

## Year 3 Curriculum Summer 2 Week 4

### To do throughout the week...

<b>Wellbeing</b>	<b>How to deal with stress</b> - How are you feeling?- Look at the thermometer to help you <b>Story:</b> <a href="#">Coronavirus for children</a> <b>Activity:</b> Target- Write down your stresses and list all the things to help you feel relaxed.
<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 a fossil and how are they made?</b> <ul style="list-style-type: none"> <li>What is a fossil? Have you seen any fossils? What do you think a fossil is made from?</li> <li>Watch this <a href="#">video</a> to find out what fossils are and to see how fossils are formed.</li> <li>Draw a diagram to show how a fossil is made, use the word bank to help you.</li> </ul>	You will need Paper Pencil  *Support Word Bank
<b>History</b>	<b>Have countries always been fair?</b> <ul style="list-style-type: none"> <li>Think about the wonderful world we live in. Record them on the spider diagram sheet below.</li> <li>In what ways are we lucky? What things have we got to look forward to? What would you like to be when you are older? Draw a picture of yourself and write down little notes to answer the question.</li> <li>Have a look at the pictures of children from the past to help answer the above questions. What is their life going to be like compared with yours today? Draw a picture of a child from the past. Around them write down notes about their life.</li> </ul>	You will need Pencils  Support Pictures of Victorian children. Labels to sort.
<b>Geography</b>	<b>Why is the Mediterranean Sea important?</b> <ul style="list-style-type: none"> <li>Can you name 5 countries surrounding the Med?</li> <li>Read the facts below.</li> <li>Create a report explaining why the Mediterranean Sea is important. Include these subheadings; Geography, History, Wildlife and Tourism in the Mediterranean Sea.</li> </ul>	You will need: Paper, pencil Support: Facts about the Mediterranean
<b>PE</b>	<b>Athletic training- flexibility</b> <ul style="list-style-type: none"> <li>See below for some example <b>dynamic stretches</b> to increase your flexibility</li> <li>See below for some <b>static stretches</b> to increase your flexibility</li> <li>Try these <b>active stretches</b> below to increase your flexibility</li> </ul> Try the strengthening & flexibility exercises every day to become a strong, flexible athlete!	You will need- An adult to check you do the stretch accurately & safely
<b>Languages</b>	<b>Dans ma trousse</b> <ul style="list-style-type: none"> <li><b>Solve</b> the word snake in activity 1.</li> <li><b>Create</b> your own word snake and ask an adult to solve it.</li> <li><b>Design</b> and <b>label</b> your own pencil case </li> </ul>	You will need Colouring pencils & paper *Support Copy the ready- made template
<b>Design Technology</b>	<b>Seurat and Pointillism</b> This is a style of painting that uses dots or dashes of colour to create the images. It was pioneered by French artist George Seurat <ul style="list-style-type: none"> <li>Have a look at the information – support 1- below.</li> <li>Why do you think the images look different when they are looked at close up compared to how they look at a distance?</li> <li>Create your own Pointillism artwork – if you are stuck for ideas, the wonderful blossom on the trees at the moment can be very inspirational!</li> </ul>	You will need: Paper cotton bud  *Support
<b>Music</b>	<b>Hall of the Mountain king</b> <ul style="list-style-type: none"> <li>Carry Out some research on the <b>Hall of the Mountain king</b>.</li> <li>Why Edward Grieg write this music? Was it written to tell a story? If so, find out what was the story about. Has this music been used in famous films or TV ads?</li> <li>Present your information as a brochure/ leaflet or report your information onto a video device.</li> </ul>	You will need: Internet Paper pens

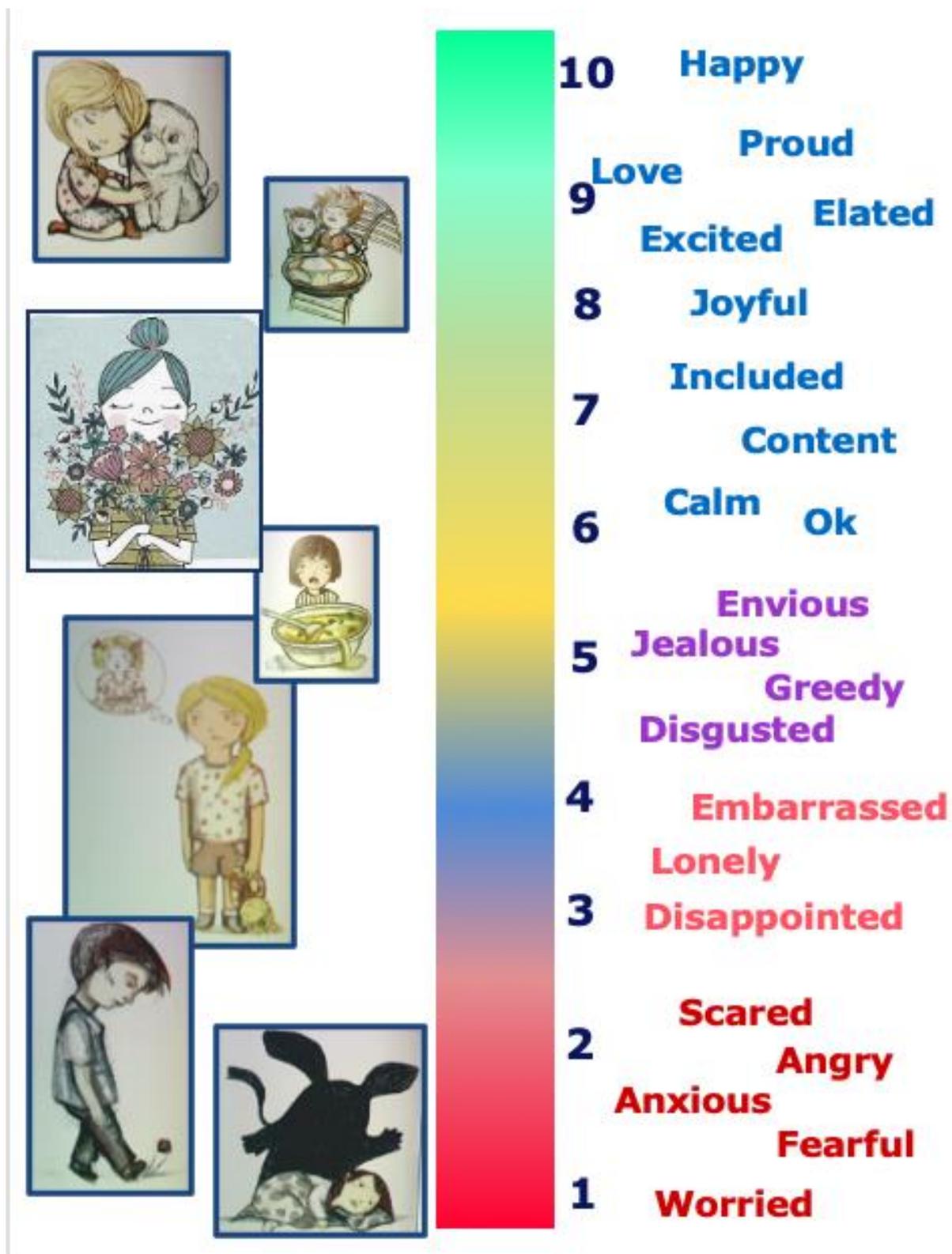


Here are some fun challenges suitable for the whole family.

## 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 – Feelings Thermometer



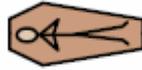
# Wellbeing – Target



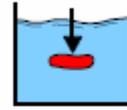
## Fossil Formation Word Bank



animal



dies



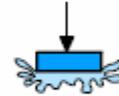
underwater



sediment



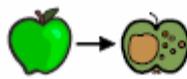
layers



compacted



muscles



rot



bones



seep



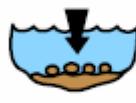
dissolve



mould



minerals



deposited



copy



worn away



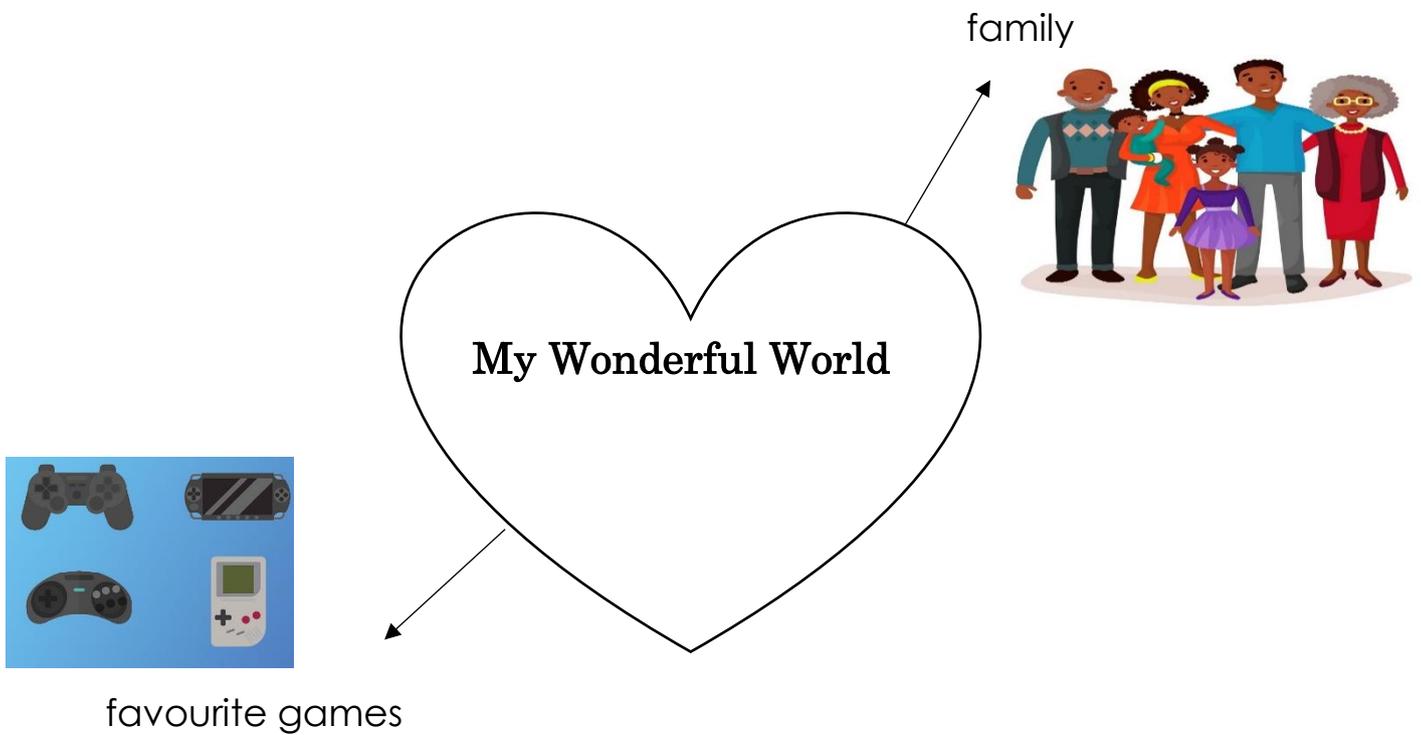
erosion



fossil

# History

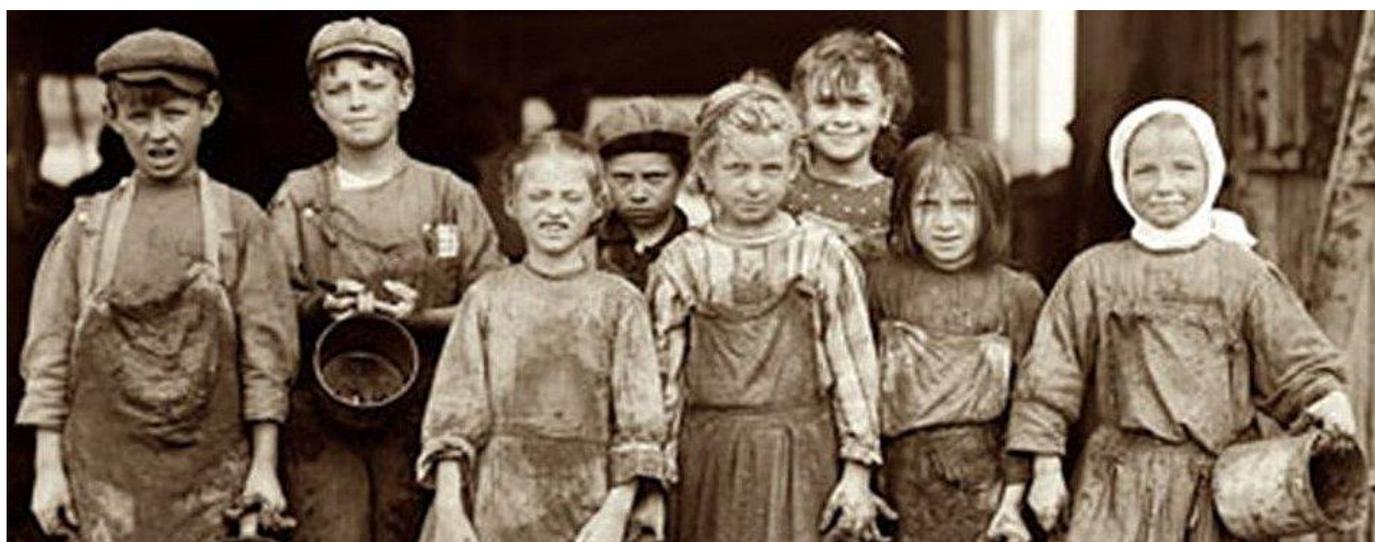
Write down and draw pictures of all the things that make your world wonderful. Some examples have been done for you.



In what ways are we lucky? What things have we got to look forward to?  
What would you like to be when you are older? Draw a picture of yourself and write down little notes to answer these questions.

## History - Support

Do you think children from Victorian times had the same life and opportunities as you?



## Facts about the Mediterranean Sea

- Some of the most ancient human civilisations were made around the Mediterranean Sea, so it has had a large influence on the history and ways of life of these cultures. (Greeks, Romans, Egyptians)
- The Mediterranean Sea is the body of [water](#) that separates [Europe](#), [Africa](#) and [Asia](#). It links 3 continents and is a sea passage.
- The sea derived its name from the ancient Romans who called the sea "mediterraneus" derived from two Latin words "medius" and "Terra". The first word means "middle" and the second word means "earth". To the ancient Romans the Mediterranean Sea was at the middle of the earth.
- There are more than 3300 islands on the Mediterranean Sea, the ten largest being Sicily, Sardinia, Cyprus, Corsica, Crete, Euboea, Majorca, Lesbos Rhodes and Chios.
- The Mediterranean Sea surface area is 2.5 million km<sup>2</sup> which makes it larger than France, Spain, Sweden, Italy, United Kingdom, Greece, Portugal, Denmark, Bulgaria, Switzerland, Netherlands and Turkey all combined. Its coastline extends for 46,000 kilometers.
- The topography of the land surrounding the Mediterranean Sea includes: High Mountains and steep rocky cliffs.
- The Mediterranean climate is characterized by windy, mild, wet winters and relatively calm, hot, dry summers. Spring, however, is a transitional season and is changeable. Autumn is relatively short.
- The region that borders the Mediterranean Sea is the most popular tourist destination in the world attracting approximately one third of the world's international tourists.
- The critically endangered Mediterranean monk seal can only be found in the Mediterranean Sea.
- According to the European Environmental Agency the fish stock levels in the Mediterranean Sea are alarmingly low this is due to overfishing at the sea. Important fisheries such as albacore and Bluefin tuna, hake, marlin, swordfish, red mullet and sea bream are threatened.
- With a unique combination of pleasant climate, beautiful coastline, rich history and various cultures, the Mediterranean Sea is among the most culturally diverse block basin sea in the world.
- The Mediterranean Sea's rocky reefs, seagrass meadows, and upwelling areas are important habitats that supports enormous biodiversity making the sea home to the sperm whales, bottlenose dolphins, tuna, common seahorse etc.
- The Mediterranean Sea acts as the breeding site for the loggerhead turtle and green turtle.
- The Mediterranean Sea is home to numerous species of whales, including the fin whale, which happens to be the second largest whale in the world and also the fastest in the whale family.

## Task 1 - dynamic stretches for flexibility

### **Side to Side Leg Swings**

Put your hands against a wall with your chest facing the wall. Swing your left leg side to side without turning your body. You should feel a stretch in your inner thigh and outer glute. Repeat ten times and repeat on the other side.

### **Forward Leg Swings**

Stand side-on to a wall and hold the wall for balance. Swing your inner leg forward and back ten times so that you feel a stretch in your hip and glute. Try to keep your hips tucked under you with each leg swing. Repeat ten times on each side.

### **Side to Side Arm Swings**

Stand tall and swing your arms outwards as far as you can. Immediately swing them across each other so that you're hugging yourself. Perform ten swings in each direction, and each time you cross your arms change the arm on top.

### **Walking Lunges**

Put your hands on your hips and take a big step forward. Touch your back knee to the ground without bending your torso. You should feel a stretch in your back hip. Repeat five times on each side.

### **Toe Touch to Reach**

Bend over and touch your toes. Immediately stretch your hands over your head until you feel a stretch in your upper back. Repeat ten times in each direction.

## Task 2- static stretches for flexibility

### Straddle:



**1 Do a straddle stretch.** Sit on your bottom on the ground. Stretch your legs long and open them up as wide as they will go. Point your feet and place your hands on the ground in front of you to balance yourself. You should feel this stretch in your hips and your inner thighs.<sup>[1]</sup>

- Stay in this stretch for fifteen seconds.
- Try to open your legs wider each time you do this stretch. The goal is to eventually be able to do a split.

### Pike:



**2 Practice a pike stretch.** Sit on your bottom with your legs extended in front of you and your arms lifted straight overhead. Fold at your waist and reach your arms towards your toes.<sup>[2]</sup>

- Stay in this stretch for fifteen seconds.
- You may not be able to reach your toes right away. Keep trying and as you get more flexible, you'll get closer and closer to touching them.

### Lunge:



**3 Try a lunge stretch.** Stand with your left leg in front of you and your right leg behind you. Bend your left leg at a 90 degree angle, and rest your right leg on the ground to support yourself. Rest your hands on your left leg and use them to push your left leg even deeper into the stretch.<sup>[3]</sup>

- Stay in your left lunge for 15 seconds.
- After 15 seconds, switch and do the same thing on your right side.

### Superman:



**4 Try the Superman.** Lie on the ground on your stomach with your arms stretched out in front of you (your body should be in one straight line). Lift your arms and feet off the ground; your arms should be in line with your ears and your feet should be lifted a little higher than your hips.<sup>[6]</sup>

- Stay in this stretch for fifteen seconds.
- As you get more flexible, try to lift your feet a little higher.

### Downward dog:



**5 Try downward facing dog.** From a standing position, fold your body over at the waist and allow your hands to touch the floor. Walk your hands forward until your body resembles that of an upside down letter V.<sup>[11]</sup>

- Your hands should be shoulder-width apart.
- Your fingers should be spread wide.
- Keep your feet hips-width distance apart.
- Try to touch your heels to the floor.

## Task3 -Active stretches for flexibility

### Quad pulls



**1** Try quad pulls. Bend your left knee and pull your left leg behind your body, using your left hand to support it. Reach your right arm toward the ceiling, as far as it will go. After your arm is lifted, raise up onto your right toes and balance there.<sup>[10]</sup>

- When you've got a good stretch on your left side, switch and do the same thing on your right side.
- Alternate back and forth. Do ten rounds on each side.

### Tree pose:



**2** Stand in tree pose. Stand straight up with your feet together. Lift your right foot and tuck it into the space right above your left knee, with your right knee facing out. Put your palms together in front of your heart.<sup>[12]</sup>

- Stand in this position for ten seconds, then switch sides.
- When your feet are together, your big toes should be touching, and your heels should be slightly apart.
- Make sure your weight is evenly balanced.
- Don't let your foot rest on your knee, it can damage your joints.

### Bow pose:



**3** Experiment with bow pose. Lie on your stomach with your arms running beside your body – make sure to keep your palms face up. Bend your knees and grab your ankles with your hands.<sup>[13]</sup>

- When you breathe in, try to lift your knees and thighs even further away from the floor.
- Stay here for five seconds. Take a break, then try this pose two more times.



# Design Technology - Seurat and Pontillism

Pointillism was a style of painting invented by George Seurat, during which you apply small strokes or dots of colour to a surface so that when looked at from a distance they seem to blend in together.



George Seurat  
Close up showing  
detailing



*Un Dimanche après-midi à l'île de la Grande Jatte 1884-86*

When using paint in this style, you can use a cotton wool bud instead of a paintbrush to apply the dots of paint. If you don't have a cotton wool bud, the lid of a pen or the tip of a small stick or dowel would also work.

You can use felt tips – the tips of these are already circular. The same applies to wax crayons.

Experiment with different colour combinations – if you use blue and yellow dots, does the work appear green from a distance?

Using pointillism to create your artwork – this is an example of a beautiful blossom tree using this technique. What else do you think would work well?

