



## Year 3 – Pack 1 – Other Opportunities for Learning

### Task 1: PE

1. Follow the link – PE with Joe Wicks and Betsy  
<https://www.youtube.com/watch?v=5MBEyQIIrfo>
2. Follow the link  
<https://www.youtube.com/watch?v=juEOiVZgW84&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=32>

Have a go at the 'Wacky Races' activities.

**Wacky Races**  
Home Physical Education

Can you create your own wacky race track?

**How to play:**

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet?
- Can you move backwards?
- What is the quickest way of moving?
- What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?

Can you challenge yourself to win by your hands?

**Top Tips**  
**Crawling**  
Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.

**Let's Reflect**  
Which way of moving was the easiest and which was the hardest? Explain why.  
How did you feel if you did not win a race?

Complete P.E. | YOUTH SPORT TRUST | 25th Anniversary | Believing in every child's future

### Task 2: History

Create a timeline that place the following eras and events in chronological order

- Romans in Britain - AD43 - AD410
- Middle Ages AD1154 - AD1485
- Georgians AD1714 - AD1837
- World War Two – 1939-1945
- Vikings - AD793 - AD1066

- Stone Age 15,000BC - 2,500BC
- The Celts - 800BC - AD43
- World War One – 1914 - 1918
- Tudors AD1485 - AD1603
- Normans AD1066 - AD1154
- Iron Age - 800BC - AD43
- Victorians AD1837 - AD1901
- The Industrial Revolution AD1760 - AD1820 (approx.)
- Anglo-Saxons - AD449 - AD1066
- Bronze Age 3,000BC - 800BC

### **Task 3: Geography**

Have a look at items around your home. Often, products are made in different places around the world. Can you find out where in the world things around your home are from? Where is your food from originally? Where was your bed made? How many different countries have things in your home been made in?

### **Task 4: Science**

Nutrition Diary. Keep a record of the meals and snacks you eat and see if you can identify the:

- Carbohydrates
- Protein
- Dairy
- Fruits/vegetables
- Fats

You can present your diary in any way you want e.g. journal, powerpoint presentation

### **Task 5: Music**

Follow this video and see if you can look at rhythm. If you want, you can make your own drum to help follow along with an instrument.

<https://www.youtube.com/watch?v=GtG0o0r7VSU>

### **Task 5: History**

Choose an older building in the local area, which is interesting or significant and important in the local environment – it can be the church, a school, the local war memorial, a farm, a library, a factory, shops or any other community building etc.

When you go out for a walk, try and take a photograph of the building.

Talk about what you notice about the building. You could make a quick sketch, but try and take a photograph to refer back to in case you don't have time to complete the sketch.

When you get back, discuss these questions:

- Who used it in the past?
- When do you think it was built?
- Why is it important to the community then (and now)?
- What is the building used for?
- Where else could this have been built in the area if this location hadn't been picked? Is this the best place for it? *E.g. Why was this site chosen for the War memorial and not in a different place?*

Think about how you want to present what you discovered on the walk. You may just have a discussion, but it can be in writing as a journal or guide book, but it could be in on a map, a drawing, in a model, a song or a poem. They could make a quiz for the rest of the family or your own choice.

### **Task 7: Philosophy & R.E**

Every classroom has list of rules and expectations that they should follow. Many religions have a set of beliefs that they follow. If you had to create a set of rules that you think people should follow in life, what would they be? Come up with 5 rules that you believe people should follow.

### **Task 8: Computing**

[https://www.youtube.com/watch?v=R12\\_y2BhKbE](https://www.youtube.com/watch?v=R12_y2BhKbE)

Watch this e-safety video. Can you design a poster to help others understand the importance of being safe online? What do we have to remember when searching the internet? Do we share our personal details online?

Try and make the poster on an A4 piece of paper or document.

### **Task 9: R.E**

Day 1: Pick one religion that you have previously learnt about. Research what their main beliefs are and design a poster (digital or otherwise) displaying these beliefs.

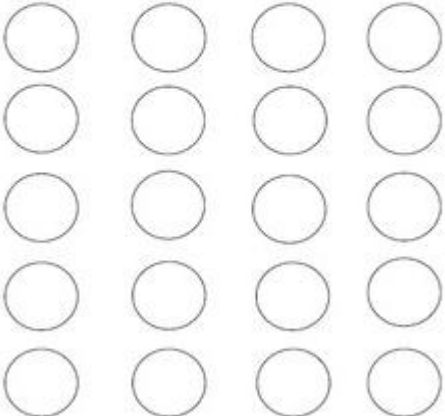

### **Task 10 – Art**

1. **Act 1 (whole School) The Circle Game-** On a plain piece of paper, draw around something circular as many times as you can fit onto one page (lid of a Prit Stick, £2 coin, egg cup, or something of a similar size). Inside each circle think creatively and turn the circles into different drawings. On this example sheet they have drawn a pizza, slice of an orange and a coiled rope. What other drawings can you create that are circular is design?

Name:

**The Circle Game**

What can you turn these circles into? Think creatively! Use a sharp pencil as I am expecting a lot of detail. Choose if you are going to strictly stay within the circle or allow yourself to go slightly outside of the border. You may use colour if you wish.



- 2. Act 2 Practise tonal shading-** Using a pencil and ruler, draw a grid then shade each box from left to right, making each one a little darker than the last. Once you have created a 'tonal shaded scale', use that to create 3D looking shapes. Use the YouTube clip to support.

<https://www.youtube.com/watch?v=PQI0em2JKLI>