## **Lewis Class**

# Theme/Curriculum (week beginning 18.05.20)

PE RE

- Take part in the 'PE with Joe' sessions, every week day at 9am: <a href="https://www.youtube.com/playlist?list=PLyCLoPd4VxBsjmT2uzj4ojk-EQaJ9oi8R">https://www.youtube.com/playlist?list=PLyCLoPd4VxBsjmT2uzj4ojk-EQaJ9oi8R</a>
- Have a go at some yoga: https://www.youtube.com/user/CosmicKidsYoga
- Fun dance routines taught by Oti Mabuse from Strictly!
   <a href="https://www.youtube.com/channel/UC58aowNEXHHnfl">https://www.youtube.com/channel/UC58aowNEXHHnfl</a> 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=4ZpkRAcgws4&feature=emb\_title
- Also, there will are a number of activity and play resources, ideas, daily challenges promoted via the East Devon School Games Twitter Account:

  @EDSchoolGa1

the circuit?

A 3 minute challenge:

What you need: A little space and a stopwatch or clock.

How to play:

• You have 3 minutes - how many times can you complete this circuit?

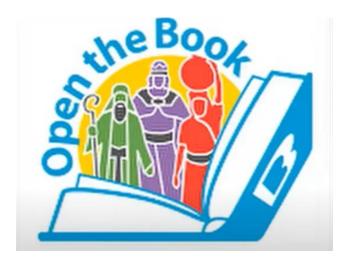
• 10 x Star Jumps
• 10 x Burpees
• 10 x Press ups
• 10 x Squats

How many times did you complete

• This week it is Open the Book! Get ready to see some familiar faces for the story of Jesus' Baptism

https://www.youtube.com/watch?v=8Z5eabaNxOQ&feature=youtu.be

- Reflect on the story with either a picture or some sentences
- Think of someone who is special to you



## Activities through a themed based project:

This project this week aims to provide opportunities for your child to learn more about celebrations. Learning may focus and different types of celebrations that take place and who may celebrate them. It could look at how people celebrate different events differently in other parts of the world.

#### • Let's Wonder:

How are birthdays celebrated around the world? India, China, America, Africa etc... maybe there's a particular country you would like to find out about. Create fact files to show the similarities and differences between them.

#### • Let's Create:

Create a board game that focuses on celebrations. Think about what you can learn from it? Think about how to play the game. Is it going to be a game like Monopoly or Snakes and ladders? Are you going to need a dice? Cards? Characters? etc....

#### Be Active:

Why not play a game of hopscotch? Can't find any chalk? Use a stone from the garden. Raining? Build an indoor den and have an imaginary celebration with your toys.

\*Recommendation at least 2 hours of exercise a week.

#### • Time to Talk:

Look through old photos of previous celebrations you and your family have taken part in. What can you remember happened? Why do you and your family celebrate the way they do?

## • Understanding Others and Appreciating differences:

How many different types of celebrations are there? Who celebrates Christmas? St Patricks? St George? St David? Easter? Eid? Diwali? Chinese New Year? And how? Which celebrations have you taken part in? What usually happens?