

Topic Overview

Week beginning 18th May 2020

Mental Health Awareness Week 2020

Monday marks the start of Mental Health Awareness week in the UK. The theme this year is kindness. Kindness is linked closely to mental health and self esteem.

<https://www.mentalhealth.org.uk/coronavirus/random-acts-kindness>

This will take you to a page about random acts of kindness during these difficult times. There are some suggested things you can do to show kindness to others. I would like the children to think about acts of kindness they can undertake during this week. It can be as simple as giving someone a smile. Maybe you could set up a jar at home and when you see someone doing something kind you could write it on a piece of paper and pop it in the jar. The whole family can take part. At the end of the week share the acts of kindness as a family and celebrate them. Alongside this I also would like the children to think about how they can be kind to themselves. Attached is a sheet children can fill in about how they can be kind to themselves.

Art

This week I'd like to challenge you to get creative with items from your home and use these as part of a drawing. Use an everyday object and draw a picture around it so it becomes part of your drawing.

Drawing with Everyday Objects

Finding Inspiration

Drawing is a great way to get creative and practice skills. You can find inspiration all around you, even in the simplest of things. Why not try drawing around an everyday object to create a scene, animal, person or object?



What's lurking in the drawer that could become a work of art?

Here's some examples for inspiration...



P.E

A 60 second challenge that can be worked on across the week. Can you reach gold level?

60 Second Challenge

Step Ups

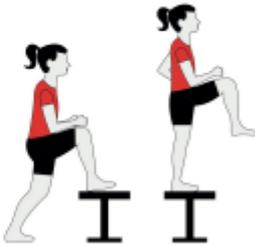
Can you focus, concentrating on the step?

The Physical Challenge

How many times can you step up and down a step in 60 seconds?

You must step up and down with one foot at a time.
No jumping!

#StayHomeStayActive



Equipment

A step
If you do not have a step us a foot pouffe or a stool.

Achieve Gold 70 Step Ups	
Achieve Silver 45 Step Ups	
Achieve Bronze 30 Step Ups	

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Science

What is the quickest way to melt an ice cube? Attached is a science experiment with a bit of a twist. There are no instructions. Your child will need to carefully think through the process of how they might test the quickest way to melt ice. They will need to make a prediction and write up their conclusion.

There are some visual clues on the sheet to help them decide what they will need for this experiment. Discuss with your child about how you could make this a fair test? What needs to stay the same? What will the variables be?

Music

The videos you sent me last week of your children beatboxing still have me in fits of giggles. You all did so amazingly well! I am very impressed!

This week you will be practising singing in a major scale.

<https://www.thenational.academy/year-3/foundation/sing-a-major-scale-year-3-wk3-5#slide-2>

Education City

I will set some activities on education city for you all to have go at. If you have any issues please let me know.

As always if you wish to keep us up to date with what you have been up to then you can use our Facebook page or email the office admin@abkettleby.org and your messages will be passed on to me.

Keep smiling, miss you all lots!

Mrs Moss