloon and glue it together, leave to dry.
5. Once it is dry, squeeze and feel the body part.
6. What does it feel like? Feel your arm, do they feel similar or different?

The Science Bit

Our body is made up of layers which do different jobs.

Our bones are like scaffolding; they give us structure and shape, and they hold us up, otherwise we would be a blob!

Our muscles help us to move; they join to the bones to move them. Muscles often work together, pushing or pulling, to make our arms and legs bend.

Our skin is the biggest organ (part) of our body; it stops our delicate parts of the body inside getting damaged; it can let things into and out of our body by very small holes called pores; it is spongy to protect our body from bumps.

Awe and Wonder

Homemade Digestive System

You will need

Mouth to stomach:

wooden castanets zip lock bag

paper towel tube

warm water

bread



Stomach to rectum:

zip lock bag

bread

scissors

water



long balloons

funnel

sewing needle

large bowl



Method:

1. Put bread between the castanets, explain this is like our mouth and teeth breaking food into smaller pieces.
2. Put bread into the tube, with the zip lock bag underneath. Explain this is the oesophagus: it takes food to our stomach, it squashes and squeezes our food on the way down. Encourage the child to squash and squeeze the tube.
3. Once the bread is in the zip lock bag, explain this is your stomach. Add some water to the bag, explain this is the special juice that lives in our tummies, helps us to take all the goodness out of our food, and stops the bad parts from growing and making us poorly.
4. Seal the bag, encourage the child to squash and squeeze the bag, explain that these are the muscles in your stomach moving the food and liquid together.

5. Watch what happens to the bread, explain that all the good parts of the food are now broken down and can be used by the body.

6. Blow up then let down a long balloon, explain this is your small intestine and it continues to break down the food from your stomach/further breaks down the food in your stomach. Pour the mixture from the stomach into the deflated balloon using a funnel, seal the end with a knot and squeeze.

7. Poke some pin sized holes into the balloon, explain that the large intestine has very small holes in its sides to let all the water out. Hold the balloon over the bowl and encourage the children to squeeze all the water gently out of the large intestine balloon into the bowl.

The Science Bit

- Our body uses muscles to change our food physically.
- Our body uses different liquids and chemicals called enzymes to break down our food into lots of different parts our body can use: fats, carbohydrates, proteins, vitamins and minerals.
- Our food keeps us healthy and gives us energy.

