

Cookery

Choose something healthy to cook – take pictures of you cooking / preparing or how about filming a video explaining how to make it.

Ask your family's opinion about the food. How about recording what they think of the food!

Language / Writing

Write instructions how to cook a recipe of your choice. Remember to include:

- Numbers on the instructions so that they are followed in the correct order.
- Pictures
- A list of equipment
- Information about how to cook – for example temperature of the oven.

P.E

- Take part in a session with Joe Wicks (<https://www.youtube.com/user/thebodycoach1>)
- Have a try at one of the yoga lessons on Cosmic Kids (<https://www.cosmickids.com/>)

Here are some ideas on our health theme.

Do you have other ideas?

REMEMBER TO SEND YOUR WORK TO US ON GOOGLE CLASSROOM or CLASS DOJO

Theme: Health

P.E 2

Create your own fitness circuit and film yourself. Remember to give clear instructions how to do your circuit – we may share the videos on Class Dojo so that other children can give the activities a go!

Health and wellbeing

This can be a difficult and lonely time for many. How about writing a letter or emailing a friend or family member.

Why don't you:

- Write about some of the things you have been doing.
- Think about things you can do when you see each other next.
- Remember to write your address at the beginning of the letter.
- How about including a picture as well to make them happy?

Art

Recently we have been studying the work of Nikki Pilkington. Her work is very appropriate at this time as she uses many positive sayings. Can you create a poster using Nikki Pilkington's style (or your own style!) using one of these sayings:

- The sun will shine again
- Let's stay apart to stand together
- There's no rainbow without sunshine or rain
- There are better days to come
- After the storm comes the rainbow

How about displaying your poster in the window or in your garden and sending us a picture!

Language

Who is your favourite sports personality? Can you gather information about them? What about writing a newspaper article about them or creating an interview. What would your questions be and what do you think the answers would be?

Science

Choose one organ in the body such as the heart. Research and find facts about it and create a fact sheet.

Remember to include:

- Facts (written in your own words).
- Pictures (ones you have made or ones from the internet).