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| Learning Project Week 4: Healthy Me! |
| Class: Churchill Y3/4Please complete at least 3 of the tasks below during the week:We love to see what you are doing on our private Facebook Page or Twitter Feed: [www.facebook.com/groups/heatherprimaryschoolcolaville](http://www.facebook.com/groups/heatherprimaryschoolcolaville) [@HeatherPrimary](https://twitter.com/HeatherPrimary?lang=en) |
| Maths Tasks  | English Tasks  |
| **Daily**Participate in ‘Week 2’ daily Maths lesson from government home learning website: https://www.thenational.academy/ MyMaths – try to complete one task everyday**Weekly**Participate in Gareth Metcalfe’s Live Lesson once a weekChoose three 10 minute sessions (please use a range throughout the week) on either:* Times Tables Rock Stars (Y4 please use Sound Check)
* Numbots
* Hit the Button (don’t forget doubles, halves and number bonds too)

Practise telling the time – you could even design a weekly learning timetableTry to play a Maths-related game with your family for example:* Uno
* Monopoly (be the banker)
* Lots of free Maths games on <http://www.iseemaths.com/>

If there is an area of Maths that you are struggling with try checking out https://mathantics.com/ – this website has lots of free Maths tutorials and you can select them by topic. | **Daily**Participate in ‘Week 2’ daily English lesson from the government learning website: https://www.the national.academy/ Read for 20 minutes every dayPractise the spellings from your English lesson (above) daily throughout the week. These could be practised in the mud, sand, shaving foam etc**Weekly**If possible, try to be heard read aloud by an adult 3 times per week – this could be done as echo reading. Try to use expression.Look up any new words from your reading book in a dictionary or use <https://www.dictionary.com/> to look up the meaning. Try to write 3 different sentences using this new word.Join read theory <https://readtheory.org/> and try to do at least a 20 minute session per week. Watch Newsround and discuss what is happening in the wider worldPractise your spelling on Spelling Shed |

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| Learning Project – ongoing throughout the week.Choose from the selection below. |
| Science * Research about the different food groups. What foods are needed for a health balanced diet? See if you can produce a food wheel. Why not keep a food diary for the day. What food groups did your diet fall into? Were you missing any of the food groups? Did your portion sizes match the daily recommended portions?
* Carry out one of the experiments on the website below to learn more about food contents: <https://www.extendednotes.com/after-school-activities/7-food-science-experiments-to-promote-healthy-eating>
* Exercise and a balanced diet are vital for a healthy body. Find out about the different parts of the human body including:

Where they are located in the bodyTheir functionsWhat they need to work effectively and how they benefit from exercise and healthy foodGeography What countries in the world are considered to have the best diets? What types of food do the people there eat?In order to have a wide variety of fruit and vegetables in our shops, the UK imports many different fruit and vegetables. What fruit and vegetables are imported into the UK and what countries do they originate from? What fruit and vegetables are homegrown in the UK?DT Create a healthy meal. Write the recipe. Help to order the ingredients and then finally prepare the meal. After you have eaten your meal, evaluate it. Did everything go to plan? Did you have to substitute any foods? Why did you need to do this? If so, did the substitutions work?PE Design a weekly timetable of exercise for a primary school child of your age during lockdown to ensure they get daily exercise – try to incorporate a range of different activities, some indoor and some outdoor. Try out all the activities. Don’t forget to include warm-up and cool-down activities. Why are these important?VE Day Celebration This week we will be celebrating a very special moment in British history. On Friday 8th May 2020, it will be 75 years since the end of World War 2 in Europe. We would like you to pick an activity below (or more than one) to commemorate the occasion and find out a little bit more about why this day is so important.* Find out about the significance of VE Day. You could access the home learning pack below to help you in your research: <https://www.mrtdoeshistory.com/75th-anniversary-ve-day?fbclid=IwAR0WFmVmOsYq5e5cDaqbcPDoZU_MZh6gyi24YHrnVjdwRgYSjDaK4G7LJSg>
* Make war-time party decorations from materials around the house such as paperchains and party hats using old newspapers/ magazines.
* If you have an older relative/ family friend interview them (via phone or video call) about their memories of this day.
* Listen to some 1940s music that would have been played during the celebrations.
* Have a celebratory party tea – research some of the foods that would have been used to celebrate 75 years ago whilst the country was still on rations and perhaps use one of these dishes.
* Enter the Queen’s Head Pub drawing competition and draw a picture to commemorate VE Day to be displayed in the village – post your competition entry through their door.
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