

Reception Curriculum Summer 2 Week 4

Wellbeing	<p>How are you feeling?- Look at the thermometer (see below) to help you</p> <p>Story : Coronavirus for children</p> <p>Activity: Target (see below) - Write down your stresses and list all the things to help you feel relaxed.</p>
Great Eight	Try the Great Eight Challenges – fun challenges suitable for the whole family! See below.

Here are the curriculum activities for the week. You can do them in any order you choose.
Try to do these this week as next week's activity will follow on in each subject.

	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5
Topic	<p style="text-align: center;">Understanding the world Ice melting experiment</p> <p>The Ice caps are melting because the Earth's atmosphere is getting hotter.</p> <p>Freeze two small containers of water/ice cubes. Put one somewhere sensible in your home and one in the fridge.</p> <p>Which one will melt the quickest? Why? Write down your prediction (see resource 1).</p> <p>Check back to see which one melts the quickest. How could we speed up or slow down the melting?</p>	<p style="text-align: center;">Expressive Art and Design Fingerprint penguins</p> <p>If using coloured paper, use white paint or paper to create your snowy background for your penguins to sit on.</p> <p>Dip your fingers into black paint, and press on the paper to make your penguins.</p> <p>See resource 2 for ideas and examples.</p>	<p style="text-align: center;">Physical Development Penguin masks</p> <p>Cut out your animal mask (see resource 3 below) using scissors,</p> <p>Using a cotton bud can you use paint to create dot art to cover your mask?</p> <p>Will your dots go in a straight line or in a pattern?</p>	<p style="text-align: center;">Understanding the world Sorting Arctic animals</p> <p>Can you sort the animals that live in the polar regions from the ones that don't? (See below resource 4)</p> <p>Can you think of any other animals to add to the polar section?</p>	<p style="text-align: center;">Personal, Social and Emotional Development Ice and snow</p> <p>Last week you designed an outfit to keep warm in the cold.</p> <p>If you are cold can you think of any other ways to keep yourself warm?</p> <p>How do animals keep warm?</p> <p>Ice and snow can be dangerous, can you explain why?</p>
Physical Keep active every day	<p>Yoga</p> <p>Pick 5 yoga poses from last week (see resources below) put them into and perform your own yoga routine.</p>	<p>Balance</p> <p>Look at the balancing cards (see resource below.) How long can you hold each pose for?</p>	<p>Interval training</p> <p>Pick one of the Joe Wicks workout cards (see resource below). Time yourself for 40 seconds doing the exercise. How many could you do in 40sec? Have another go, can you beat your own number.</p>	<p>Circuits</p> <p>Put together the Joe wicks workout cards (see resource below) in any order you want. Complete one workout. Repeat each movement four times. How long did it take you to complete the circuit?</p>	<p>Circuits</p> <p>Use your circuit from yesterday, can you beat your own time?</p>



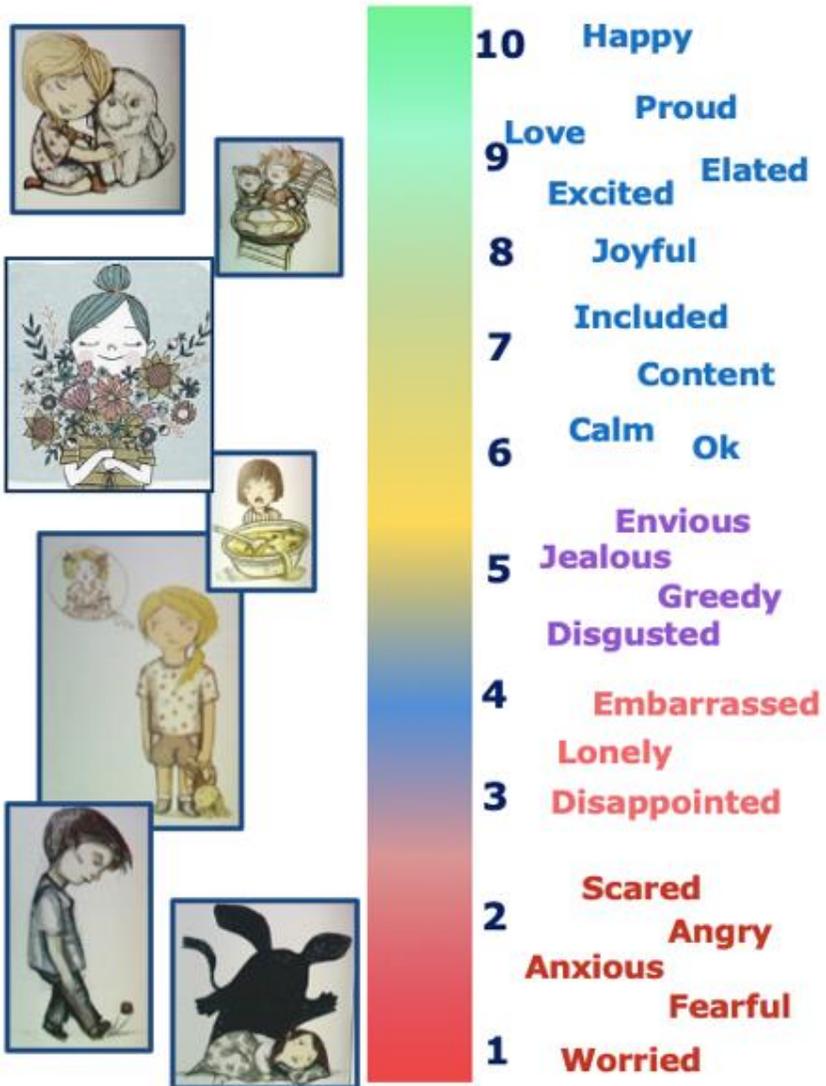
Here are some fun challenges suitable for the whole family.

Summer 2 Week 4

1. To talk about	Why do different people like different food?
2. To do	How many hops can you do in 10 seconds? Can you beat your score each time?
3. To investigate	Why do different countries have different time zones?
4. To find out more about	Someone who helped changed a law for many others
5. To design	A playground for aliens
6. To learn	How to do the Macarena dance
7. To draw	Where you live
8. To create	A hat from items around your house

Wellbeing

Thermometer



Target



Topic Support and Resources:

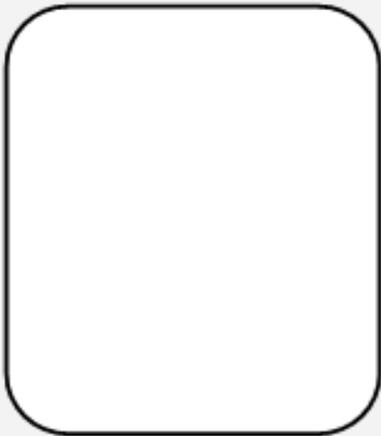
Activity 1: [Ice experiment](#)

Ice melting experiment

I predict that _____

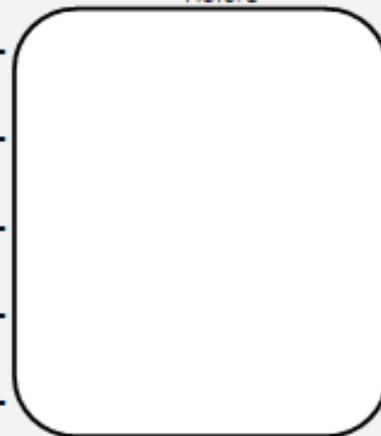
Where did the ice melt the fastest?

Picture



Where did the ice melt the slowest?

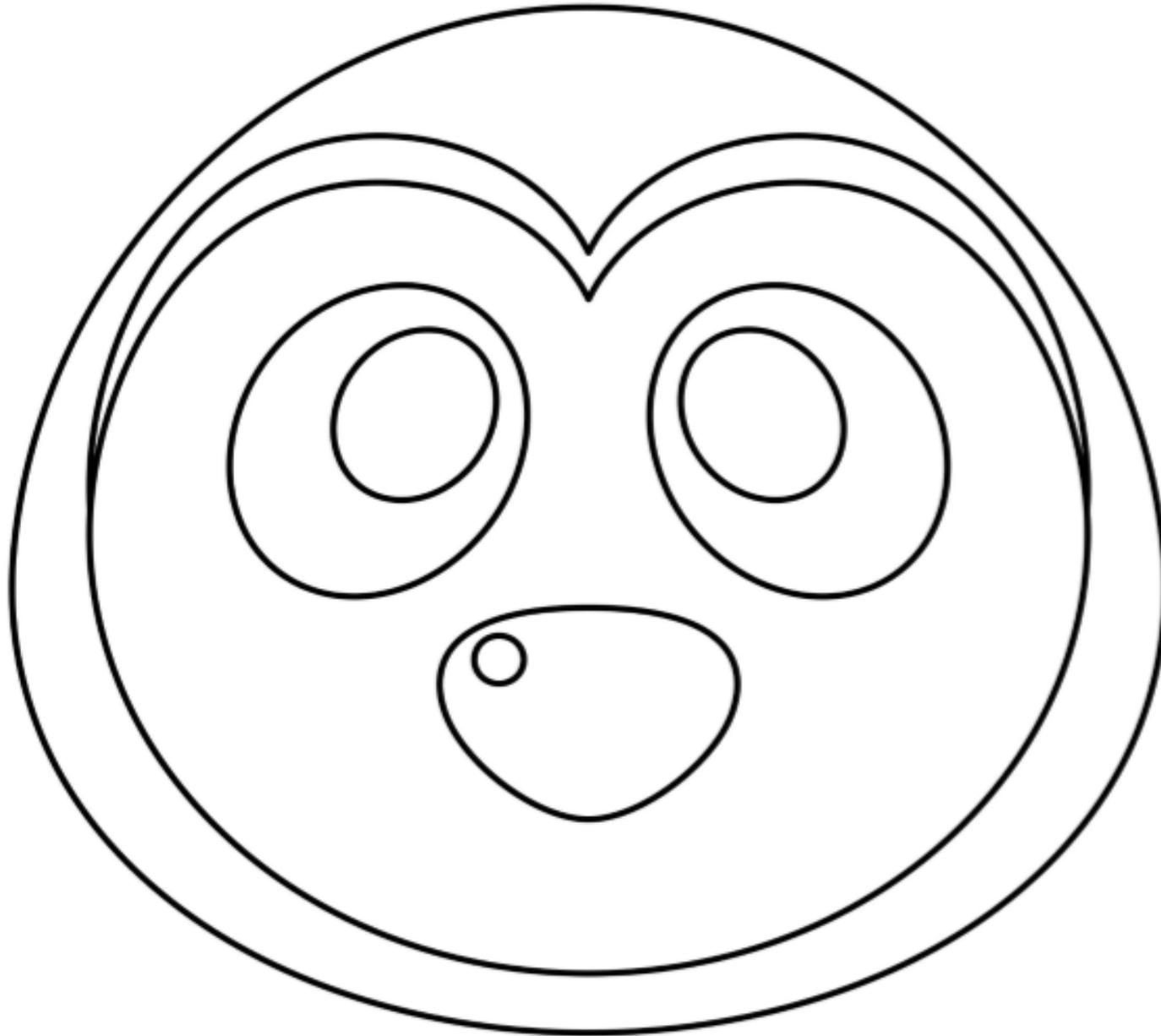
Picture



Activity 2: Penguin fingerprint

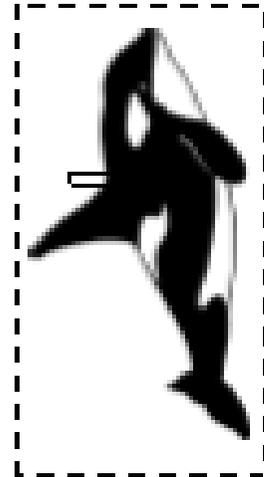
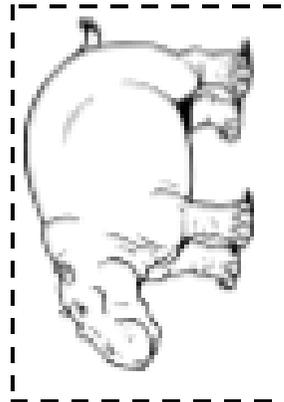
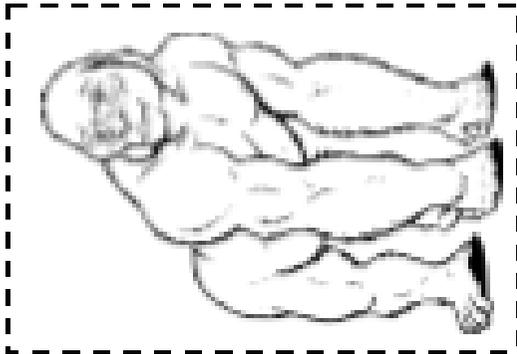
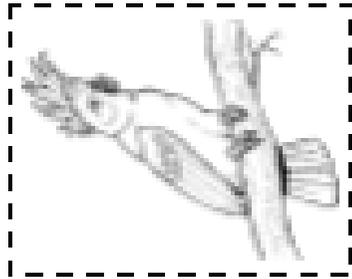
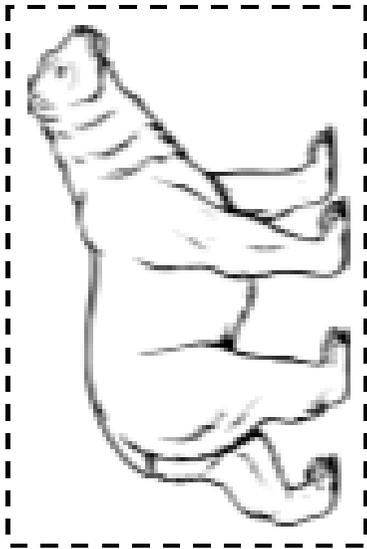


Activity 3: Penguin mask



Activity 4: Animal sorting

<p><u>Not polar Animals</u></p>	<p><u>Polar Animals</u></p>
---------------------------------	-----------------------------



Physical

Yoga



tree pose



cobra pose



mountain pose



camel pose



lion pose



butterfly pose



flamingo pose



warrior pose



cow pose



elephant pose



shoulder stand pose



downward facing dog pose

Balance



Static Balances One leg

Hold the balance on one leg.

Try the other leg.

Tip:
Count the length of the balance.

Question:
What happens to the arms?



Static Balances Star Pose

Hold the balance on one leg.

Try the other leg.

Tip:
Long arms and long legs.

Question:
Who can 'shine' the brightest?



Static Balances Aeroplane

Hold the balance on one leg.

Try the other leg

Tip:
Look at a single point.

Question:
How far can you fly?



Static Balances Sitting

Sit down on the floor and lift the hands and feet.

Static Balances Challenge 1

Try to move from one legged balance into star pose without losing balance.



Static Balances On the Tiptoes

Standing on the tiptoes. Without walking.

Tip:
From short to longer spells.

Question:
How tall can you grow?



Static Balances Challenge 3

Try to move from a straight tiptoe position to a crouched tiptoe position and back.

Tip:
• Slow is good.

Static Balances Challenge 2

Try to move from one legged balance into aeroplane without losing balance.



Joe Wicks

Joe Wicks: 5-Minute Move Workout 1 Marching on the Spot

1. Stand with your feet hip-width apart.
2. Lift one foot and then the other.
3. Stay on the same spot.
4. Lift your knees up high, keeping your back straight.
5. Pump your arms as well.



Joe Wicks: 5-Minute Move Workout 1 Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.



Joe Wicks: 5-Minute Move Workout 1 Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.



Joe Wicks: 5-Minute Move Workout 1 Low Sprint Shuffle

1. Crouch your body down.
2. Run quickly on the spot.
3. Pump your arms.
4. Turn to the middle and the side.
5. Make sure you have fast feet.



Joe Wicks: 5-Minute Move Workout 1 Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.

