



Home Learning one



Try a little PE

The home school festival booklet contains lots of games and activities for you and your family to try out for an afternoon of fun...right from your own homes!

OPTION B - INDIVIDUAL OR FAMILY GAME

KEEPY UPPY

AIM OF THE GAME
To keep the ball up in the air using a variety of different methods or body parts for as long as possible.

EQUIPMENT
Can be played with an approved ball for the appropriate session. Good basic ball skills are essential for your success in this activity.

HOW TO PLAY
Before you start, you must be given the ball up and to throw the ball up in the air as high as possible. Hit the ball downwards and downwards in the air. The ball must be hit 10 times before the game is over.

OPTION C - PARTNER GAME

CATCH IT QUICK

AIM OF THE GAME
Catch the object before it hits the ground.

EQUIPMENT
A ball or object (either or none). The teacher to object to the game.

HOW TO PLAY
Players stand facing each other, with one (the teacher) holding the object up high as possible in front of or to the side of them. The other (the student) waits with hands by their side.
- On the count of 3 (or loud 1, 2, 3) the teacher throws the object and the teacher expects quickly to catch it before it hits the ground.
- Repeat this for 10 attempts before changing roles.
See who can catch the object the most times before it hits the ground!

ACTIVITY 1 UNDERSTANDING PHYSICAL ACTIVITY

OPTION A

ACTIVITY WORD SEARCH

This fun word search contains lots of healthy related words. You have 15 minutes to find as many words as you can before moving onto the next game.

If you can't find a word you can simply write a list of the words you need to find in your piece of paper and when you find them on your screen you can cross them out.

Word search grid with letters and words to find.

Words to find: Basketball, Soccer, Football, Tennis, Running, Swimming, Cycling, Yoga, Pilates, Aerobics, Strength, Fitness, Healthy, Diet, Nutrition, Exercise, Workout, Gym, Jogging, Hiking, Gardening, Fishing, Reading, Listening to music, Watching TV, Playing video games, Spending time with family and friends, Being outdoors.



TRY scavenger hunts, games like catch it quick, fruit veg-abet, word searches and experiments.

[https://www.joyofmovingresources.co.uk/games-and-activities/home-school-festival-](https://www.joyofmovingresources.co.uk/games-and-activities/home-school-festival)

The games and activities are based on the unique Joy of moving methodology. This inspires children to develop key areas in five main areas: physical fitness, motor coordination, cognitive functions, creativity and life skills.

Try a little writing

Try the A-Z exercises...use google or a dictionary to help. How many of the sports have you tried? How many different fruits and vegetables have you eaten.

ACTIVITY 2 - A-Z OF...
A-Z OF SPORTS AND ACTIVITIES
Can you name a sport or activity for each letter of the alphabet?
You can use the internet if you are struggling with names of the letters or ask your parents and carers if they can help.
If you can't print this page, simply write each letter down the side of a page of paper and write your sport or activity against each letter.

SPORTS	ACTIVITIES	SPORTS	ACTIVITIES	SPORTS	ACTIVITIES
A		K		S	
B		L		T	
C		M		U	
D		N		V	
E		O		W	
F		P		X	
G		Q		Y	
H		R		Z	



OPTION B
FRUIT AND VEG-ABET
How many fruit and vegetable can you name?
Think of a fruit or vegetable beginning with each letter and complete the table below. If you can't print this page, simply write each letter down the side of a page of paper and write your fruit and vegetables against each letter.

FRUIT / VEGETABLE	J	S
A		T
B		U
C		V
D		W
E		X
F		Y
G		Z
H		
I		

Try a little maths

Find out your pulse when resting, moderate activity and rigorous activity... what do you find out? Use the stop watch on your phone or the second hand on a clock.

Try a little science

Make your own heart using the paper template. Why don't you try making a set of lungs with some simple things from around the home. Make sure you get help with cutting the bottle.

Remember parents can access twinkl for free: use code UKTWINKLHELPS www.twinkl.co.uk/offers

Making a Model of the Lungs
Equipment:
- A clean, clear plastic bottle (with a narrow neck / about 500ml)
- A balloon
- Modelling clay
- A drinking straw
- Sticky tape
- A strong plastic food bag
- Scissors
- Sand paper (optional)

Heart Paper Model
1. Cut out the heart template.
2. Fold over the top edge and glue.
3. Attach the arteries and veins.
4. Attach the heart to the body.
5. Label the parts of the heart.

<https://www.twinkl.co.uk/resource/t-t-20523-3d-heart-cross-section-activity>

OPTION B
PULSE RATE ACTIVITY
Firstly, find your pulse by placing your fingers on your neck or your wrist. Ask an adult to show you how to do this if you aren't sure.
Your pulse is the rate that your heart is beating and it is a good sign of how hard your heart is working. When you first take your pulse rate, if you have not been active, this is called your resting heart rate.
Count the number of times you feel your pulse beat within a minute. To make this easier, you can count the number of times it beats in 15 seconds and then multiply it by 4 (15 seconds x 4 = 60 seconds or 1 minute).
Use your timer or stop watch to help count to 15 seconds whilst you count the number of times your heart beats. Write your answer below or on your piece of paper. This is your resting heart rate.

Pulse rate after resting / no activity

Go for a walk around the house or garden. This is known as moderate activity. Do this for one minute then take your pulse rate again and write your answer below or on your piece of paper.

Pulse rate after moderate activity

This time, do some vigorous activity. This can include running quickly on the spot or around the garden, doing some star jumps, playing a Joy of Moving game or anything else to make you feel out of breath. After that, take your pulse rate and write your answer below or on your piece of paper.

Pulse rate after vigorous activity

You can continue to take your pulse rate at various times throughout the day to see how hard you have been working.

<https://www.twinkl.co.uk/resource/t3-sc-318-modelling-lung-action-investigation-instruction-sheet-print-out>

Step 1: Remove and discard the lid from your bottle.
Carefully cut all the way around the bottle about a quarter of the way up, in order to remove the bottom of the bottle.
Step 2: (optional) Carefully sand the rough edges from the bottom of the bottle to avoid cutting yourself or leaving the plastic you will later attach.

Don't forget to use your maths brain to work out the sums!

Try a little reflection



Lets write down some ideas about 2020...use your best Handwriting. Remember your punctuation.



<https://www.elsa-support.co.uk/wp-content/uploads/2020/05/2020-review.pdf>



FirstNews
NEWS TO GET YOUNG PEOPLE TALKING

<https://www.faringdonjunior.co.uk/year-3/>

Access first news and puzzles...

Go on have a read!

Try a little reading

If you want some help with how to read with your child look at these top tips.

https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19-Resources/Resources_for_schools/Reading_with_TRUST_comic.pdf



HELPING HOME LEARNING
Reading with TRUST

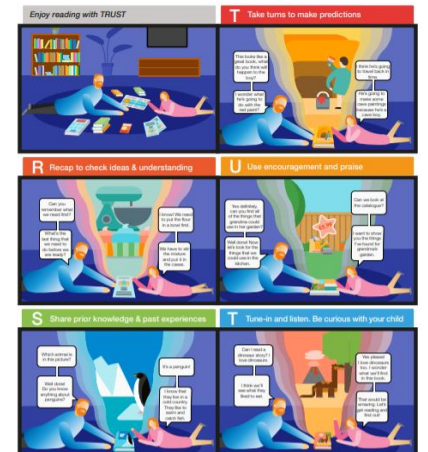


Try a little art



Get your family to fill this in together. Print as a large poster, colour and get everyone to add their name and lockdown memories. You could frame it!

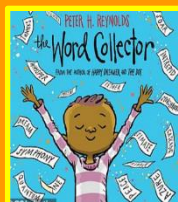
<https://www.elsa-support.co.uk/family-of-2020-giant-colouring-poster/>



Try a little story

Listen to Barack and Michelle Obama read to you the book "The Word collector"

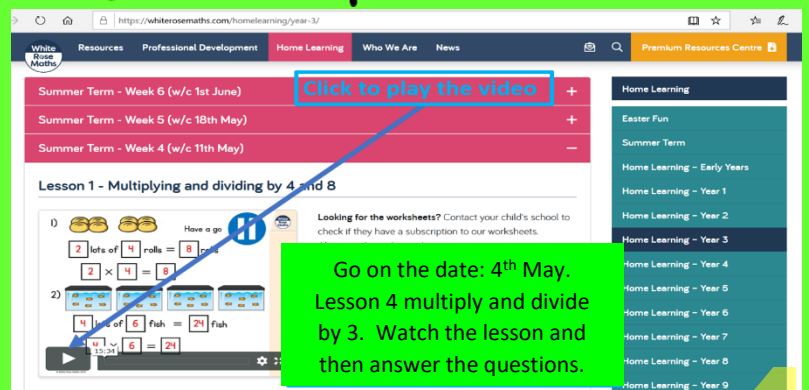
<https://www.dailymail.co.uk/femail/article-8320489/Barack-Michelle-Obama-read-childrens-book-Chicago-Public-Library.html>



Questions

Who are Michelle and Barack Obama?
What country do they live in?
What age was Michelle Obama when she got her first library card?

Try a little problem solving

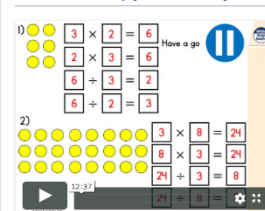


Go on the date: 4th May.
Lesson 4 multiply and divide by 3. Watch the lesson and then answer the questions.

<https://whiterosemaths.com/homelearning/year-3/>



Lesson 4 - Multiply and divide by 3



Get the Activity

Y3 Lesson 4 The 3 times-table 2020

Get the Answers

Y3 Lesson 4 Answers The 3 times-table 2020