

# Brilliant Bodies

## healthy body, healthy mind

### Science

- Learn about the different parts of the human body. What do they do? What are they called? Label all the parts of the body you know on a teddy or doll or maybe even your brother or sister!
- Learn about your 5 senses. What are they? Go for a senses walk and record what you see/hear/smell/feel (maybe not taste!!).
- Make some senses feely boxes and challenge other people in your house to guess what they are.
- Learn about healthy eating and what you need for a balanced diet. Could you design a healthy lunch?

### Art and Design

- Observational drawing of your face using a mirror.
- Draw and paint portraits of people in your family.
  - Make models of people using clay/playdough/junk-modelling etc.
  - Make windchimes using found objects such as sticks, shells, stones etc.

### Maths

- Go to [www.whiterosemaths.com/homelearning/early-years](http://www.whiterosemaths.com/homelearning/early-years) and follow the lessons for each week. Mrs. Tamblin will read the story each week and post online.

### English

- Read Funny Bones books and write book reviews. Can you write your own Funny Bones story? Draw the characters and label them with adjectives.

Daily phonics lessons  
[https://www.youtube.com/channel/UCP\\_FbjYUP\\_UtldV2K\\_-niWw](https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw)

Play fun games on  
[www.phonicsplay.co.uk](http://www.phonicsplay.co.uk)

### Physical Movement

- Get outside and get moving! Sign up to 30 days wild with the Wildlife Trust [www.action.wildlifetrusts.org](http://www.action.wildlifetrusts.org) and complete the activities.
  - Have a go at Go Noodle in your living room.
  - Learn a new skill e.g. ride a bike, do a hand stand or cartwheel, hit a ball with a bat or climb a tree.
  - Try cosmic yoga on Youtube.
  - Take part in our special Robins Class Sports Day (more info to follow).

### Music

- Sing body songs such 'head, shoulders, knees and toes'. Can you make up new words?
- What musical sounds can you make using different parts of your body?
- Learn 'Dem Bones' from Funny Bones - can you make up a dance to go with it?

This matches all the work we will be doing in school. I will send out extra activities and resources each week as we use them and we will arrange times for the class to come together virtually (more info to follow).