



East Stour Learning Activities W/B 18/01/21



Things to practice/do every day: Reading, exercise, phonics/spellings,
times tables, number bonds.

This week's activities have a rainforest /environment theme

	English	Maths	Topic	Daily Challenge
Monday	<p>Start a weather diary for this week. Write or draw what the weather is like today. Continue this for each day this week. Write the date on each day to practise spelling your days and the month.</p> <p>Harder - add temperature and wind direction from a weather forecast or app.</p>	<p>Make the number 8 in any way you can.</p> <p>Draw pictures to represent 8, find 8 objects and count them, Add numbers to make 8</p> <p>Medium – Add or Subtract numbers to make 8</p> <p>Hard – multiply , divide, use more than one calculation</p> <p>(Use a larger number to increase the difficulty – 80, 180, 888 etc</p>	<p>Read online together about rainforests. Look at these facts about rainforests facts about rainforests to get started!</p> <p>Tell someone what you have learned about the Rainforest.</p> <p>Harder - Create a rainforest quiz.</p>	<p>Be mindful – you could do this everyday to have a calm time focusing on your breathing and your thinking.</p> <p>Sit down or lie down. First take a take a deep breath in and breathe it out slowly – repeat 5 times. Get completely quiet and calm.</p> <p><u>The Power of listening</u> Find something you can ring like a bell, wind chime, cymbal, etc – the sound must trail away once you have hit it. A glass with some water in it will ring but do not hit it too hard. Ask someone else to ring it if you can, otherwise ring it yourself. Listen very carefully to it ring and notice when the sound becomes so faint you can not hear it any more. Continue to listen in the quiet for a minute and see what else you can hear. A ticking clock? A car passing? A bird singing? The wind blowing?</p>

<p>Tuesday</p>	<p>Watch and read Eric Carle's 'Rumble in the Jungle'. Once you are familiar with the story, they can read along or join in with familiar sentences. Choose an animal to draw and write a sentence to describe it.</p> <p>Rumble in the Jungle</p> <p>Harder</p> <p>Amazing Animals- think about the following: How many different types of animals live in rainforests? Can you name any? What is their diet like? How do they hunt for their prey or hide from predators? Look at these 11 amazing rainforest animals.</p> <p>Choose one of the animals and create a poster all about them.</p>	<p>Make a game board with some numbers on 1 to 10/20 Medium - Between 1 and 50 or 100 Hard Any number / perhaps the answers to times table you still need to learn.</p> <p>Make a set of 0 to 9 cards on paper or card.</p> <p>Shuffle the cards. Choose two cards each time randomly and see if you can make one of the numbers on your game board by adding, subtracting (harder- multiplying or dividing). If you can place a counter or piece of coloured paper on the answer. Re-shuffle the cards before each go. If you are playing with someone, then it is their turn and they will try to make a number on your game board and put their colour counter on. The winner is the person who wins most numbers. If you are playing on your own try to win all the numbers – you may need to get someone to check your calculations though.</p>	<p>Roar!- Have a go at this forest themed GoNoodle! Roar!</p> <p>Make up your own rainforest-themed dance routine to the song Roar! By Katy Perry - you could pretend to be a different animal for each dance move!</p> <p>You can use any song to make up your dance to if you can not get this one.</p>	<p><u>Be an animal</u></p> <p>Take it in turns with the others in your house to be an animal.</p> <p>Walk round the room as that animal, imitating its movements and sounds.</p> <p>The others have to guess what you are.</p>
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Wednesday

Read food labels and identify any foods in your kitchen that contain: bananas, orange, lemon, pineapple, cocoa, chocolate, cinnamon, ginger, tomatoes, potatoes, corn, nuts or blackpepper that are grown in Rain Forest areas.

Check for others on this list too.

Fruits like avocado, coconuts, oranges, lemons, grapefruits, bananas, pineapples, mangoes and tomatoes can all be found in the world's rainforests, along with vegetables such as: maize or sweetcorn, potatoes, and winter squash. Nuts such as Brazil, cashew and macadamia originated from the rainforests along with spices such as vanilla, ginger and cinnamon.

Make a list of the foods that you find that contain any of these. Name them or draw a picture.

Do a maths run.

Make a track to run up and down either safely indoors or outside if possible. Put a marker or cone at each end – to mark the end lap or the run

As you run do some counting practice.

When you get to the cone or marker each time say the next number you are counting -either

Count each lap you run

Medium - Count in 2s, 5s or tens on each lap you run

Hard - Say the answers to a times table you are working on

Use an atlas or online map and find the countries where there are rainforests.

Tropical rainforests are located in a band around the equator. This 3,000 mile (4800 km) wide band is called the "tropics."



The equator is an imaginary circle around the earth, halfway between the north and south poles. Temperatures at the equator are high. These high temperatures cause accelerated evaporation of water, which results in frequent rain in forested areas in the tropics.

There are rainforests in South and Central America, Africa, Oceania (the islands around Australia), and Asia.

Find these areas on a map.

The biggest is the Amazon Rainforest in South America.



Make some wild art

Make a picture or art sculpture with twigs, leaves, flowers, stones and anything else you can find outside at the moment.

You could also use string or wool to make a winter tree design.

Or you could make a minibeast using junk materials or anything else you have around your home.

<p>Thursday</p>	<p>Choose an animal to make a factfile about. It could be your pet, a wild animal or even an insect or spider. Draw a picture and write a sentence about it.</p> <p>Harder Write about its diet, lifecycle, growth etc.</p> <p>If it is your pet – say how you look after it.</p>	<p>The Pig dice game What you need to play: One die A sheet of paper</p> <p>How to play: <i>Step 1:</i> Throw the die and the player records the number that they roll. As long as a 1 isn't thrown, the player can roll again and add the number to their total. <i>Step 2:</i> After each throw, the player has to decide whether to throw again or keep the points they've scored. If a 1 is thrown at any point, the player loses all the points scored so far. If the player chooses to save their score they write it down until their next go. You can play this on your own but beware the number 1 rule! <i>Step 3:</i> The first player to score 100 is the winner.</p> <p>Easier – play to only 10/ 20 or 50</p>	<p>The Sounds of the Rainforests- There are many wonderful and intriguing sounds that can be heard in the rainforest. You can listen and watch real footage from a rainforest on this BBC Our Planet clip. Rain forest sounds</p> <p>Which animal makes the most noise in the rainforest?.</p> <p>Record what sounds you can hear and to predict what animals the sounds have come from. Can you replicate these sounds using objects from around the home?</p>	<p>Go for a short walk and play a game where you listen carefully and note down or try to remember all the things you hear.</p> <p>The person who heard the most things is the winner.</p> <p>What do you hear? Any human activity? What kinds of sounds do you hear from nature? Wind? Bugs?</p> <p>You could also make a list of things you see and award a prize for the most unusual thing.</p> <p>Look at the nature around you. Can you spot any birds or small animals or mini beasts?</p>
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<p>Friday</p>	<p>Complete your weather diary for the week. Give a weather forecast - like you see on the television. Choose two days from your weather diary and use them to say what the weather will be like today and tomorrow. You might make a bid map of the UK to stand in front of and some weather symbols you can put on the map as you say what the weather will be like. Watch a weather forecast on the tv or internet if you need to remind yourself how they do it. Enjoy yourself being an ace weather presenter! Video your weather show.</p> 	<p>Play a maths game online to practice addition number bonds or times table.</p> <p>Choose a game to suit you from Hit the button</p>	<p>Make an Animal Home</p> <p>Create an animal home e.g. a bug hotel using things from the garden. Use a plastic tub or cardboard box. Find out what the animal will need in the home in order to survive.</p> <p>It could be as easy as piling up some old twigs, pine cones, bits of wood and stones in a corner of your garden or you could try to make a bug hotel to hang up.</p> <p>Some bug hotels are a work of art but you can make them simply with things you have at home and you find on a walk or in your garden. Look at these sites or do your own research.</p> <p>Simple bug hotel</p> <p>Easy bug hotel</p>	<p>Do some baking or make food together.</p> <p>Include an ingredient grown in a rainforest area such as chocolate.</p> <p>Perhaps some chocolate biscuits or Crispy Cakes.</p> <p>You could make a fruit salad or fruit kebabs including some fruit grown in the rainforest – banana, orange, pineapple or mango.</p>
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Additional Information/Useful Websites:

BBC bitesize daily lessons - BBC bitesize daily lessons. All sorts of interesting and engaging lessons covering all ages and subjects.

BBC Bitesize daily lesson now daily on CBBC from 9am each morning

<https://pehubportal.co.uk/> - PE great ideas which require little or no equipment

<https://www.youtube.com/user/thebodycoach1> - Tune into PE with Koe Wicks every Monday, Wednesday and Friday at 9am or catch up on youtube

Times Tables Rock Stars – Multiplication table practice for years 1 -6

Maths Whizz – Maths Learning for years 1 - 6

I See Maths – video maths lessons for years 1 -6. A new Maths lesson will be shown every day.

White Rose Maths – online video lessons which support our school maths work – new lessons will be published each week

<https://readingeggs.co.uk/> *Reading Eggs*

<https://www.thenational.academy/> *Lessons for all ages on all curriculum subjects*

<https://www.rainforest-alliance.org/> Information and activities all about the rainforest

<https://www.pobble365.com/> A daily writing starter for older children

<https://www.twinkl.co.uk/resources/covid19-school-closures> Activities and worksheets for all ages and subjects