

## Year 3 Curriculum Summer 2 Week 3

### To do throughout the week...

<b>Wellbeing</b>	<b>Looking after our Mental Health and emotions</b> How are you feeling?- Look at the thermometer to help you <b>Story:</b> <a href="#">In My Heart</a> <b>Activity:</b> Fill in the mood diary for each day. Use a different colour for each emotion.
<b>Daily Exercise</b>	Keep active! Make sure you do something active each day. Maybe do the exercises <a href="#">here</a> .
	<b>The Great 8</b> are fun challenges suitable for the whole family. See below.

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

<b>Science</b>	<b>What is the function of muscles?</b> <ul style="list-style-type: none"> <li>This <a href="#">video</a> will recap on how muscles help our bones move.</li> <li>Choose one of the exercises from the support sheet. Which muscles did you use?</li> <li>Draw a diagram of yourself doing an activity. Label the muscles that you use. Challenge: when do the muscles contract and relax?</li> </ul>	You will need Support List of exercises Word bank of muscles
<b>History</b>	<b>How can we find out about the past?</b> <ul style="list-style-type: none"> <li>Think about our history lessons at school, what have you used to learn about the past?</li> <li>Have a look at the pictures below. They show lots of things we can use to discover what happened.</li> <li>Can you explain why each one is useful? Are there any that are more useful than others? (tell an adult)?</li> </ul>	You will need Support Pictures of evidence Sorting table
<b>Geography</b>	<b>Where is the Mediterranean?</b> <ul style="list-style-type: none"> <li>Name the 7 continents and 5 oceans. Check your answers below.</li> <li>Using <a href="#">Google Earth</a> find and label the countries on the map below. Watch this <a href="#">video</a>.</li> <li>Make a mindmap showing what you already know about the Mediterranean.</li> </ul>	You will need: Support: Mind map with questions
<b>PE</b>	<b>Athletic training- strengthening exercises (see below for cards)</b> <ul style="list-style-type: none"> <li><b>Training</b>- follow the exercises below to strengthen your arms &amp; legs.</li> <li><b>Knowledge</b>- which other exercises do you know to help strengthen your arm and legs? Think about your gymnastic lessons too. Or use <a href="#">Joe Wicks</a> 8 min workout ideas.</li> </ul>	You will need- An adult to check you do the stretch accurately & safely
<b>RE</b>	<b>How do people of faith consider look after the world?</b> <ul style="list-style-type: none"> <li>Watch <a href="#">video</a> about Tu Bishvat</li> <li>List all of the things a tree needs to survive</li> <li>Use tree image to design a poster of all the amazing things trees provide us with.</li> </ul>	You will need Resource
<b>Art</b>	<b>Shading skills</b> Shading is the effect that we add to our pictures to create the illusion of space, form and light. It can help make our 2D drawings appear 3 dimensional and more realistic. We can do this simply by using a pencil. <ul style="list-style-type: none"> <li>Draw a square.</li> <li>Using one of the methods below, shade the circle moving from one side of it to the other. Try to keep your pencil grip loose and your pressure light and constant.</li> <li>Draw other squares and try out other techniques – which works best, it easiest, is more effective?</li> </ul>	You will need Paper Pencil  *Support
<b>Computing</b>	<b>Digital Artists</b> Choose one of the apps or ideas from the ICT Section of the 'More to Do' page <a href="#">here</a> Or Using the brushes redux app or your favourite paint program, paint over a photo of flowers or landscape to blur the artistic lines between photography and painting. (see below)	Support: <a href="#">If you need help with Brushes Redux, watch the video.</a>

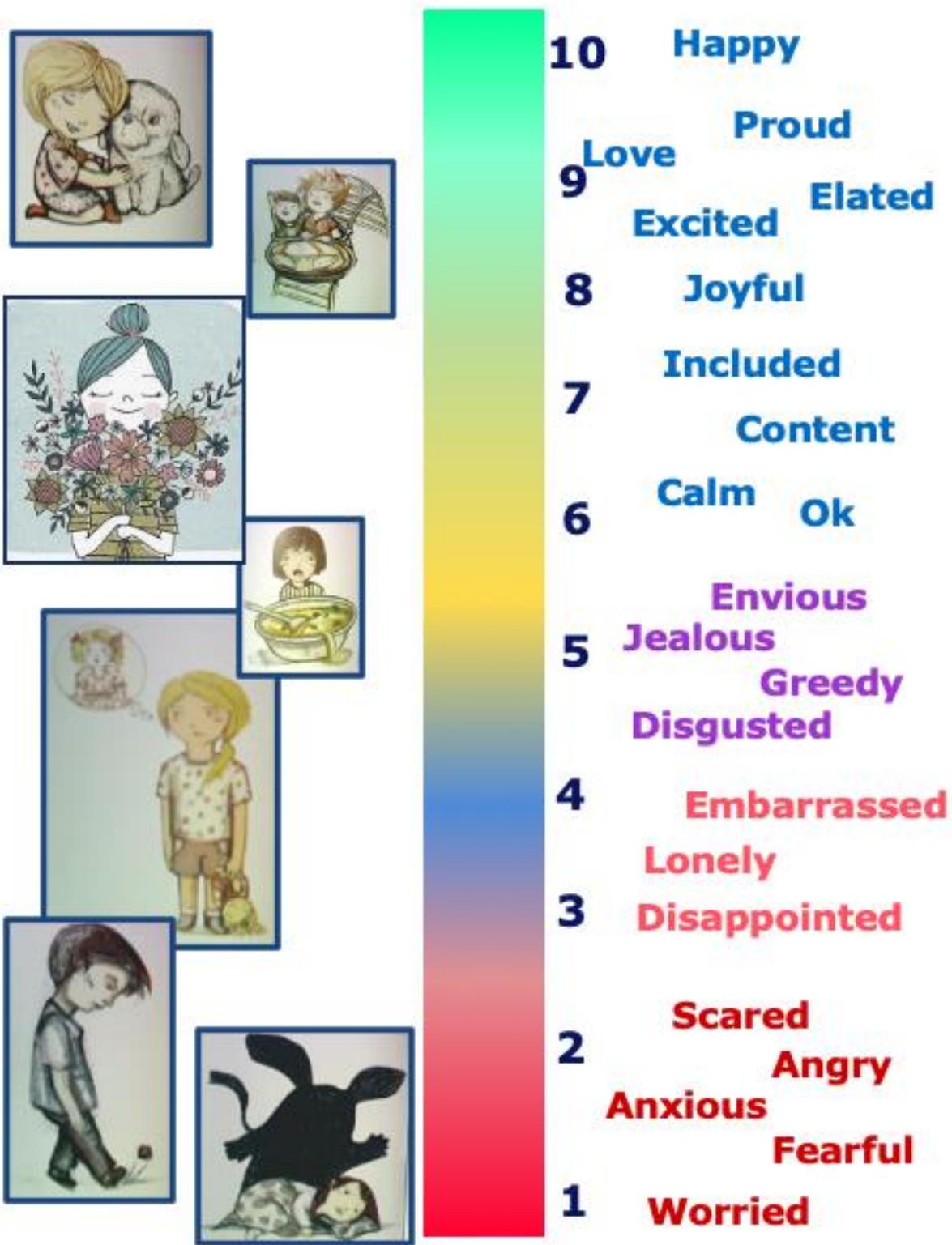


Here are some fun challenges suitable for the whole family.

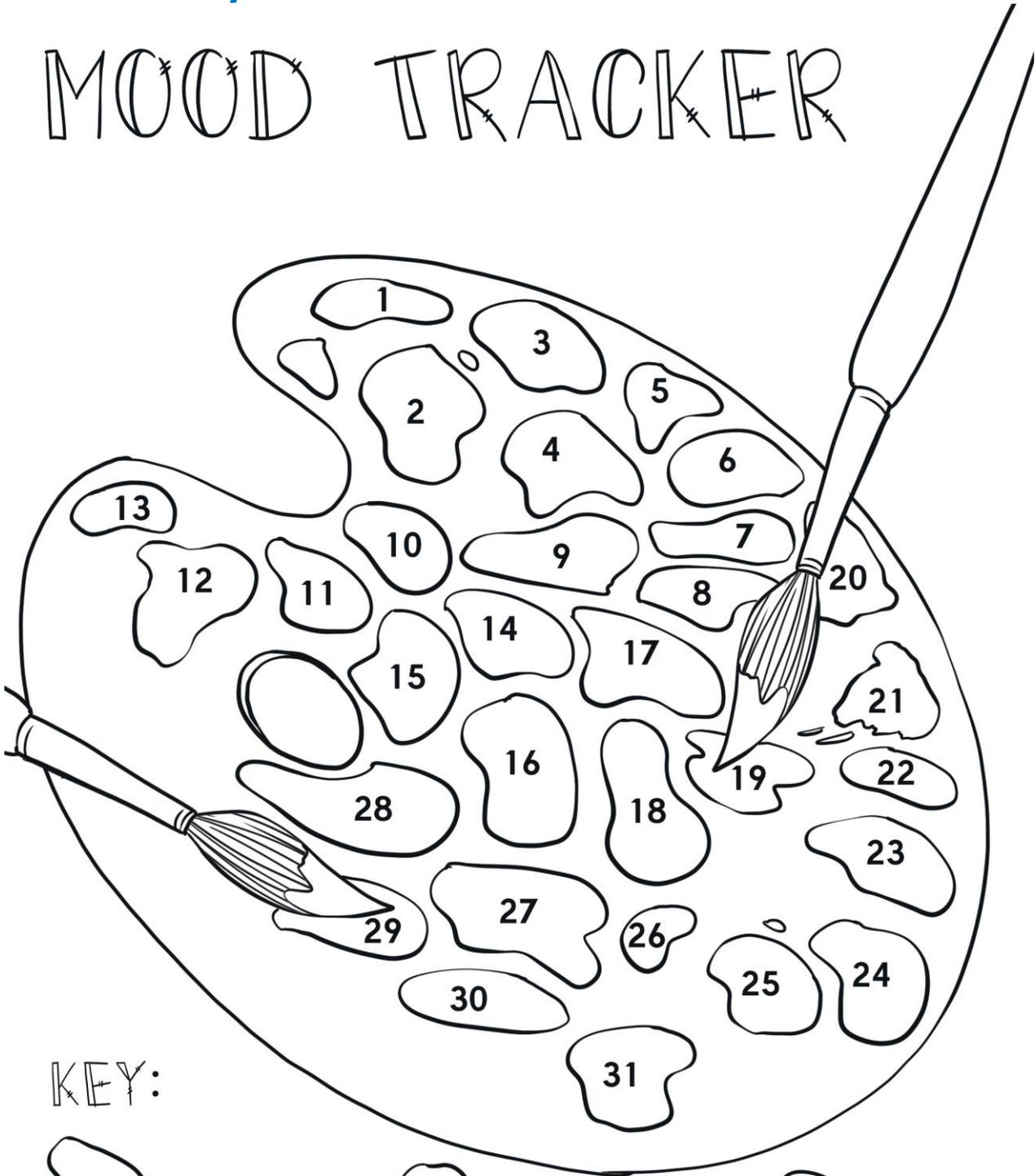
## Summer 2 Week 3

1. To talk about	<b>What would happen if we all looked the same?</b>
2. To do	<b>Sit and meditate for one minute in silence.</b> Can you stop your thoughts?
3. To investigate	<b>Can an egg float?</b>
4. To find out more about	<b>Someone who changed the world.</b>
5. To design	<b>A new cereal</b>
6. To learn	<b>How to sign your name in sign language</b>
7. To draw	<b>Your favourite animal</b>
8. To create	<b>Toilet roll figure.</b> Use the empty roll and create a new figure- animal, superhero, alien etc.

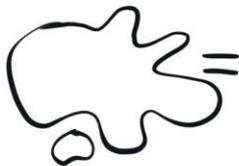
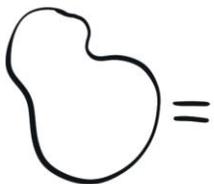
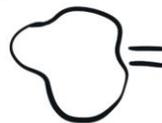
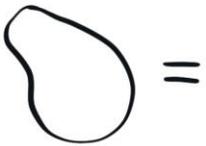
# Feelings Thermometer



# MOOD TRACKER



KEY:



# Science – Support

## Sit and Reach

Tests flexibility. Good for gymnasts, trampolinists, footballers and rugby players



## Sit Up Test

Tests the strength and endurance



## The grip dynamometer test

This tests the strength of your grip. You could use bathroom scales instead. What sporting activity would require good grip? Tug of war?

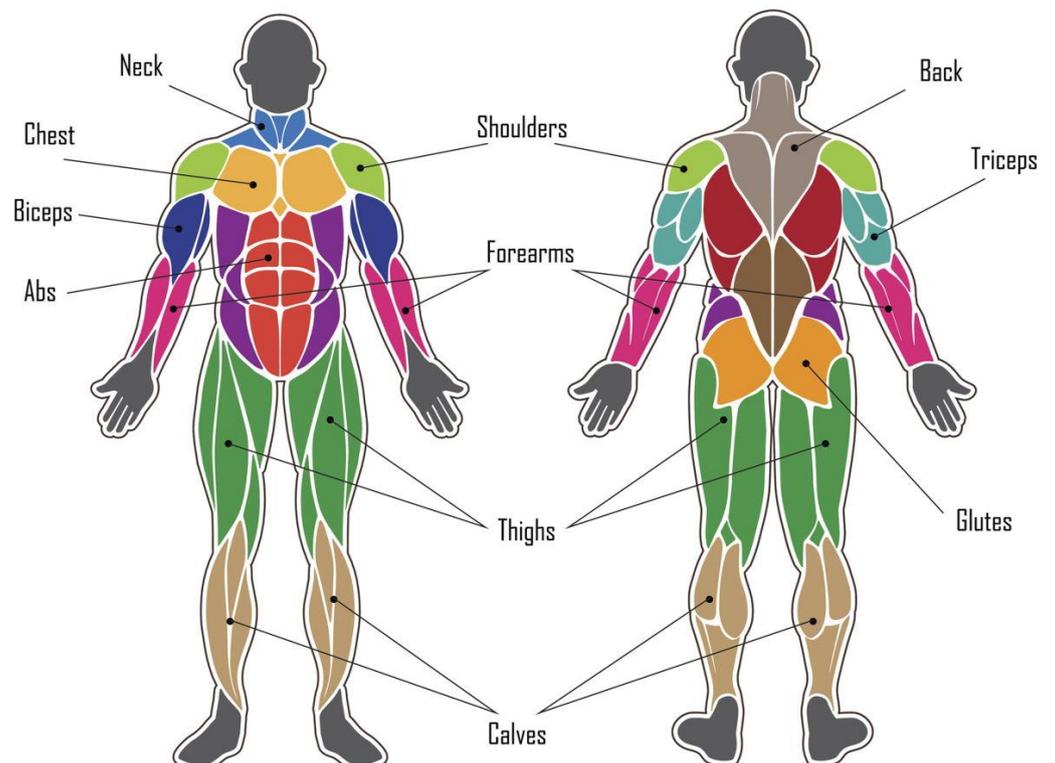


## Standing Broad Jump

Tests the power or explosive strength of your muscles.



# Muscular System



# History - Support

Write a list of different things you have used in class to learn about the past. One has been done for you.

Newspapers

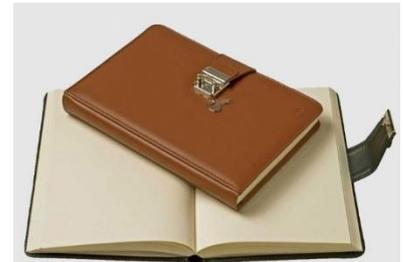
Here are some pictures to help you.



Newspaper



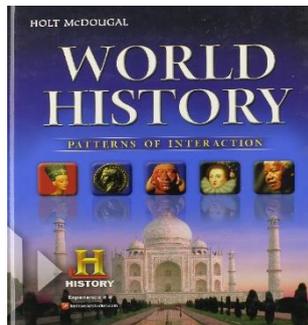
Fossil



Diary



Word of mouth



History books



Elderly people



Historical artefacts



Recordings



Paintings

## Can you explain why each one is useful?

Different ways	Why is it useful?
Newspaper	
Diary	
Fossils	
History books	
Word of mouth	
Elderly people	
Recordings	
Paintings	

**Challenge:** Are there any that are more useful than others? Explain your thoughts.

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# Geography

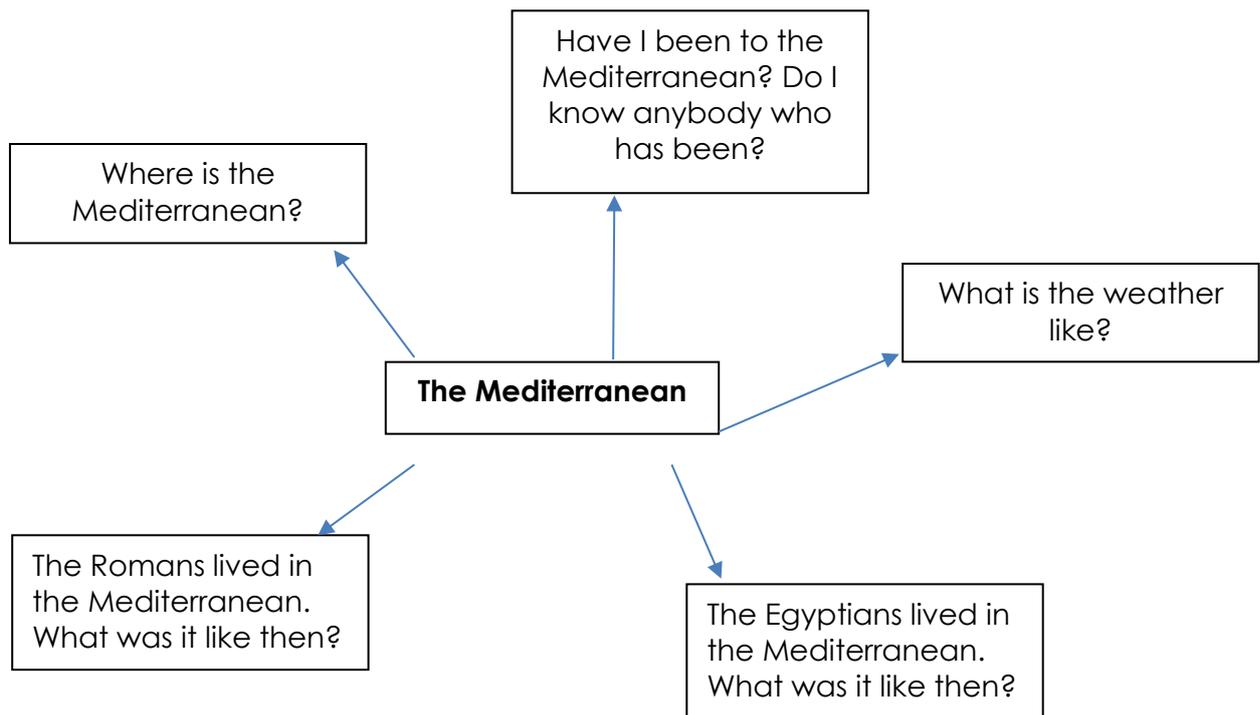


Find these countries on Google Earth and label them on the map below:

- Spain
- Montenegro
- France
- Monaco
- Italy
- Croatia
- Cyprus
- Greece
- Egypt



## Mind map model with prompt questions



# PE

## Task1 -strengthening exercises

### Laying an Egg Workout (SQUAT!) –for building up strength in the lower body.

- Start with your feet shoulder-width apart and hands straight out in front of you.
- Lower yourself down into the squat position, stopping when your thighs are parallel to the floor.
- Make sure you press your weight back into your heels.
- Hold the position for two seconds and then push back up through your heels.
- Do five of these, take a 30 second break before doing five more.



### Crab walking!

**Crab walk** to the bathroom to brush your teeth, crab walk to the door to get your shoes, crab walk to the kitchen and get a drink, crab walk ANYWHERE. Inside or outside at home

Can you maintain the strong shape and not drop your bottom?



### **How to change it up:** Too easy?

- Place something on your tummy and see if you can crab walk without it falling off.
- Do a crab dance...lift one hand up and hold it for 5. Try a foot. Amazing core work!

### Wheelbarrow Walking: Choose 1 or 2 challenges only!

- Lay your stomach on the floor. An adult needs to hold your knees (easier) or ankles (harder)
- Walk your hands forward 10 steps and backward 10 steps.
- Can you walk forward to a ball and put it in a basket?
- How long can you hold this position?



### **How to Change it up:**

1. Place an object your child's back and see if they can - get it across the room without it falling off.
2. Can you tap a balloon, keeping it up in the air in front of you as you walk?
3. Wheelbarrow walking across the room to retrieve items.

### Chair or wall sits:

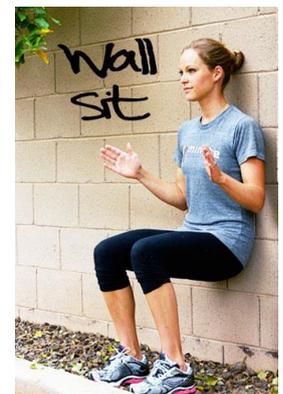
Stand with your back against a wall.

Slide your back down the wall as if you're going to sit in an imaginary chair.

Aim for a 90 degree position at the hips and knees and HOLD IT!

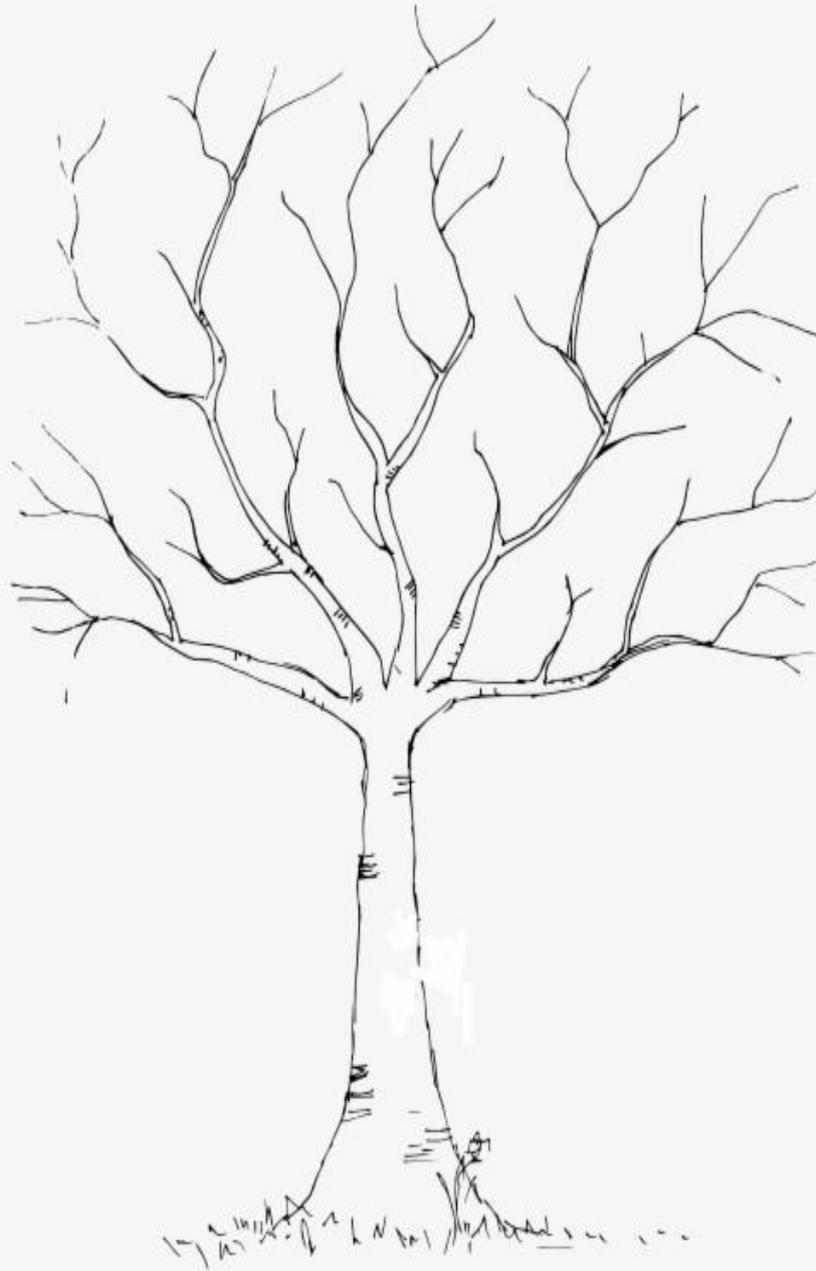
Relax arms down, fold across chest or copy the picture!

Try NOT to press your hands down onto your legs!



# RE

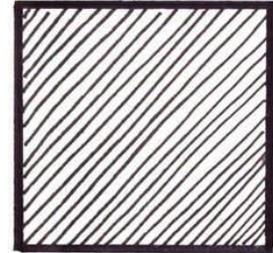
Tree template



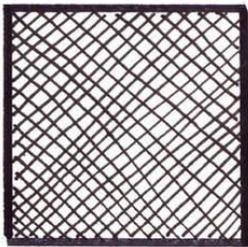
## Art - Shading skills

These are many different techniques that you can use to create the illusion of light and shade. The main rule is that the more marks you make, the darker your work will appear. The less marks you make, the lighter your work will appear

**Hatching** – lines run parallel to each other. They can go vertically, horizontally or diagonally but all go in the same direction. When are closer together they look darker - further apart they appear lighter.



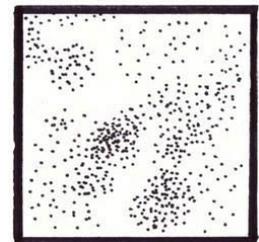
they



**Cross hatching** – the same as hatching but this time you add a second set of lines over the first. Again, these can be in any direction but run parallel to each other.

**Stippling** – to do this, you need to create a large amount of dots with the tip of your mark making material. You need to be very controlled when you do this, otherwise your dots will start to look like little lines ticks!

What happens when you put the dots close together – or far apart?



or

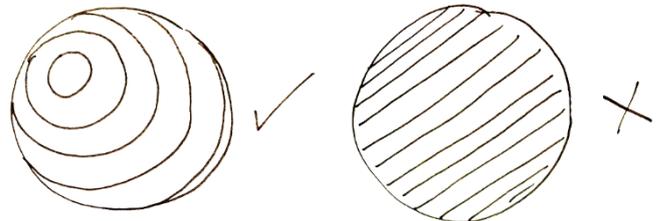
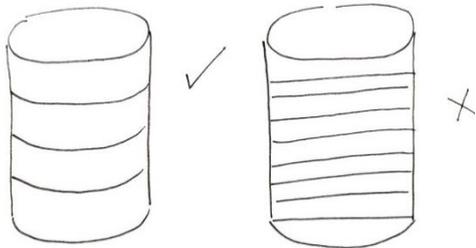


**Scumbling** – (sometimes known as scribbling) is when you create areas of shade using small random curly marks, squiggles or even figures of 8. Keep your hand nice and relaxed when you are doing this.

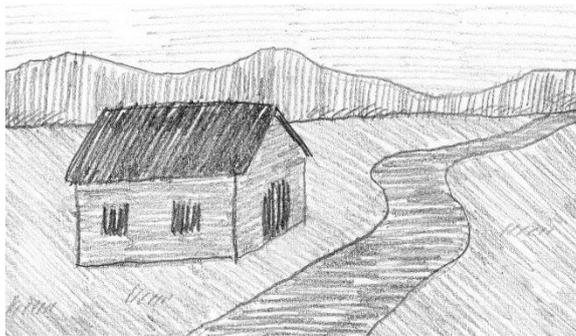
**Contouring** – rather like hatching this technique is about creating lines but this time they follow the shape of the object you are colouring in. Practise first by drawing a curved or wavy line and then copy it making similar lines evenly spaced.



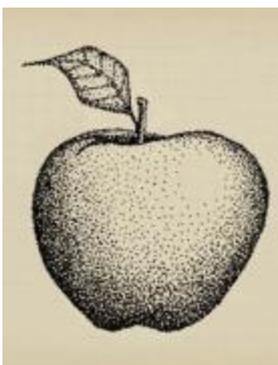
You can then try the same technique by drawing something that would have a curved surface like a can or a sphere. Look at the examples below to help you. Notice how the curved lines help the object appear more 3D.



**Examples in artworks**



**Hatching**



**Stippling**



**Cross hatching**



**Scumbling**

# Computing

If you have chosen to use Brushes Redux, download the free app.



Explore the app and if you want some ideas, watch the video.  
photos and brushes redux

<https://vimeo.com/409187440/bc3fb66480>