

## Year 3 Curriculum Summer 2 Week 6

### To do throughout the week...

<b>Wellbeing</b>	<p><b>How to deal with worry</b>      How are you feeling?- Look at the thermometer to help you</p> <p>Story : <a href="#">Ruby's Worry</a></p> <p><b>Activity:</b> Worry Hat- write all of your worries and put them on the worry hat. Think about all the things that make you feel relaxed.</p>
<b>Daily Exercise</b>	Keep active! Make sure you do something active each day. Maybe do the exercises <a href="#">here</a> .
 <b>Challenge</b>	<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>	<p><b>Can the sunlight be dangerous?</b></p> <ul style="list-style-type: none"> <li>What are opaque, translucent and transparent objects? Check support/making links below</li> <li>Watch this <a href="#">video</a> to find out why sunlight can become dangerous.</li> <li>Make sunglasses or a sunhat using the right materials and explain why you've chosen them <b>OR</b> create a poster to explain how we can protect ourselves when we are going to the beach.</li> </ul>	<p>You will need Scissors, glue stick, variety of materials *Support</p>
<b>History</b>	<p><b>Who was Rosa Parks?</b></p> <ul style="list-style-type: none"> <li>Have a look at this <a href="#">video</a> about Rosa Parks' life and what she did. There is also a <a href="#">song</a> by Horrible Histories that you could listen to too.</li> <li>Listen to the book "Rosa Parks". Life in America was very unfair for black people – they were not treated equally.</li> <li>Write a letter to a friend explaining the amazing thing Rosa Parks did and what happened next.</li> </ul>	<p>You will need Support</p>
<b>Geography</b>	<p><b>Research a Mediterranean country.</b></p> <ul style="list-style-type: none"> <li>Write down 3 threats to the Mediterranean Sea.</li> <li>You are going to research a Mediterranean country. Watch this <a href="#">video</a> or read the presentation below to see what you could include.</li> <li>Choose a Mediterranean country and do your own research using the note taking sheet below.</li> </ul>	<p>You will need: Support: Note taking sheet, model presentation Website suggestions</p>
<b>PE</b>	<p><b>Athletes training workout</b></p> <ul style="list-style-type: none"> <li>The next 2 weeks are for you to train like an athlete and see if you can become a fitter, stronger and more flexible athlete over time- by performing the same exercises as often as you can over the 2 weeks, recording your personal best each time. Do not expect big changes</li> </ul> <p>*Make sure you complete one of our warm up posters before every training session</p>	<p>A timer/time keeper Paper to record how many reps completed in 30 seconds</p>
<b>Languages</b>	<p><b>Dans ma trousse</b></p> <ul style="list-style-type: none"> <li><b>Watch</b> this <a href="#">video</a> about school in France</li> <li><b>Tell</b> an adult how different from /similar to your school it is.</li> <li><b>Complete</b> activity 3 – <b>read</b> and <b>translate</b>.</li> </ul>	<p>You will need Internet access Support Work w/adult</p>
<b>Design Technology</b>	<p><b>Constructed Maps</b></p> <p>Imagine you are in a fantasy land – an island? A volcano? Tropical paradise? Draw yourself a plan.</p> <ul style="list-style-type: none"> <li>Take one large piece, or several smaller pieces of stiff paper or card joined together and draw a rough outline and mark out the landmarks.</li> <li>Start building! Using paper, card, sticks or whatever you can build up. Build down, build across.</li> <li>Add your features to your map. Do not forget to label the different areas and landmarks.</li> </ul>	<p>You will need: Pencil, colouring making materials, paper (one large or several small) Sellotape Scissors, scraps of model making materials(fabrics, sticks etc) *Support</p>
<b>Music</b>	<p><b>Edward Grieg</b></p> <ul style="list-style-type: none"> <li>Carry out some research on the composer Edward Grieg on the internet.</li> <li>Tell an adult your favourite facts about him.</li> <li>Make a leaflet about the composer and his life and make it as colourful as possible.</li> </ul>	<p>You will need: Support: Research questions in support section</p>

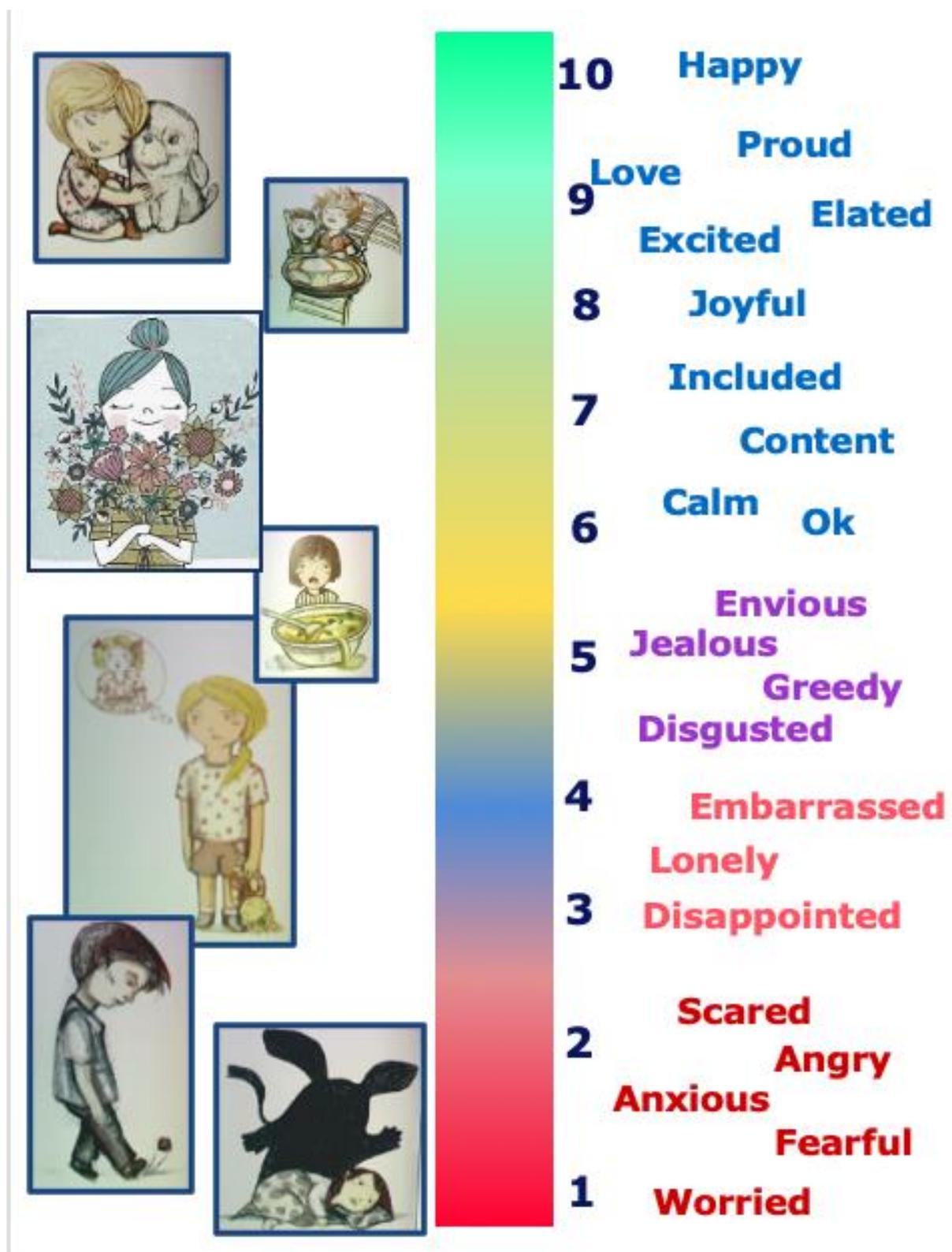


Here are some fun challenges suitable for the whole family.

## Summer 2 Week 6

1. To talk about	Would you prefer: a day on your tablet or a day at the beach?
2. To do	Rub your tummy and tap your head at the same time.
3. To investigate	Does everyone in your house need the same amount of sleep?
4. To find out more about	The author of the book you are reading or have read.
5. To design	A poster to encourage people to recycle
6. To learn	How to tie a new knot. For example, tie your laces, a tie or a figure 8 knot.
7. To draw	A friend
8. To create	Make a musical instrument out of things about your house. What sounds can it make?

# Wellbeing – Feelings Thermometer



**The Worry Hat**

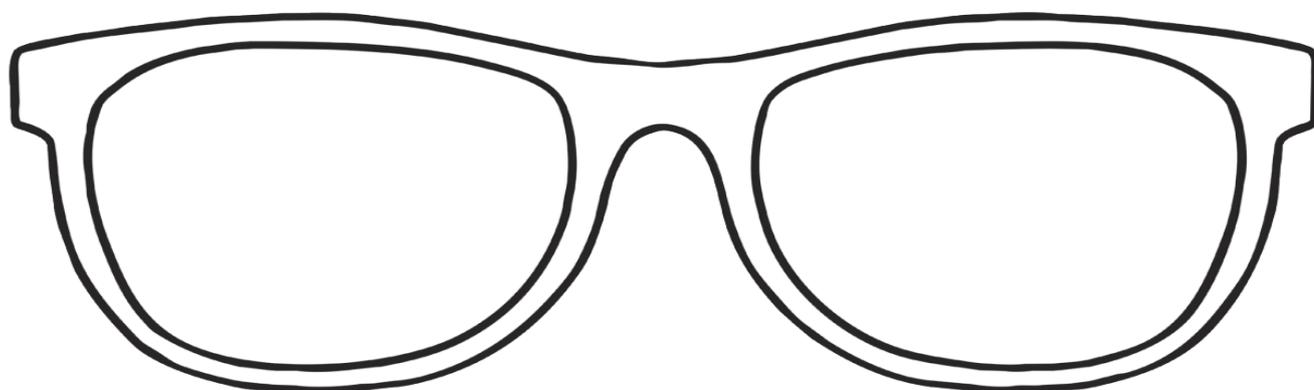


# Science - Support

## Making links:

Light passes through <b>transparent</b> materials	
Light passes through <b>translucent</b> materials but the light source is not clear.	
No light passes through <b>opaque</b> .	

## Sunglasses template:



## Materials suggestions: Which ones are you going to use? Why?

 <p>Cling film</p>	 <p>foil</p>	 <p>Cardboard paper</p>
 <p>Piece of leather/wool</p>	 <p>Paper plates/cups</p>	 <p>Transparent pieces of plastic</p>
 <p>Plastic bags/cups</p>	 <p>Net curtain</p>	 <p>Baking paper</p>

## History – Support

Here are some pictures from Rosa Park's lifetime. They will help you imagine what her life would have been like.



# Geography - Support

Choose one of these countries; Spain, France, Italy, Greece, Croatia, Turkey, Cyprus.

Example presentation and glossary:

## MONTENEGRO




## LOCATION



Montenegro is a country in Europe on the Adriatic Sea, which is part of the Mediterranean Sea.

It is bordered by Bosnia and Herzegovina, Albania, Croatia, Kosovo and Serbia.

## CLIMATE

Coastal Montenegro has a Mediterranean climate with long, dry and hot summers and mild winters. July is the hottest month in Podgorica with an average temperature of 26°C and the coldest is January at 5°C. The most daily sunshine hours at 11 are in July. The wettest month is November with an average of 230mm of rain.

Using these graphs, we can compare the climate in Montenegro to the UK.



## KEY PHYSICAL FEATURES



Montenegro has a diverse landscape, with rugged mountains, a narrow strip of beaches, and coastal plains.

It's most notable mountain ranges include the Durmitor range, Mount Orjen, and Mount Lovcen.

Along the Adriatic Sea, there's also a bay called the Bay of Kotor.

The country's largest lake is Lake Skadar, which is shared with Albania.

## KEY HUMAN FEATURES



Montenegro has a **population** of 631,219.

The **capital city** is Podgorica.

The official **language** is Montenegrin but lots of people speak Serbian, Bosnian, Albanian or Croatian.

The main **industries** are tourism, agriculture, steelmaking and aluminium manufacturing.

The top agricultural products include tobacco, grains, citrus fruits, olives, and grapes. Sheepherding and commercial fishing also contribute to the economy.

## AGRICULTURE AND DIET

In coastal areas people eat a Mediterranean diet with lots of fish, fresh vegetables, olives and olive oil, citrus fruits, grapes and homemade bread. This is because there are lots of opportunities for fishing here, these foods that grow in the Mediterranean climate of this region, and it is close to Italy so has been influenced by it.

In northern Montenegro by the mountains, diets are influenced by the colder weather and the closeness of the region to Serbia and Turkey. People in this part of Montenegro eat lots of lamb because the colder climate means there is lots of sheepherding. They also eat things such as baklava and kababs which come from Turkey.



## TOURISM

Montenegro is popular with tourists because of its good weather, beaches, mountains and beautiful medieval towns.

Almost 25% of Montenegro's GDP is earned through tourism (this means about 1 in four pounds earned by Montenegro is because of tourism).



## THE MEDITERRANEAN SEA

The Mediterranean Sea is very important to Montenegro.

It is partly because of the beautiful, blue sea and the beaches along Montenegro's coast that it is so popular with tourists.

As they are close neighbours across the sea, coastal regions of Montenegro are influenced by Italy. This is obvious in the diet eaten by people in coastal areas of Montenegro and also in some buildings and architecture. Lots of Italians also live in coastal areas of Montenegro like the Bay of Kotor.

Montenegro has the highest biodiversity (number of different types of plants and animals) of any country in Europe. This is partly because of all of the varied habitats that are in Montenegro but also because of its position on the Adriatic Sea.



*Diverse landscape*– what the land looks like is very different in different places (e.g. there are mountains, lakes, and beaches)

*Bay* – an area of water that is surrounded by land but connected to the sea

*Industries*– the different ways that countries can make money (e.g. tourism or farming)

*GDP*(Gross Domestic Product) – the money that a country makes

*Biodiversity*–the number of different types of plants and animals in a place

**Copy or print out this note taking sheet to help you organise your ideas:**

<b>Physical features</b>  Location:  Climate:  Other features:	<b>Human features</b>  Capital city:  Language:  Main industries:  Other features:
<b>Food and diet</b> What foods grow well in this climate?  What do people traditionally eat here?	<b>Tourism</b> Is tourism popular in this country? Why?
Is the Mediterranean Sea important to the country? Why?	

**Websites to look at:**

[Kid'sWorldTravel](#)

[CoolKidFacts](#)

[KidsKiddle](#)

[HolidayWeather](#)

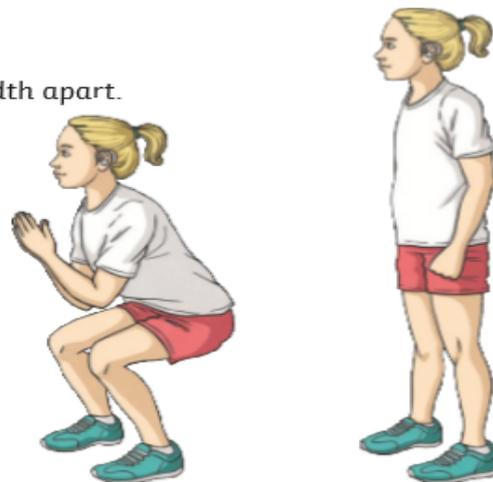
# PE - athletes training workout

Do for 30 seconds-30 seconds rest	Week1 How many?	Week2 How many?	Week3 How many?	PERSONAL BEST How many?
SQUATS				
BACKWARD LUNGES				
CLIMB THE ROPE				
KNEE TO ELBOW				
FROG JUMPS				
SLOW MOTION BURPEES				
SQUAT & PUNCH				

## Joe Wicks: Active 8-Minute Workout 1

### Squats

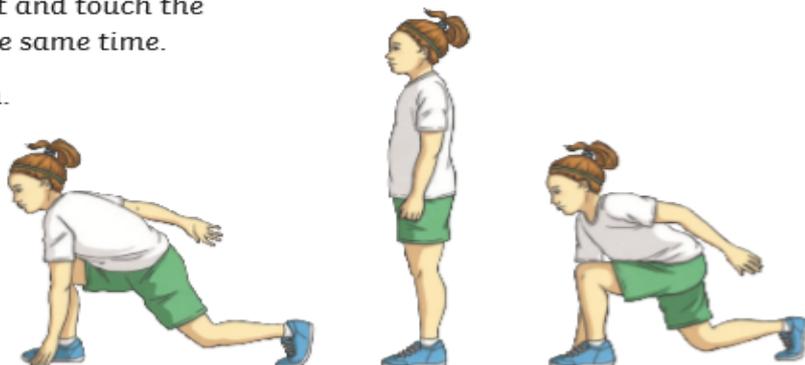
1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Stand up tall again.
4. Keep a straight back.



## Joe Wicks: Active 8-Minute Workout 1

### Backward Lunges

1. Start with your feet together.
2. Step backwards with one foot and touch the ground with your hand at the same time.
3. Return to a standing position.
4. Repeat with the other foot stepping back and the other hand touching the ground.



# Joe Wicks: Active 8-Minute Workout 1

## Climb the Rope

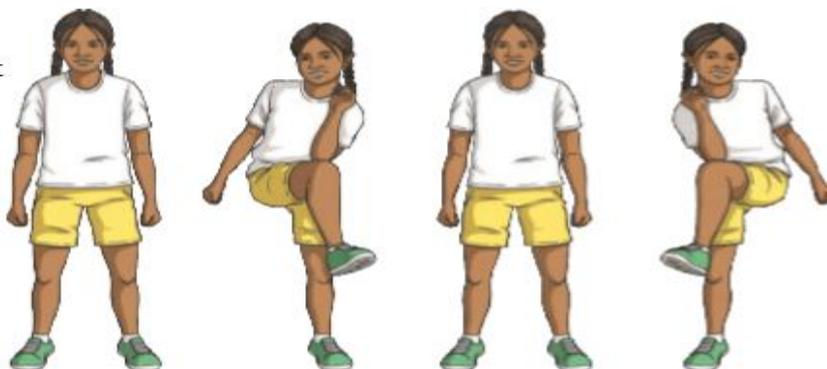
1. Imagine a rope is hanging down from the ceiling.
2. Reach up with one hand and pull the rope down towards your tummy.
3. Reach up with your other hand and pull it down towards your tummy.
4. Run on the spot and climb the rope at the same time.



# Joe Wicks: Active 8-Minute Workout 1

## Knee to Elbow

1. Imagine you are marching on the spot.
2. Lift up one knee and bring it towards the opposite elbow.
3. Repeat with the other knee and the opposite elbow.
4. Keep a straight back.



**NEARLY THERE- KEEP WORKING HARD & TRY YOUR BEST!**  
DRINK SOME WATER IN YOUR 30 SECOND REST....

**YOU CAN DO IT!**



**DON'T GIVE UP!**

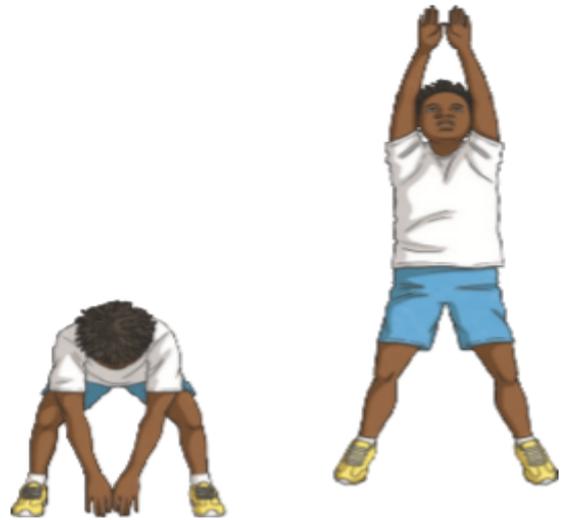
**SCROLL DOWN FOR 3 MORE EXERCISES...**

## Joe Wicks: Active 8-Minute Workout 1

### Frog Jumps

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down and touch the ground with both hands - bend from the knees not from the back.
3. Jump up high with your hands in the air.

**Can you jump like a frog?**

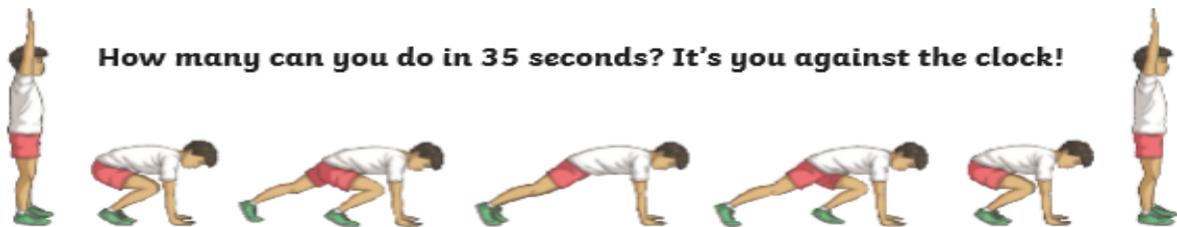


## Joe Wicks: Active 8-Minute Workout 1

### Slow Motion Burpees

1. Start with your feet shoulder-width apart.
2. Bend your knees and place your hands down on the floor in front of you.
3. Step back with one leg and then the other so that they are both straight.
4. Step forwards with one leg and then the other leg.
5. Stand up tall, stretching your arms above your head.

**How many can you do in 35 seconds? It's you against the clock!**



## Joe Wicks: Active 8-Minute Workout 1

### Squat Hold with Punches

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Hold the position and punch forwards with your arms one at a time.

**Can you feel it in your legs?**



# French



Activity 3 : **Read** the dialogue between two pupils and **translate** into English. Use the vocabulary table to help you.

## French

**Jeanne:** Bonjour Mohammed! Comment ca va?

**Mohammed :** Ça va bien, merci. Et toi ?

**Jeanne :** Comme-ci, comme ça.

**Mohammed :** Tu as une gomme, s'il te plait ?

**Jeanne :** Non, je n'ai pas de gomme.

**Mohammed :** Ah. Tu as une calculatrice, s'il te plait ?

**Jeanne :** Oui, j'ai une calculatrice !



## English

**Jeanne:** \_\_\_\_\_

**Mohammed :** \_\_\_\_\_

**Jeanne:** \_\_\_\_\_

**Mohammed :** \_\_\_\_\_

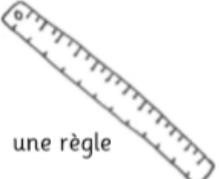
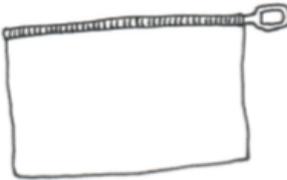
**Jeanne:** \_\_\_\_\_

**Mohammed :** \_\_\_\_\_

**Jeanne:** \_\_\_\_\_

masculine	feminine
un	une

	des ciseaux <i>some scissors</i>	
une règle	un sac <i>a bag</i>	
	un cahier <i>an exercise book</i>	
une trousse	un livre <i>a book</i>	
	un classeur <i>a folder</i>	
une gomme	une calculatrice <i>a calculator</i>	
	un bâton de colle <i>a glue stick</i>	
un stylo	un feutre <i>a felt-tip</i>	
	un cartable <i>a school bag</i>	
un taille-crayon	un compas <i>a pair of compasses</i>	
	un sac à dos <i>a backpack</i>	
un crayon	un papier <i>a piece of paper</i>	

qu'est-ce que c'est ? <i>what is this ?</i>	
c'est une règle <i>it's a ruler</i>	
c'est un crayon ? <i>is it a pencil ?</i>	
non, c'est un stylo <i>no, it's a pen</i>	
oui, c'est un crayon <i>yes, it's a pencil</i>	
tu as une gomme ? <i>do you have a rubber ?</i>	
oui, j'ai une gomme <i>yes, I have a rubber</i>	
non, je n'ai pas de gomme <i>no, I don't have a rubber</i>	

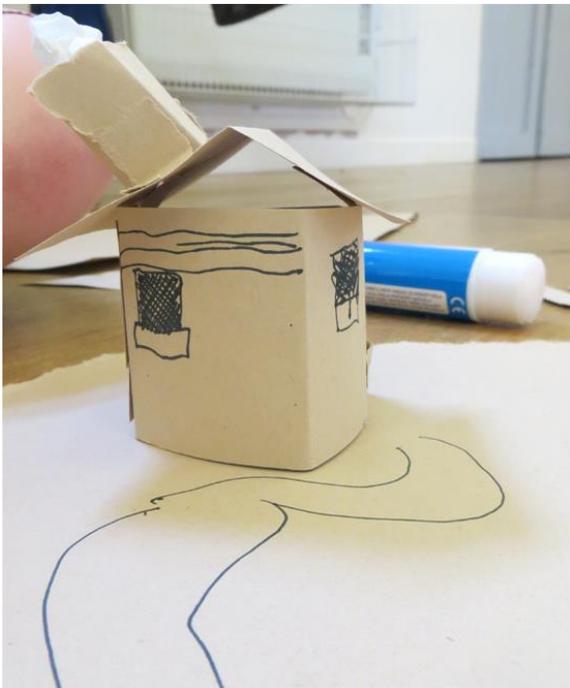
	Tu as une règle ?
	Non, je n'ai pas de règle.
	Moi, j'ai une règle !

# Design Technology - Constructed Maps

Decide on the shape of your map/island. Where are the main features going to be? Mark and label them



Using paper/card you can create structures or features to go on your map. These could be manmade or natural – building, trees, signposts, volcanos, mountains or whatever you imagine might be there. When torn, crumpled or folded, paper can make some amazing shapes and create interesting textures.



# Music – Support

Where was Edward Grieg from?

When was he born? When did die?

Did he learn to play a musical instrument when he was child?

Who was family? Mother father

Did he get married and have children?

What was his occupation?

Where did he live?

Interesting facts?