Summer 1 2020. Weeks beginning 04.05.20 & 11.05.20 Healthy Eating

HEALTH & SELF CARE

Oliver's Fruit Salad 1 (Class 4)

Try to choose 2 activities to try each day. Favourite activities can be repeated more than once. If you can take some photos of activities to email to us or put on 'Evidence for Learning' that would be fantastic. We would love to see what you are doing. We are sending topic books home too. Please stick any work your child completes in their book. We are looking forward to your child showing us their book when we return to school. Have fun!

(Please don't worry if your child isn't keen to do activities, maybe try again later or another day).

If he/she is really not keen, please prioritise well being and regulation & find something else that you know your child enjoys.

Classes 3 and 4 teams

Curriculum	Activity	Resources
Area		Resources typed in blue are included in your pack
Reading	Watch the story of Oliver's Fruit Salad	Mill Water School website Learning Resources; Classes 3 & 4; Oliver's Fruit Salad story.
	Share Oliver's Fruit Salad reader	Oliver's Fruit Salad reader
	Retell the story Cut out the characters & props from the story of 'Oliver's Fruit Salad' and use the lolly sticks to make stick puppets. Can you use the puppets and props to retell the story?	Stick puppets; Twinkl Sellotape Scissors Lolly sticks
Writing	Oliver's Fruit Salad writing Create sentences from the story using symbols & copy the sentences Initial Sounds Shopping List Game Follow the instructions to play the game.	Oliver's Fruit Salad symbol sentence maker proforma Scissors Glue Pencil Initial sounds shopping list game resource pack. (Laminating not required)
Maths	Fruit salad maths Make a fruit salad; cutting up pieces of fruit Add the fruits together- 2 strawberries, 1 piece of apple, 3 banana slices how many? Adds up to ten; encourage your child to pick any combination of fruits they like so long as they total ten pieces all together. Can they record each number sentence on the addition proforma.	A variety of fruits Chopping board Knife Bowl Fruit addition proforma Pencil

Fine motor	Fruit poster Cut out the fruit pictures & stick them on coloured paper to make a poster. Playdough Make play dough and use it to make fruit salad to fill the bowl on the play dough mat. Oliver's Fruit Salad colouring	Fruit cutting skills sheets Scissors Glue Coloured paper Play dough ingredients; flour, oil, salt, cream of tartar, food colouring Play dough recipe Play dough mats Fruit colouring sheets Pens/ crayons
PE	Daily exercise Walk with social distancing Playing in the garden Ideas on school website	Mill Water School website; Learning Resources Resources & ideas; Exercise ideas print outs PE & dance, Special yoga, Health & wellbeing Exercise with Janet
Outdoor Learning	Garden stick frame Make the most of the better weather to get outside and create a picture or pattern using natural objects you find; eg. sticks, leaves, stones, etc. Take a photo of your creation.	Sticks Natural objects Information sheet
Cooking	Fruit salad/ Banana Loaf	Fruit salad recipe Banana loaf recipe Ingredients Utensils
Art	Bubble wrap fruit printing Cut out the fruit outlines. For each fruit, decide on the colours then paint onto the bubble wrap to get an even coverage. Place the fruit cut out onto the painted bubble wrap to print your fruit. Allow your fruits to dry, then stick them onto sugar paper.	Paints Paint brush Bubble wrap Fruit outlines Sugar paper Glue stick Scissors
Topic	How & where do fruits & vegetables grow ppt. Share the ppt. & talk about how & where fruits & vegetables grow. Mill Water School Sunflower grow Have fun planting your sunflower seed. Watch it grow to bring you a bit of sunshine from Mill Water School!	Mill Water School website Learning Resources; Classes 3 & 4; How & where do fruits & vegetables grow ppt. Sunflower growing kit

Attention All	Attention All	Mill Water School website
	Enjoy sharing the bucket video	Learning Resources; Classes 3 & 4; Fruit & vegetable
	with your family.	bucket.
Music	Fruit music	Percussion instruments
	Join in with some veg and fruit	Pots, pans, wooden spoons, etc.
	themed songs.	https://www.youtube.com/watch?v=y1ui4ME5IQQ
	You could add a musical	https://www.youtube.com/watch?v=OFkrRdh1YtY
	accompaniment with percussion	
	instruments or sauce pans &	
	wooden spoons, etc.	