

The project this week aims to provide opportunities for your child to learn more about space. Learning may focus on our Solar System, the Sun and the Moon. It could look at life in outer space from the view of an astronaut and travelling through space.

Our Solar System

Encourage your child to think about what they already know about space and create a mind map. Can they name the planets in our solar system? Use the Solar System Song to create a diagram showing the order of the planets.

<https://safeyoutube.net/w/4NI6>

Or make real ones using balloons and papier-mâché.

Astronaut Aerobics

Astronauts have to be fit and agile for their missions into space. Ask your child to design a home workout and put your agility to the test!

See how many star jumps you can do in 30 seconds. How many press-ups can you do in 30 seconds? How many times can you sit down and stand up in 30 seconds.

Try the challenges on Jump Start Jonny!

<https://www.jumpstartjonny.co.uk/free-stuff>

Then, your child can plan a day of healthy eating for the aspiring astronauts thinking carefully about each food group.

What are Day and Night?

Share the video of day and night with your child.

<https://www.bbc.co.uk/bitesize/topics/zkvv4wx/articles/ztdnyrd>

Watch the video and then create a poster about day and night explaining why we have day and night. Play the quiz and see how many answers you can get right

Create a rocket

Design a rocket you could fly into space. Label the different parts of your design. What might it be made out of?

Is There Anything out There?

Tim Peake is a famous British astronaut. Ask your child to record the questions they would ask him if they could interview him. Can they answer the questions in role as him? Why not task them with designing a new space suit for him? What would make a good space suit?

<https://www.bbc.co.uk/bitesize/topics/zw44jxs/articles/z822hv4>

The change that Covid-19 has caused to our lives has been difficult and has provided countless challenges. For many children, the uncertainty and disruption to everyday life has caused worry and anxiety. These tasks are designed to help children process the current situation, begin to make sense of it and plan for returning to a different normal.

Think - Reading or being read to offers hope and positivity. The Book of Hopes aims to comfort and encourage children during these unusual times.

https://issuu.com/bloomsburypublishing/docs/thebookofhopes_interactivepdf

Talk - Talk to your child about what they are looking forward to most when things begin to return to normal. Who are they looking forward to seeing at school? What places are they excited about visiting with the family? What will they miss about being at home?

Do - Write the headings 'Things I've enjoyed being at home' and 'What I am looking forward to most' on paper. Ask your child to draw and/or list all of the positive experiences they have had over the last few weeks and those to come.

Visit - If your child is struggling to adapt to the 'new normal', Mind Ed for Families offers safe and reliable advice on supporting children's mental health and wellbeing.

<https://mindedforfamilies.org.uk/young-people>

RE:

Watch Robin's assembly with the link below.

<https://www.youtube.com/watch?v=12XPjNKh4wY>

What good things can happen if you listen?

PE:

- Instead of setting a specific PE task this week, please follow the link attached:

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

Get Set 4 PE is a fab company that, thanks to our school subscription, has provided a huge number of activities that can be done at home and match the skills we teach in school. Please pick one or two and have a go this week!

- Please see the links below for further PE inspiration and teaching ideas.
 - Saskia's Dance School - <https://www.youtube.com/user/saskiasdansschool/videos?app=desktop>
 - Kids Bop Dance Break - <https://www.youtube.com/channel/UCqscMO1YfPB3-7dZZSxKPrQ>
 - Cosmic Yoga - <https://www.youtube.com/user/CosmicKidsYoga>
 - Yoga - https://www.youtube.com/watch?v=4ZpkRAcgws4&feature=emb_title

Also, there will be a number of activity and play resources, ideas, daily challenges promoted via the East Devon School Games Twitter Account: @EDSchoolGa1