

Lewis Class

Theme/Curriculum (week beginning 13.07.20)

PE

- Get Set 4 PE is a fab company that 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!
<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>
- Take part in the 'PE with Joe' sessions, every week day at 9am: <https://www.youtube.com/playlist?list=PLyCLOPd4VxBsjmT2uzj4ojk-EQaJ9oi8R>
- Have a go at some yoga: <https://www.youtube.com/user/CosmicKidsYoga>
- Fun dance routines taught by Oti Mabuse from Strictly! https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g
- Saskia's Dance School - <https://www.youtube.com/user/saskiasdansschool/videos?app=desktop>
- Kids Bop Dance Break - <https://www.youtube.com/channel/UCqscMO1YfPB3-7dZZSxKPrQ>
- Yoga - https://www.youtube.com/watch?v=4ZpkRAcgs4&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
 - A game to play:

Cereal box challenge



What you need: an empty cereal box, one or more players.

How to play:

- Place the cereal box on the floor.
- Pick the cereal box up using only your mouth.
- Nothing but your feet can touch the floor.
- If successful tear an inch from the top of the cereal box and play the game again.
- Repeat the challenge, taking an inch from the box each time.
- Top tip: hold onto your leg/s to help you to balance



How low can you go?

RE

- Watch Robin's assembly - <https://www.youtube.com/watch?v=l0nlibgD4b8>
It is the 'Open the Book' team performing 'John's Dream.'
 - Reflect on this story in any way that you choose!

Activities through a themed based project

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? Can they remember them in order or create their own mnemonic to help them? Ask your child to research the characteristics of the planets e.g What is it made of? What size is it? How close to the Sun is it? Temperature? Can they create a fact file, PowerPoint or Google Slide presentation on a planet of their choice? These facts about Mars - <https://www.natgeokids.com/uk/discover/science/space/facts-about-mars/> or these facts about space - <https://www.natgeokids.com/uk/discover/science/space/ten-facts-about-space/> may be a good starting point.

• Blast off!

- Ask your child to design a new spacesuit suitable for an astronaut. They will need to consider which materials would be most suitable, comfort for the astronauts and the temperature in space. Encourage them to design a logo for the spacesuit too. Perhaps they could make this using materials from around the home? Share your designs at #TheLearningProjects.

• Astronaut Aerobics

- Astronauts have to be fit and agile for their missions to space. Ask your child to design an obstacle course in your garden or home space and put your agility to the test! Can you find your pulse and count your heart rate before and after exercising? Recommendation at least 2 hours of exercise a week.

• Out of this World

- Ask your child if space travel was made more accessible and they could go on holiday to space, would they like to be the first space tourist? Can they think of arguments for and against being the first space tourist? Is it unethical for millionaires to spend their money on space tourism or should they spend all their money on reducing poverty? Ask them to prepare a speech about this discussion point.

• One Giant Leap for Mankind

- Ask your child to find out about Neil Armstrong - <https://www.bbc.co.uk/bitesize/topics/zjwvb82/articles/zhx4k2p>. Who was he and what challenges did he have to overcome during his life? Can they write a biography or create a piece of drama about Neil Armstrong's life and achievements?