

# Optional Homework for Take a trip - Green Class (first 6 weeks)

## Health and fitness (1 week)

In light of feedback from Parent Questionnaires, we will continue to underline tasks that are more easily completed by children independently.

1 English (Communication, Reading and Writing)	2 Creative Arts (Music, Art, Dance)	3 Humanities (RE, Geography, History, Philosophy)	4 Mathematics and Technology (Maths, DT, IT, Science)
<p>In English, we will be reading the story 'The suitcase'. Create a story board/book or story map retelling the story. Use it to practise your oral retelling skills.</p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>recall story</li> <li>choose main parts</li> <li>illustrate and write clear sentences (capital letter, sound out words, finger spaces, full stops)/speak in full sentences</li> <li>check for sense</li> </ul>	<p><u>Look at the video to see some children taking part in some African drumming (link below). Have a try yourself.</u></p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>choose an object to be your drum e.g. plastic lunch box, biscuit tin, upside down flower pot (ask a grown up first)</li> <li>create your own rhythm that you can repeat</li> <li>repeat this rhythm again and again, and perform</li> </ul>	<p>There are more than 50 countries in the continent of Africa and each has its own flag. Find out what some of the flags look like and use a map to find these countries.</p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>follow link below to find flags</li> <li>look carefully at them and notice how each is different</li> <li>choose 5 of your favourite</li> <li>locate these countries on a map (atlas or Google maps)</li> </ul> <p>Are they in the north, south, east or west of Africa?</p>	<p>Practise these mental maths facts:</p> <ul style="list-style-type: none"> <li>counting in 2s to 20 and back</li> <li>counting in 5s to 100 and back</li> <li>counting in 10s to 100 and back</li> <li>number bonds to 10 – e.g. 7+?</li> <li>doubles to 10+10</li> <li>halves of numbers to half of 20</li> <li>stating the tens and 1s to make a 2-digit number – e.g. 76= 70 and 6</li> </ul> <p>find the difference between 2 numbers below 20 by counting on e.g. 17 – 15= the difference between 15 to get 17 is 2 . N.B. This is only the most appropriate method when the numbers are close together.</p>
<p>Imagine you're in the middle of an African plain/safari. Describe what you can hear, see, smell, touch and even taste.</p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>use imagination to create a picture in your mind</li> <li>think of nouns that you might see e.g. land, trees, animals</li> <li>think of adjectives to tell us more about the nouns e.g. tall trees</li> <li>use your nouns and adjectives in a sentence e.g. I can see tall trees.</li> </ul>	<p><u>Design a postage stamp for Tanzania. It doesn't need to be small like a stamp. Examples on reverse</u></p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>research different African stamp designs (online or by looking on reverse).</li> <li>choose your media – computer programme, paint, collage, pastel</li> <li>add African patterns</li> </ul>	<p>We will be comparing physical and human geographical features of parts of Africa with parts of the UK. Create a table and sort these features into human or physical. You can add in some pictures too if you like.</p> <p><i>mountain, river, shop, forest, lake, port, harbour, village, hill, church, beach, school, road, wood</i></p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>sorting geographical features</li> </ul>	<p><u>Use your design and technology skills to create an African style shaker instrument like the new one we have in school.</u></p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>collect materials from around the house (ask first)</li> <li>decide what you could use to create the sound</li> <li>join materials securely and strengthen weaker parts</li> <li>test and adapt your design</li> <li>decorate</li> </ul>
<p><u>Spelling – choose 8 words from the Year 1 list and create a wordsearch using them.</u></p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>draw a grid or find some squared paper</li> <li>write your chosen spellings into the grid – to make it challenging you could write them forwards or backwards. Make sure you spell them correctly!</li> <li>fill in the other spaces with different letters</li> <li>see if someone can solve your puzzle</li> </ul>	<p><u>Create a dance to African music. Listen carefully to the music (link below) and then create movements that will match the music well.</u></p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>listen and notice the tempo</li> <li>think of some movements that match the tempo of the music – you could take inspiration from weather, animals or plants as ideas</li> <li>put your movements into a sequence</li> <li>practise in time to the music for some of the track</li> </ul>	<p>During our 'Take a trip' topic we will learn about looking after our world and the people in it. We will look at stories such as the Good Samaritan and famous figures such as Mother Theresa. Make a poster explaining how to either care for our world or to care for others. Add words, labels, pictures and colours.</p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>choose people or the world</li> <li>think how we can look after them/it</li> <li>show thinking in words and pictures</li> <li>make it interesting to look at</li> </ul>	<p><b>HEALTH AND FITNESS</b></p> <p>Use your typing skills to create a fact file about your favourite sport or sports person. It would be good to copy and paste a picture or two.</p> <p><b>Focus</b></p> <ul style="list-style-type: none"> <li>accurate typing</li> <li>using text effects</li> <li>copy and pasting images</li> <li>interesting presentation</li> </ul>
<p><b>HEALTH AND FITNESS</b></p> <p><b>Speaking and listening</b></p> <p>How do we keep our bodies healthy? Create an instruction video to share in school. Make links to our PSHE learning where we were learning about healthy eating, brushing our teeth, exercising, getting enough sleep etc.</p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>speaking clearly in full sentences</li> <li>informing others</li> </ul>	<p><b>HEALTH AND FITNESS</b></p> <p><u>Create your own Wake and Shake. Ask an adult to help you choose a piece of music and then pick movements to match the music.</u></p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>choose big actions that will help wake you and your brain up</li> <li>put movements together to make a sequence</li> <li>repeat the sequence in time to the music</li> </ul>	<p><b>HEALTH AND FITNESS</b></p> <p>Consider this philosophical question.</p> <p><i>Is it ever right that sports men and women get paid more than doctors, nurses and teachers?</i></p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>consider both sides</li> <li>decide what you think</li> <li>write 2/3 reasons why you think what you do</li> </ul>	<p><b>HEALTH AND FITNESS</b></p> <p><u>Athletes must keep fit and healthy. How do they do this? Think about our PSHE learning and create a healthy meal plan for a day with breakfast, lunch and dinner.</u></p> <p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>recall which foods are healthy</li> <li>draw 3 meals which would be good for an athlete to eat</li> <li>try to include foods from all the food groups (remember that treats are ok to include some of the time)</li> </ul>
<p>Helpful websites</p> <p><a href="https://kids.kiddle.co/Flags_of_Africa">https://kids.kiddle.co/Flags_of_Africa</a> - flags of Africa</p> <p><a href="https://www.youtube.com/watch?v=vr4Us1ReCCE">https://www.youtube.com/watch?v=vr4Us1ReCCE</a> – example of African drumming</p> <p><a href="https://www.youtube.com/watch?v=rq9yhEKMXMU">https://www.youtube.com/watch?v=rq9yhEKMXMU</a> – African music for dance</p>			

Look at the activities above. The activities are divided into four columns. You need to choose one activity to complete each week. You must choose at least one activity in each column. After that the choice is yours.

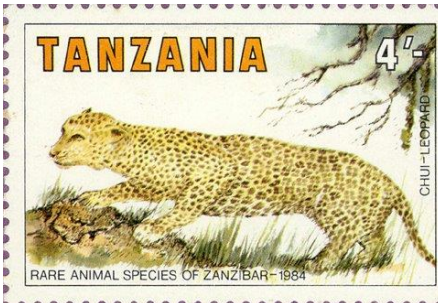
- To help you organise your homework, it is a good idea to do a little every day. You can spend as long as you wish, but around one hour per week should be enough for most activities.
- If you have a brother or sister at Blackwell, you could work together on an activity.
- It is helpful if grown ups help you, but please do the work yourself.
- The work should be filed in your homework book. Examples of good homework will be displayed in the hall.

**Reading for this half term:** daily please for at least 10 minutes

### EXPECTATIONS

- Please complete written work in **pencil** and file into your homework book. Some work may require a photograph.
  - Present work in a way that is clear and easy for people to read
- Homework sheets will be sent home at the start of a topic and one piece can be handed in each MONDAY
- Activity sheets for English and Maths will be available from class teachers on Fridays if children request them during the week**
  - Feedback from the teacher will be provided in the workbook

# African Stamps



## Year 1

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our

### Spelling words

### Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving contains

Energy (kcal)	500	1000	1500	2000	2500
Carbohydrate (g)	100	200	300	400	500
Protein (g)	10	20	30	40	50
Fat (g)	10	20	30	40	50

of an adult's reference intake  
Typical values (per 100g per 100kcal 100kcal)

Choose foods lower in fat, salt and sugars

8-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Choose wholegrain or higher fibre versions whenever possible. Salt and other added components

Oil & spreads  
Choose unsaturated oils and use in small amounts

Drinks and alternatives  
Choose lower fat and lower sugar options

Protein, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the United Kingdom government, Food Standards Australia and the Food Standards Agency of Western Ireland. © Crown copyright 2018