



Learning at Home for Year 3

Summer Term 2- Week 7



Hello, Year 3! Thank you for the photos and videos of your volcanoes and dinosaur games.



(Oriana)



(Lucy)



(Daniel)

It's the final full week of the summer term and we are focusing on 'Health and Fitness' in preparation for the summer holidays! You will learn about the different types of food groups and why we need to eat them. This is a good opportunity for you to attempt cooking some new recipes and to try different types of exercise!

Miss Brittain, Mrs Newland, Mrs Uniacke and Mrs Counsell

For our theme: Health and Fitness

(You will need the document 'Health and Fitness Week 7', saved in the Year 3 Theme tab.)

Science – Nutrition and Health

This week, we are going to focus on how to keep healthy. One way is to think about the food that we eat. We are going to learn how living things obtain food, examine food groups and discover why animals (including humans) need the right type of nutrients in order to stay alive and keep healthy.

Task:

1. Create a science **dictionary** for the words: vitamins, minerals, nutrients, nutrition and photosynthesis.
2. Read the PowerPoint "**Types of Nutrition**" to learn more about nutrients and nutrition before you start Task 3.
3. There is a task where you can match the nutrient type to the reason why we need it. You need to think of an example of food for each category.
4. There is also a task for you to cut and stick the pictures of food into the correct place on an 'eat well' plate or draw them under each food group heading in your book.



You will find both tasks in the document 'Health and Fitness Week 7' in the Year 3 Theme tab.

CHALLENGE 1: Healthy Meal

Use an 'eat well plate' template to create your favourite healthy balanced meal. It could include lunch/dinner, a pudding and a drink. Either print the plate and draw your meal in the correct places on it or draw your meal in your home learning book.

CHALLENGE 2: The Food Packet Challenge

Have a look around your home. Find any food pack and write the amount of nutrients it contains. Copy or print the table from the 'Health and Fitness Week 7' document in the Year 3 Theme tab.

Get Fit!

As part of a healthy lifestyle, exercise is very important! Doing regular exercise helps you to feel great and keep your body strong. Exercise is needed to keep our hearts healthy and it also burns fat. There are lots of ways to stay active. You could walk, cycle, dance or play games outside. Choose one out of the following tasks to complete:



Tasks:

1. Design a poster, which advertises the benefits (good things) of exercise.
2. Complete the fitness assessment task by seeing how many of each exercise you can do in 1 minute. You will find the assessment in the document 'Health and Fitness Week7' in the Year 3 Theme tab. If you can't print the sheet, record your results in your home learning book.
3. Create a new active sport. You will need to record the equipment needed, instructions about how to play it and any rules.

Be creative

Task A - Cooking

Make your own **healthy dish**. Here are some websites, which you might find useful for inspiration:

<https://www.cookinglight.com/food/quick-healthy/quick-kids-recipes?slide=223991#223991>

<https://www.tasteofhome.com/collection/easy-recipes-for-kids-to-make-by-themselves/>

Always ask an adult to be with you and help you out in the kitchen!

You could create a “Cooking Show” video, a PowerPoint presentation (with photos) or send us a photo of your creation.



Task B - World Emoji Day (17th July)

To celebrate World Emoji Day, we would like you to **create your own emoji!** It could be food or drink, people, animals, activities or feelings. You could draw one and colour it in or have a go at creating one online using the weblink below:

<https://www.bbc.co.uk/cbeebies/puzzles/create-you-own-emoji-quiz?collection=new-quizzes>

Get Expert in English

Task 1 - Reading Comprehensions (Saved as one document in the Year 3 English Tab. If you can print them, you can use your text marking skills to help you find the answers.)

Complete the two comprehension tasks, remembering to answer in full sentences. If you come across any tricky words, find out what they mean and write a sentence or draw a picture in your books to help you remember the word next time.

Task 2 - Spelling (You will need the Year 3 spelling and writing document saved in the Year 3 English Tab to help you complete the spelling tasks.)

In spelling this week, we are focusing on **the prefixes ‘mis’ and ‘dis’**. These prefixes change the root word to a negative meaning. Practise these spellings every day in your book. Continue to practise the Year 1 and 2 Common Exception words if they are your target spellings. The following websites have activities and games to help you practise spelling these words.

<https://www.bbc.co.uk/bitesize/topics/z8mxrwx/articles/z9hjwxs> (**Prefixes BBC Bitesize**)

https://www.spellzone.com/word_lists/games-4633.htm (**games**)

Complete the **spelling tasks for the prefixes ‘mis’ and ‘dis’** in the Year 3 spelling and writing document. You need to write the root words, choose the correct spellings and write your own sentences on the sheet or in your books.

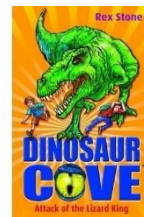
Continue to practise your general spelling, punctuation and grammar on **Crystal Explorers**, a game found on BBC Bitesize. You collect crystals and complete spelling games to move up to the next level.

<https://www.bbc.co.uk/bitesize/topics/zkbf4j/articles/zbm8scw>

Get Expert in English (continued...)

Task 3 - Writing (You will need the 'Year 3 Spelling and Writing Tasks' document saved in the Year 3 English Tab to complete the writing tasks.) If you cannot print the documents, write your answers in your home learning book.

This week we would like you to write the next Dinosaur Cove adventure story. Look at the Spelling and Writing Document for help with ideas and planning. Remember to include the following when you begin your writing:



- **Conjunctions** (because, but, so, as, when, before, until, after, however, if, although)
- **Adjectives and ENPs to add description** (colours, size, texture, materials, feelings, sounds)
- **Exciting verbs** to add drama (stomped, screamed, froze, pounded, leapt, tiptoed, roared)
- **Time phrases to explain when things happened** (the next morning, a few hours later, after that, eventually, suddenly, finally)
- **Adverbs to explain how things happened** (carefully, slowly, timidly, bravely, rapidly, frantically)
- **Speech marks** (inverted commas “ ”) to show when someone has spoken, including **who said it** and **how they spoke** (whispered, shouted, asked, replied, joked, cried).
- **Other punctuation** - ! (drama) , (lists) ? (questions) and **capital letters for names**.
- <https://www.bbc.co.uk/bitesize/articles/zm4csk7> (BBC Bitesize lesson on writing sounds)

Don't forget to edit and purple polish your stories to improve punctuation, spellings and tense - remember it should all be in the past tense.

This task may continue into the summer holidays, especially if you copy it into a best and add pictures - just like we did with your Omnibombulator style stories. It would be lovely to share these when you are back at school in September.

Maths Workouts!



1) Practise your number facts for 10 minutes a day.

Try these games to focus on your target times tables and division facts.

<https://mathsframe.co.uk/en/resources/resource/544/Stone-Age-Stu-Times-Tables>

<https://mathsframe.co.uk/en/resources/resource/318/Tommys-Trek-Times-Tables>

<https://mathsframe.co.uk/en/resources/resource/565/Maths-Goalie>

Continue to use **Topmarks “Daily 10”** and **Topmarks “Hit the Button”** on the internet to practise your number facts as well as the games pack that we included in Summer 2 week 1 in the Year 3 Maths tab.

<https://www.topmarks.co.uk/maths-games/daily10>

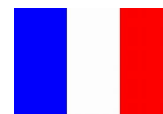
- **If you have been tested by an adult and passed your 2, 5, 3, 4, and 8 times tables and division facts, these are your next steps;**
 - Know all of these times tables and division facts, mixed up – e.g. 3×7 , 6×8 , 6×4 , $32 \div 4$, $18 \div 3$, $64 \div 8$. Get an adult to ask you 5 multiplication and 5 division questions from any of these times tables and you must answer correctly within 5 seconds.
 - Once you have passed the mixed up times tables, you can move on to practising your 6, 7 and 9 times tables.
- 2) **Practise your calculation methods for 20 minutes a day** (addition, subtraction, multiplication and division). Use the Arithmetic Test (in our Year 3 Maths tab) to do this – perhaps 3 questions each day.
 - 3) **Practise answering word problems**. This week, we are focusing on adding and subtracting 3 digit numbers. Each lesson is saved in the Year 3 Maths tab. If you cannot print the activities, write your answers in your home learning books.
 - 4) On **Friday** – have a go at the **Friday Maths** and try the **Dip and Pick** problem of the week. This week, Friday Maths focuses on your multiplication facts. Solve the facts and colour in each answer to reveal the Emoji face. Both tasks are in the Year 3 Maths tab.

Other Opportunities

Keep visiting 'The Body Coach' YouTube Channel (5 Minute Moves) Kids Workout' to staying active: He is also doing PE three times a week. Alternatively, continue to try some of these **60 second physical activity challenges**. There's a card for each one, telling you what you need and explaining the activity. <https://www.youthsporttrust.org/60-second-physical-activity-challenges>

French

This week, we are learning to describe clothes and food in French. Click on the weblink below to access the BBC Bitesize French lesson. There are two videos and two activities.



<https://www.bbc.co.uk/bitesize/articles/z64xprd>

Love Parks Week (12-21 July) For this year's Love Parks Week, everyone is being encouraged to get out and enjoy their favourite park. By using and celebrating your local parks, you are helping to protect them for future generations.

<https://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-week>



Drawing Task

It is the last week of **Children's Art Week** and this week's theme is all about 'Literacy and Creative Writing'. Visit the weblink below for activities and ideas.

<https://engage.org/happenings/?tagFilter=literacy-and-creative-writing&project=childrens-art-week>



Alternatively, try the **BBC Bitesize lesson** about **drawing and painting** on this weblink.

<https://www.bbc.co.uk/bitesize/articles/zjvj7nb>

Note: Feel free to look at the other Year Group's resources on our school website, if you feel these would be more suitable for your child to learn from independently. 😊

SUGGESTED TIMETABLE

Up to 20 minutes	Free Reading
40 to 45 minutes (1 hour maximum)	Maths Activities
10/15 minutes	Morning Play break
20 minutes to 30 minutes	Spelling Activities Prefixes task
40 to 45 minutes (1 hour maximum)	English – Reading Comprehensions Writing tasks
	Lunch break
Between 1 and 2 hours (with a break if desired)	Theme and creative tasks and/or exercise