



Lewis Class

Theme/Curriculum (week beginning 11.05.20)

PE	RE
<ul style="list-style-type: none">• 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/UC58aowNEXHHnfIR_5YtP4g• Saskia's Dance School - https://www.youtube.com/user/saskiasdancsschool/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: <div data-bbox="560 906 1041 1393"><p>Noughts and crosses  <small>Get Set 4 PE.</small></p><p>What you need: 2 players min, three black socks, three white socks and nine markers.</p><p>How to play:</p><ul style="list-style-type: none">• Place the markers to create a 3x3 grid (9 boxes).• One player uses the white socks, the other the black socks.• Players begin 6m – 8m away from the grid. They take one sock at a time and place it somewhere on the grid. Then run back to collect another sock and repeat.• If all three socks have been used players can move a sock that has been placed out but must run back to the start in between each move.• The winner is the first to have three socks in a row.<p>Make your decision as you are running.</p></div>	<ul style="list-style-type: none">• Watch Robin's assembly – https://youtu.be/N-mKWaUftTE <p>This week it is all about taking a closer look!</p> <ul style="list-style-type: none">- Have a go at the quiz!- Make notes about any wildlife that sparked your interest in the video- Go out in the garden/your local area and look closely at the natural world. What different parts of nature can you see/find?- Have a go at the jigsaw challenge

Activities through a themed based project:	

The project this week aims to provide opportunities for your child to learn more food. Learning may focus on where different foods originate from, what makes a healthy meal, opportunities to cook etc.

Let's Wonder:

What is a balanced diet? Find out about the 5 food groups. Make slides or posters about what they find out about. Carbohydrates Protein Dairy Fruits and Vegetables Fats. Where does their food come from? Which foods come from the UK? What is fairtrade?

Let's Create:

Make repeated pattern prints for decorative purposes using various natural materials, e.g potato printing or create some still life observational sketches of fruit. Look at the artwork of Giuseppe Arcimboldo maybe recreate some of his paintings with fruit.

Be Active:

Food provides us with energy and we need energy to exercise and this keeps us fit. Why not choose a dance from Supermovers? Recommendation at least 2 hours of exercise a week.

Time to Talk:

As a family, design a healthy meal plan for the week. Discuss their favourite foods and why they enjoy them? Talk about healthy and unhealthy foods and explain the importance of eating a balanced diet.

Understanding Others and Appreciating Differences:

Lunch around the world. Look at lunch around the world and investigate how differently people eat in other parts of the world. Find out what a vegetarian is? Vegan? Kosher food? Halal food?

Reflect:

Make a meal by combining a variety of ingredients using a range of cooking techniques. Measure and weigh ingredients appropriately to prepare and cook a range of savoury dishes.