

# Curriculum Home Learning

Week commencing 17/5/21



# Curriculum Home Learning

Monday - Free  
Write -  
IMAGINATION!

Tuesday - PE

Wednesday - PSHE

Thursday -  
Handwriting

Friday - Art

# Monday - Free Write

Look at the picture. Imagine you are an alien and your spaceship comes across this planet.

- What can you see?
- Where is this place?
- Who lives there?
- Are they friendly?
- Where will your spaceship land?

In your home learning books write a story about being an alien and visiting the planet Earth, what will you find? Will you make friends? What adventure will you go on?



# Tuesday - PE

It is important to stay active when you are away from school.

Here are some ideas for you to do.

Can you think of your own ideas for keeping fit in your home and garden?

# Keeping fit and healthy.

Make an obstacle course in your garden.

Create a circuit of different activities.

Follow you tube dance videos such as KidzBop

Joe Wicks 5 minute Move: Kids workout.

[5 Minute Move | Kids Workout 1 | The Body Coach TV – YouTube](#)

# A circuit for you to try:

Start with gentle stretches to warm up your body.

Curl down small into a ball and slowly uncurl your body until you are stretching your arms up to the ceiling or sky.

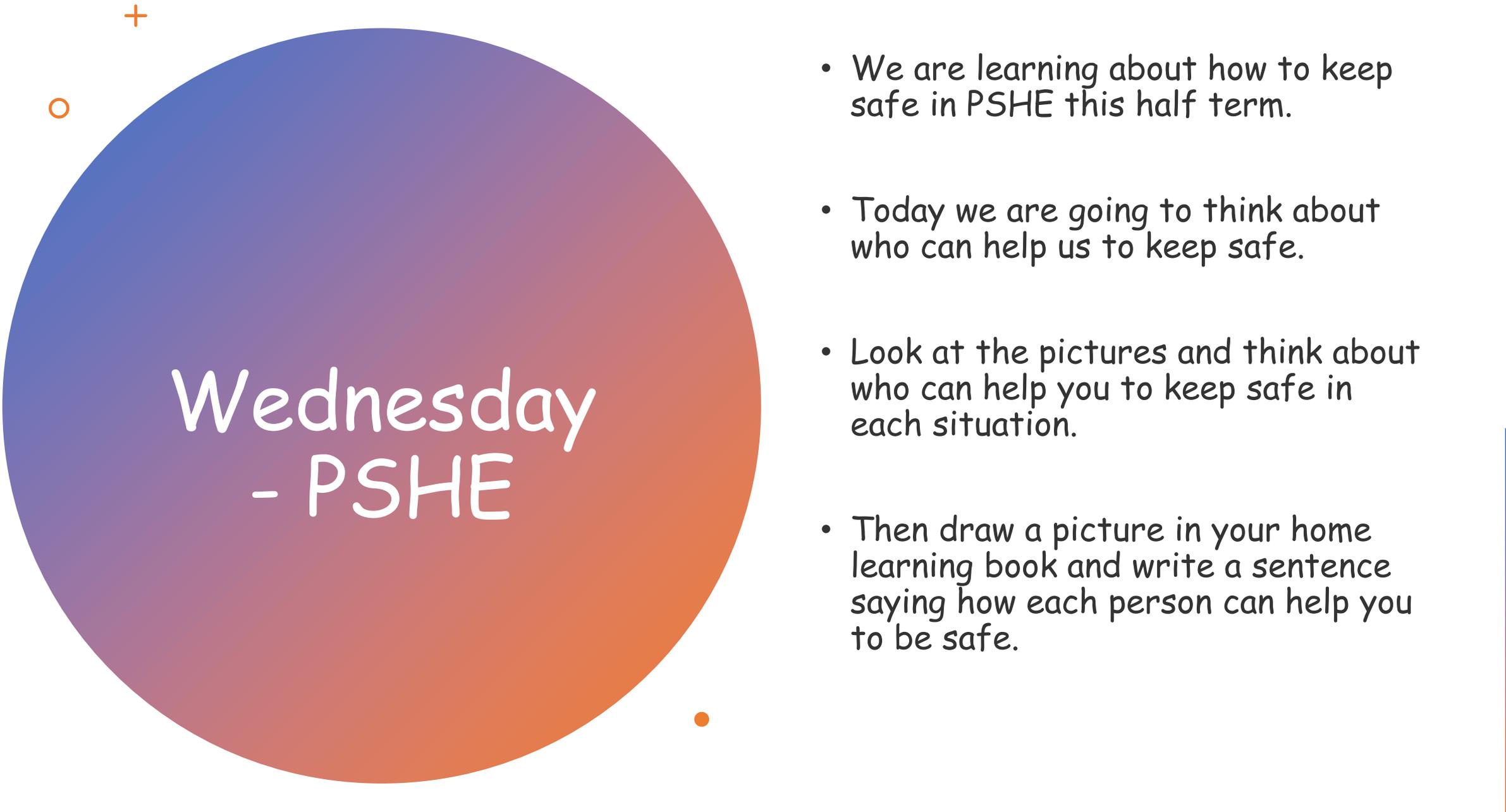
Jog on the spot for 2 minutes.

5 star jumps.

5 cross over leg moves. (Put 1 leg in front of the other and touch the floor with 1 hand then do the same on the other side).

High knees for 2 minutes. How high can you get your knees up towards your chest?

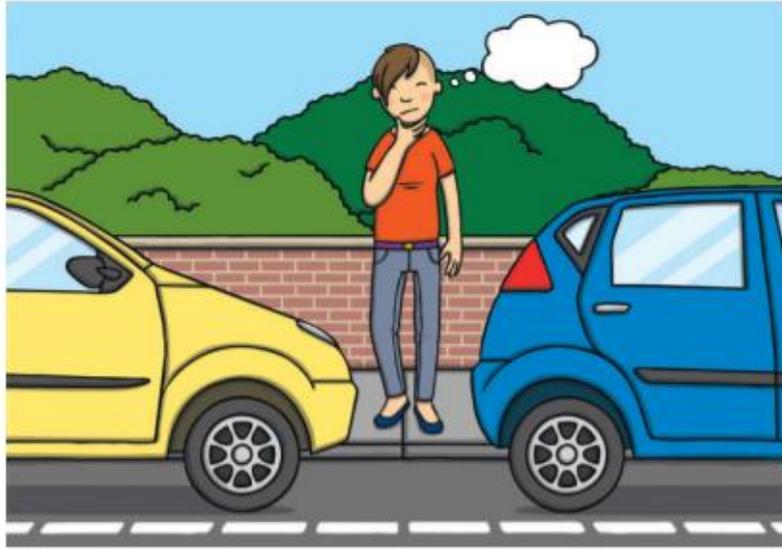
Repeat this circuit 3 times if you can.



# Wednesday - PSHE

- We are learning about how to keep safe in PSHE this half term.
- Today we are going to think about who can help us to keep safe.
- Look at the pictures and think about who can help you to keep safe in each situation.
- Then draw a picture in your home learning book and write a sentence saying how each person can help you to be safe.

I need to cross the road.



I need help with my work.



There is a fire.

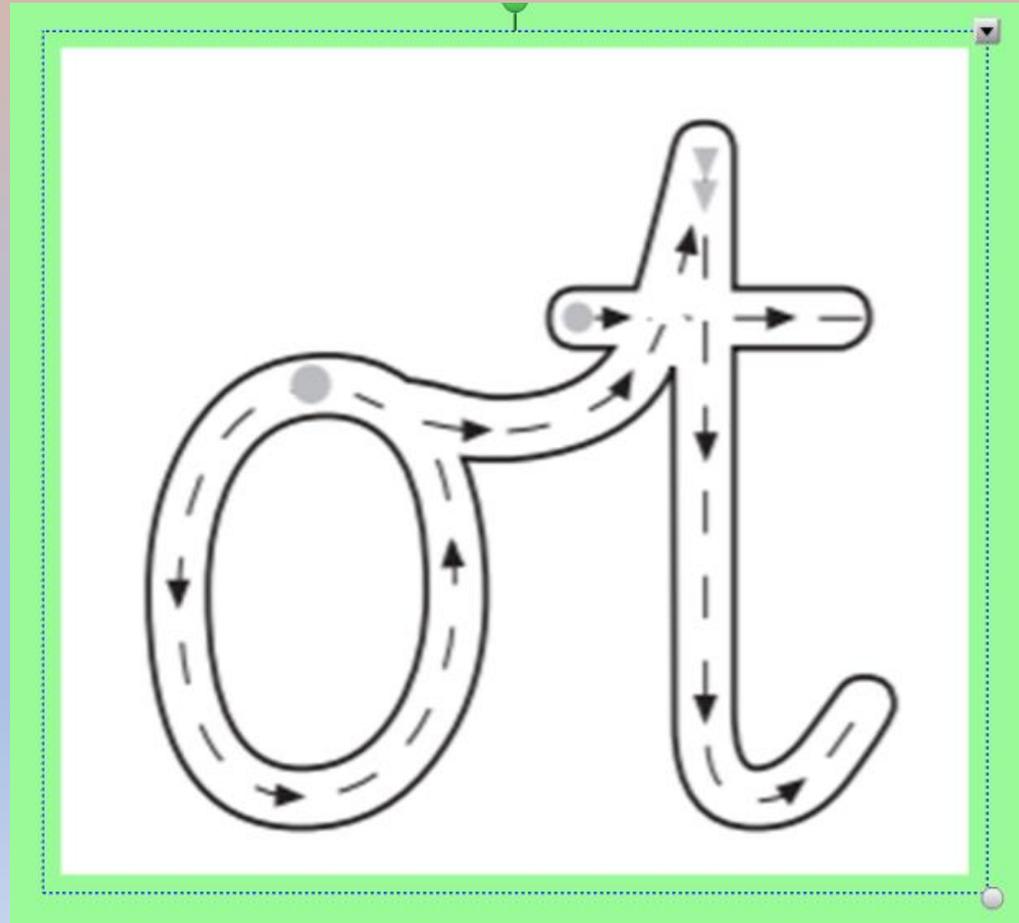


I have hurt my knee.



# Thursday - Handwriting

Today we are going to be practicing joining .....



# Thursday - Handwriting

Practice joining the letters in your home learning book.

ol ol ol ol

ot ot

on on

om om

hot hot



Friday -  
ART

In Art this week we are learning to sketch.

Sketching is where we draw an object or a person or place using different tones.

In Art tone is the lightness or darkness we use to add detail to our drawing.

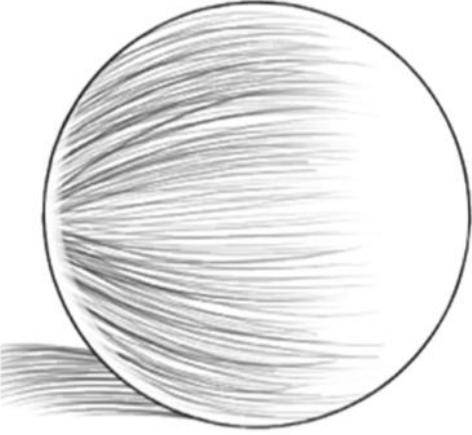
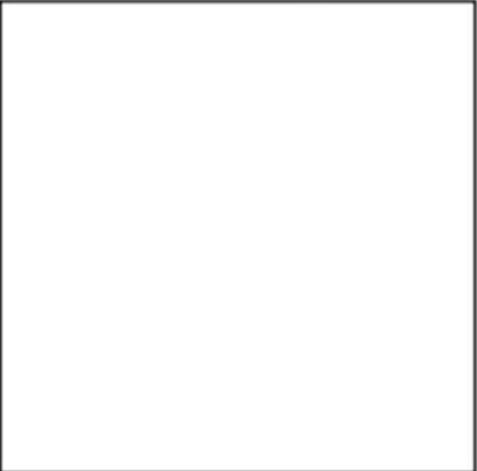
Watch this video to see how an artist carefully sketches an object.

[Apple sketch for kids - YouTube](#)

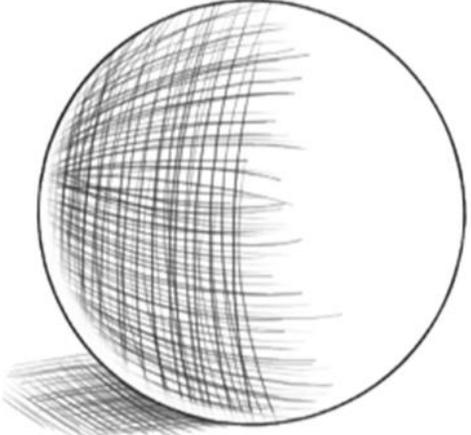
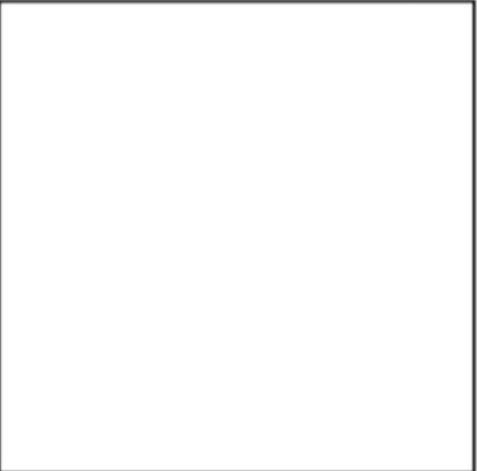
Here are some sketching techniques for you to practice in your home learning book.



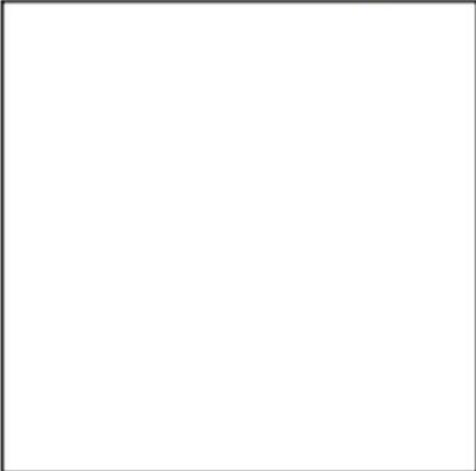
**Hatching**



**Contour Hatching**



**Crosshatching**



Now find an object you would like to sketch.

Look at it carefully before you begin.

Then carefully and lightly sketch the outline.

Next add the details inside, use some of the sketching techniques.