

Lewis Class

Theme/Curriculum (week beginning 29.06.20)

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/saskiasdancesschool/videos?app=desktop>
- Kids Bop Dance Break - <https://www.youtube.com/channel/UCqscMO1YfPB3-7dZZSxKPrQ>
- 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
 - A game to play:

Connect 4



What you need: a pen, a piece of paper and two players.

How to play:

- Draw a four by four grid on your paper.
- Players complete mini challenges against one another to win the chance to mark their initial on the grid.
- First player to connect four of their initials wins the round.
- Challenges could include:

First to ten star jumps.
Who can do the best impression of a monkey?
Who can hop the furthest?
First to find something green.
First to spell a word.

Get creative with your challenges and have fun!



RE

- Watch Robin's assembly - <https://www.youtube.com/watch?v=v6WG8u0vMnE>
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This week it is the open the book team so some more faces that you will recognise!

- Answer the questions and reflect on the story in a way that you choose (poster/prayer/poem/drawing).

RNLI Water Safety Learning Resources and Important Messages

This summer, RNLI Lifeguards can't be on every beach, meaning a heightened water safety risk to beach goers. They are asking schools to help share some important messages to children and their families. With the easing of restrictions and the warm summer weather, people are heading to the beaches and coastline to enjoy the sun, sea and time with friends and family. In a normal year, the RNLI helps thousands of people who end up getting into difficulty in or close to the water when doing these types of activities.

Throughout the summer term, the local team of trained volunteers and Lifeguards do their best to visit as many of the schools, colleges and youth groups in our region as possible. However, due to the ongoing coronavirus outbreak they have not been able to engage with school communities as they normally would. **Below, you will find out ways in which you can help at this time - Together, we really can make a lifesaving difference:**

- **Download** and use our [education resource pack](#). Educating young people about how to keep safe, in on and around water is fundamental to saving lives at sea and a core part of the RNLI's water safety activity. This term we have put together two downloadable packs of resources focusing on **keeping safe this Summer**. This will help your teams engage young people with essential – and lifesaving – water safety lessons in schools and as part of home school packs.
- **Share** a link to our [Water Safety from Home resources](#) - If you're a parent or teacher looking for ways to engage, educate and entertain your children at home, play our Water Safety Wednesday series – perfect for primary school-aged children.
- Please help by **sharing** the RNLI & MCA's [Beach Safety Campaign](#) with parents, guardians and your wider network. Beach lifeguards cannot be everywhere this summer – although we are hoping to patrol around 70 beaches later this year – it is vital every one of us takes responsibility for our own, and our families', safety.

This week we're excited to be joined by The Duchess of Cambridge, who wants to share the importance of spreading a little kindness for our mental wellbeing. This assembly is based on a lesson plan which is available on the Mentally Healthy Schools Platform. It was developed in collaboration with children's mental health charity Place2Be and encourages children to explore ways in which they can show kindness, and recognise the benefits of kindness to others.

- <https://classroom.thenational.academy/assemblies>
- <https://www.mentallyhealthyschools.org.uk/>

Activities through a themed based project

The project this week aims to provide opportunities for your child to learn more about countries and cities around the world. Learning may focus on different cultures and traditions, famous landmarks, food and clothing.

● Virtual Explorer

- What are the continents of the world? Where are they located? What languages are spoken in these continents? Ask your child to use Google Maps to explore a continent of their choice. Can they create a continent fact file or choose a particular country they are interested in and create an information guide including the weather, tourist locations, landmarks, weather, traditional music, food, flags. Remember to tweet a photo of their fact file or information guide #TheLearningProjects.

● Mask Making

- Ask your child to use paper or cardboard and a range of materials around the home to design and create their own African mask. Can they find out their importance to African culture by watching this clip - <https://www.bbc.co.uk/programmes/p0114c6w?>

● Dance Around the World

- Use SafeYoutube (<https://safeyoutube.net/>) to dance along to some different cultural dances from around the world, such as the Brazilian Samba, the traditional Diwali stick dance or the Spanish Flamenco. Your child can design a cultural costume for their favourite dance and label it with suitable materials. Why not record a video to share with your school's Twitter? Encourage your child to watch the recording back and evaluate their dance. Recommendation at least 2 hours of exercise a week.

● Speak the Language

- Encourage your child to discuss with their family the links they and their family have to the wider world. Find out places family members have visited on holiday, work/business links or simply countries they would like to visit in the future. Have a go at learning some simple phrases in different languages from around the world and write the phrases using the colours of the flag for that country. You could visit the Mrs Mandarin website here <https://www.mrsmandarin.co.uk/>.

● Tribal Traditions

- Ask your child to find out about the cultural differences, customs and traditions of an indigenous group/tribe from around the world such as the Maori people, Native Americans, the Yanomami tribe or the

