

P2 Activities across the Curriculum 18.05.20 - 31.05.20

<p>Expressive Arts Dance</p> <p>Try out this dance - Can't Stop the Feeling. Repeat it each day and see if you can better at it. Challenge a family member to learn it too. Tell me how you got on with a voice recording, a photo or a video. Just dance: https://www.youtube.com/watch?v=KhfkYzUwYFk</p>	<p>P.E. Balances</p> <p>Can you create some interesting balances? Make sure you have enough clear space around you to try this safely. Roll a dice and balance on that number of body parts. Remember to control your body to hold your balance still. Can you link together 3 of your new balances? Can you work with a partner to create a balance? Try to upload a photo.</p>	<p>IDL Feed Wildlife</p> <p>Just like us, wildlife need food and water too. You could create a Bird Kebab, Butterfly Bar or Water Tray. Follow the attached instructions and watch what happens! Try to upload a photo of your creation and let me know if any wildlife visit, I'll use this as part of our RSPB Wild Challenge Award.</p>
<p>Expressive Arts Music</p> <p>Listen to the song 'What I am' by clicking on the link below: https://www.youtube.com/watch?v=cyVzjoj96vs Can you write your own 'What I am ...' lyrics? Sing about what makes you special and unique. We would love to hear your own version of the song. Try to upload an audio or video file of you singing your own 'What I am' song.</p>	<p>P.E. Jumping</p> <p>Challenge yourself to jump as far as you can. Try different methods: Take off from 2 feet, using your arms and bent legs to help you take off. Take off from one foot, using a run up to give you more power. Which type of jump works better? Use a measuring tape (if you have one) and marker to show where you jump each time. See my attachment in the assignment for ideas on setup. Add a video or photos to show me how you got on.</p>	<p>French Head, Shoulders, Knees and Toes</p> <p>This is a great song to get you moving. I have two versions, one which helps us to learn the song and another which is a challenge when you know it as it gets faster and faster. When learning the song, try pausing the video after each line and repeating it back to help you to learn it. We'd love to see a video of you practising or when you've learned it. Learning the song - https://www.youtube.com/watch?v=Ev9AwZgpF8U Fun, fast version - https://www.youtube.com/watch?v=nuORIEYvt1A</p>

<p>Health & Wellbeing Cosmic Kids- Peace Out</p> <p>Take some time to relax and listen to the story of the Sleeping Dragon. This story will help you to think about how you manage your feelings and how to stay calm. The link below will take you straight to the story, if you enjoy it and would like to listen to more peace out episodes these can be found on the cosmic kids website. https://youtu.be/AUjpWdbMrAg</p> <p>Below are some questions to help you get started,</p> <ul style="list-style-type: none"> • Did you enjoy this task? Why? • How did it make you feel? Why? • Do you think that breathing exercises could help you to manage your feelings? If yes how will you do this? • Would you like to listen to more Peace Out stories? 	<p>Outdoor Learning Plant Safari</p> <p>In your garden or when out for a local nature walk, look closely at what is growing. You could take photos of what you find, write a list or draw pictures. Try to upload a photo of your work, I'll use it as part of our RSPB Wild Challenge Award. The "Spot It" sheets might help you to identify what you see.</p>	<p>Science Germ Experiment</p> <p>You are going to do an experiment about germs. You'll need a bowl, water, pepper and liquid hand soap. Attached is a document with the instructions and a couple of questions for you to think about when completing the task. If you can't do the experiment at home, you can have a look at this video. Pause the video at the correct points and think about the questions. https://www.bbc.co.uk/cbeebies/watch/germs-experiment We'd love to see a picture of you doing your experiment.</p>	<p>Fun Challenge Scavenger Hunt</p> <p>Make your own scavenger hunt for you and your family. You could make an indoor hunt to complete around the house or you could make an outdoor hunt to complete in your garden or on your daily walk. Look at the examples to give you some ideas. We love seeing your work! You could upload your scavenger hunt or some photos of you completing your hunt, to share with us.</p>
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