

Home Learning Year 3/4



Week Beginning 29th June 2020

As it is virtual sports week, this week's home learning will follow the theme of PE and sport.

Daily Physical Activities

Daily movement is great for children's physical and mental health:

Joe Wicks is hosting a daily fitness session to get the blood pumping:	https://www.youtube.com/user/thebodycoach1
Cosmic Kids are hosting a daily yoga session to help build strength and balance. These fun sessions follow story and are also great for mental health.	https://www.youtube.com/user/CosmicKidsYoga

Phonics: Additional practice for SEN or Year 3 pupils

At school we follow a scheme called Read Write Inc. Below is a link to daily lessons. Each day a new video teaching a new sound is uploaded and is available for 24hrs so it can be accessed any time on that day. Children would need to first take part in the 'Speed Sound' lesson which lasts about 10-15minutes. Following this they can take part in the 'Spelling lesson' which again lasts about 10-15 minutes. These two short sessions will help children learn new sounds and apply them in spelling.

Link:	https://www.youtube.com/results?sp=mAEB&search_query=read+write+inc+phonics				
	Monday	Tuesday	Wednesday	Thursday	Friday
Set 3 <ul style="list-style-type: none">Set 3 Speed Sounds and Word Time 10.30 amSet 3 Spelling 10.45 am	i-e (Reading longer words oo/u-e/ew)	o-e (Reading longer words or/aw)	u-e (set 3 restarts) (Reading longer words air/are)	aw (Reading longer words ir/ur/er)	are (Reading longer words ou/ow)

Reading:

Online eBooks which link to our phonics programme (shown above) will allow children to apply their phonics skills. These can be found at:

<https://home.oxfordowl.co.uk>

Ask your child to look at the BBC Newsround website and read this article. Write down 5 key facts that have been learnt about skateboarding or Gui Khury <https://www.bbc.co.uk/newsround/52632819>

Ask your child to watch this clip about a sports person. Discuss with your child how the clothing and equipment of the sportspeople have changed through time. <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks1-ks2-proud-to-be-a-sportsperson/zmkfbdm>

Mathematics:

Ask your child to create a tally chart and ask friends and family what sports they like to play the most. They can choose more than one! Then create a bar chart representing the data collected.

When taking part in the virtual sports day activities next week, allow your child to play a key role in measuring the jumps and timing any races in the challenges.

What is the difference between 2 jumps?

What is the difference between the time it took your child to complete the obstacle course and the time it took the grown up to complete the race?

Sport	Frequency	Total
Football		
Tennis		
Rugby		
Swimming		
Cricket		
Other		

English:

Visit the Literacy Shed for this wonderful resource. <https://www.literacyshed.com/catchit.html> Ask your child to create some commentary for the 'rugby' scene at the end of the film.

If you fancy more English challenges, the Sports Shed on the Literacy Shed has lots of engaging videos and great activity ideas. <https://www.literacyshed.com/the-sports-shed.html>



History:

Finding facts about the history of sport – what was the first sport ever played? Encourage your child to find out about what sports are the most popular in different countries. Make a poster of a PowerPoint presentation about the history of sport and how it has changed over the years.

This website has lots of clips from the iconic Football world cup match in 1966 when England won. <https://www.bbc.co.uk/sport/live/football/26684674> Ask your child to watch them carefully and discuss their thoughts. Some of the commentary on the clips is still widely known now. If your child was commentating these clips, what would they say? Record a video or write this down.

You may want to research other iconic moments in the history of sport and similarly discuss thoughts or write commentary. It's a great way to engage with what happened.

Art:

Look at the artwork of Keith Haring showing football (<https://www.pinterest.co.uk/pin/255790453808856071/>) Recreate some of his paintings yourself using his techniques to show movement.



Here is a link to a piece of art titled 'winning the tour de France'. Ask your child to look at it and think about how the movement of the cyclists has been depicted. Ask your child to complete a similar piece of art work showing the movement of people in sport.

<https://www.artmajeur.com/en/goodaboom/artworks/8752588/winning-the-tour-de-france>



PE and sport:

Take a look at the events for virtual sports week. There are 5 challenges. Can you complete them all?

Here are some extra challenges if you complete the 5 for virtual sports week:

- How many times can you get up and back to the starting position in 1 minute? Start lying flat on your back, push your legs up straight so your bottom is off the floor then roll down quickly so the momentum helps you push up into a standing position.
- Standing straight and facing forward, jump up and land with one leg and arm forward, jump again to change over (opposite leg and arm forward) Can you do it with one leg and the opposite arm forward? How many Spotty Dogs can you do in 1 minute?
- Place a basketball (or any other ball that will bounce) flat on the floor. By patting it with your hand - can you get it to start bouncing? How long does it take you to get it bouncing? How many bounces can you do in 30 seconds? Now try with your other hand - is this easier or harder?
- Using 9 markers (you can use cones/toys/rolled up socks etc) - create a wheel shape. Place a marker in the central point and then 8 further markers 8 heel/toes away in a circle (see diagram). Number your markers 1-8. Stand next to your central marker and on the shout of 'GO' run to number one, then back to the centre, then to number two - keep going until you have run to each number and are back in the centre. How fast can you complete the circuit? Can you do it any faster?

Sharing learning with teachers and gaining feedback

No matter what learning families choose to do at home, all completed learning can be shared with their child's teacher using Class Dojo. Teachers will comment on your child's learning. Each week, teachers will also send them a message about their learning and give improvement tips or reminders.