

## Woodhouse - Home Learning Week 6: 18.5.20

We know you now have plenty of online activities to do so this Home Learning mat will now focus on offline activities. This week, it is Mental Health Awareness Week so we are going to include some activities to keep your mind and body healthy.

### Geography

#### Maps and Compass points

Think about a familiar journey that you make. This could be your journey to school or it could be a walk or bike ride that you have done recently.

Create a map showing the route you have taken.

Try to include:

- key physical features that you pass on your journey: mountain, forest, sea, beach, hill, river, canal
- key human features that you pass on your journey: house, shop, city, town, village
- a labelled compass

You could include grid references if you know how.

As a challenge use directional language such as 'next to', 'across from', 'to the left', 'to the right', 'behind', 'in front' to describe this familiar journey.

Remember that you can use google maps to help you if you want to.



### Science

Doing exercise helps us to keep a healthy body and also a healthy mind. Sometimes we might feel a bit fed up and like we can't be bothered to do anything but we always feel better after a workout! For your science activity this week, you can measure your heart rate. Ask a grown up to help you find your pulse on your wrist. Count how many pulses you feel in one minute before you start your workout. Then count the pulses again straight away when you finish your workout. You could do it when you do Joe Wicks! What do you notice? Why does this happen?

There are more ideas for activities about the 'Importance of exercise' on the website.



### History

The National Museums in Liverpool would like as many children as possible to get involved in their 'My Home is my Museum' project. They would like you to choose some items that are special to you and create a mini museum at home. Or you could create some pieces of art to set up your own art gallery. Then film a short video explaining why you've chosen the things for your museum/what you have drawn. Follow the link below for more details:

<https://www.liverpoolmuseums.org.uk/my-home-my-museum>



### Art



Eleanor Bowmer is a Textile Designer & Illustrator based in the North West. She has created a colouring book specially for Lockdown. We have uploaded it to the website for you to download and

colour in. If you don't have a printer, why not design your own Mindful colouring patterns. Colouring really helps you to relax but also keeps your finger muscles working so that when we return to school you will still have the strength to write and draw!

### PE

#### Yoga

Have a look at the yoga cards. Copy the poses off each card. Challenge yourself to hold each pose for 10 seconds. You could even make it into a competition and see who can hold the tree pose for the longest time without wobbling.

Try creating your own pose and challenge the teachers to recreate it on the PE blog!

## PSHCE/Values

To help you stay happy and calm during Lockdown, create your own Coping Tools List. This example comes from The Creative Shrink.



## Music/DT

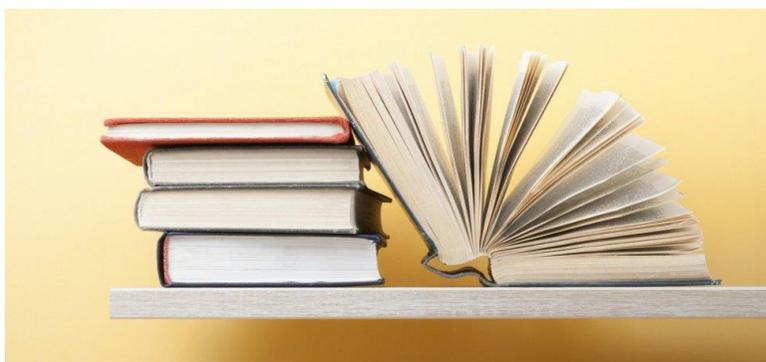
Make your own instrument.

Have a go at making your own instrument out of things from home. This could be an elastic band guitar, a cardboard box drum or a rice shaker. Try and create a piece of music with your instruments!



## Reading

Keep reading your books at home and writing your book reviews. Can you recommend a book on your year group blog?



## Writing

Keep updating your diaries.



## Maths

Create a set of dominoes with clues on that will match.

e.g. YR: Number bonds with addition (9 + 1) (10 + 0)

Y1/2: Number bonds with addition of 2 digit numbers (18 + 2) (12 + 6)

KS2: Number bonds involving subtraction, multiplication, division or fractions!  $\frac{3}{8}$  of 80 = 120 divided by 4

## Planned Play

We have added this section for children in Reception and Y1 who may need to do more of their learning through play-based activities. However, children of any age may enjoy them too!

This week it's all about dinosaurs! Watch Mrs Edgar's video challenge.

### You will need:

- A book about dinosaurs (we have uploaded a dinosaur ebook for you)
- Drawing equipment and paper
- Junk modelling equipment (toilet roll or kitchen towel tubes, cardboard boxes)
- Sticky tape or glue
- Paint or colouring pens

### The set up:

Learn about dinosaurs - what they looked like, why they looked a certain way, when they roamed the Earth, what made them become extinct etc  
Design your own dinosaur - draw a picture, give it a name and decide what it will eat.  
Create your dinosaur out of junk modelling items.

### Additional ideas to keep the play going:

- Create a dinosaur family.
- Make a predator!
- Set up a habitat for your dinosaur.
- Film your own version of Jurassic Park.

