

## **Literacy and Maths**

These activities will be set daily via Microsoft Teams.

## **This week is 'Children's Mental Health Week': The theme is 'Express Yourself'**

-Use different ideas, mediums and art forms to encourage self-expression in your children. Even if they don't think of themselves as creative, it's important to create an environment that encourages children to explore. This is not about producing great art or performances.

Mediums and art forms you may consider include: simple craft making, sculpture, junk modelling, mask making, murals, weaving, painting, photography, film, digital art, dance, drama, mime, poetry and literature, music, singing, gardening and cooking.

-Try this simple 'draw your feelings' activity. Watch the demo: <https://bit.ly/3iJCoMv>

-Watch this short video by Classical MPR and discuss the different ways in which music can change how we feel and express ourselves: <https://bit.ly/2GjLRMW> Research shows that people feel more positive after singing to music, than they do just listening to music. Find a song which you enjoy singing aloud.

We would love to see your work!

You can still upload photos of your work, as well as digital copies on Teams.

## **RE Topic: Memorial Sacrifice:**

Find different accounts of 'The Last Supper' within the gospels.

Then look at a picture of the Last Supper: El Greco or Leonardo de Vinci or Meister des Hausbuches, (Master of the House Book), Sieger Koder etc.

What are the symbols used? Who are the characters depicted in the picture? What are they doing? Compare the picture to one of the gospel accounts of the Last Supper. What matches? What has been omitted or added? Share your findings with us.

## **Weekly Home Learning Tasks Week beginning 1/2/21**

### **This week is 'National Story Telling Week'**

We've read lots of stories to you. It is your turn. Call a relative or friend that you haven't seen in a while and read them a story! (Be cheeky and ask them to read you one in return!)

Create a den (using blankets, big cushions etc.) for the children to sit in and tell each other stories.

Design and make puppets to use when retelling a chapter from Boy in the Striped Pyjamas.

### **French**

#### **Introducing and describing yourself in French:**

<https://classroom.thenational.academy/lessons/introducing-and-describing-yourself-in-french-6hh62r>

#### **Saying your age:**

<https://classroom.thenational.academy/lessons/counting-to-12-and-saying-your-age-cmv6ae>

### **Science:**

#### **What is the universe made from?**

<https://classroom.thenational.academy/lessons/what-is-the-universe-and-what-is-it-made-from-c8uk8e>

#### **What do astronomers do:**

<https://classroom.thenational.academy/lessons/what-do-astronomers-do-cnh3ac>

## **PE**

### **Mindfulness Activity:**

<https://www.relaxkids.com/calminthechaos>

### **Complete Southend Schools' Lockdown Challenge:**

Throughout lockdown from 1<sup>st</sup> February until 7<sup>th</sup> March they will be running 2 personal best challenges. Select which one you wish to participate in:

1. To travel a certain distance by walking, running, cycling or scooting until 7<sup>th</sup> March or
2. To pledge an amount of time you want to commit to participating in physical activity until 7<sup>th</sup> March.

### **Healthy Movers [Youth Sport Trust]**

Twice weekly. Video library of previous after school sessions too.

<https://www.youthsporttrust.org/healthy-movers-programme>

Michael Richardson Football 10am Academy

<https://www.youtube.com/c/MRFAessex>

## **Art**

-Amazing portraits have been created throughout history, such as the Mona Lisa:

[https://www.youtube.com/watch?v=dCOI9wO\\_3o](https://www.youtube.com/watch?v=dCOI9wO_3o) Can you create a portrait of yourself?

Can you create a Vincent Van Gogh inspired 'Pop Up' Chair?

[https://www.youtube.com/watch?v=kRsiCQd3\\_YE](https://www.youtube.com/watch?v=kRsiCQd3_YE)