



Lessons 1 and 2 will be taught at school. whatever days your child attends. This means you can work on activities 3 and 4 from home on your 'off' days. If you are continuing to learn from home, then you can work through the activities in whichever order you wish 😊

Lesson	Activity	Guidance for Parents
1 P.E	<p>Our theme this week is a visit to the park. Imagine you are walking to the park, you find the different equipment. <b>On the swings</b> - run forwards for 4 counts, then backwards for 4 counts. Repeat this twice. <b>Down the slide</b> - stand on the spot and lift your hands high in the air starting with fingertips pointing up. Imagine your hands are on the slide as they come downwards past your body and away for 4 counts. Repeat this twice.</p> <p><b>Climb the climbing frame</b> - stand on the spot and pretend to climb the climbing frame for 8 counts. Reach in all different directions and climb the frame. Now you choose a piece of equipment and make up your own action.</p>	<p>Please remember to warm up and cool down. The music file is on tapestry and is called Happy Little Song- a lovely upbeat piece of music to enjoy.</p>
2 P.H.S.E	<p>Whether at school or home, we all need time to take a break, think things through and just have a rest. Let's see if we can give our brains a little break, time to catch up and relax. On page 2 there are some suggestions. Why not have a look and see which one you would like to try and have a go. You can laugh when you are doing these and enjoy having a go and just relaxing. When you have had a go at a couple, tell your adult how it makes you feel. When are they are good time to do? Why not try this before going to bed, to relax and help your brain to slow down.</p>	<p>We all need to slow down at times to let our brain catch up and to relax. Some of us find this easier than others, Help your child to have a go- it doesn't have to be serious- but a time to stop, relax and reflect if that is what they want to do.</p>
3 Science	<p>As part of our topic, we are going to be investigating farm animals.</p> <p>Make a mind map of different animals you can find on a farm. Can you draw a picture of the animal and write the name underneath? You might research different farms, such as our local farm Marsh Farm to see what animals they have. You might look in a book, such as Farmer Duck <a href="https://www.youtube.com/watch?v=Gug6P8l1q6c">https://www.youtube.com/watch?v=Gug6P8l1q6c</a> to remind you of the different animals.</p>	<p>The children can mind map- or make a list- picture of the different animals that live on a farm. We are going to use this to link to categorising farm animals in future weeks.</p>
4 Art	<p>The artist <b>Henri Matisse</b>, was famous for making art by cutting out pictures with different coloured paper and making a picture.</p> <p>Have a piece of fruit, farm animal, flower, dinosaur in front of you. You now need to cut out that item with your scissors. You can try and make a similar shape. The idea is to keep cutting and turning your paper round as you are cutting. It is quite hard but can be fun to have a go. Choose an easy shape to start with and see what you can make.</p>	<p>The children can learn about the artist Henri Matisse, as well as helping with their scissor control. It is easier to start with an object that is round- such as apple and cut this out in one piece, then get a bit more confident and choose an animal or flower where you have to add the legs/petals. Art is original work!!</p>



### Brain Break Breathing

#### Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



### Brain Break Breathing

#### Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



### Brain Break Breathing

#### Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



### Brain Break Breathing

#### Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.

