Name: _____

Class: _____

Kindergarten

Term 3 Week 10
Science/PDHPE Day

JOKE

Why are fish so smart?

Keep an eye out while you work for the answer.

Fitness

Morning Kindergarten!

Let's get started by warming up your body so you can learn at your best!

https://video.link/w/gPA5c

4 minute Aerobics Exercise

Science

Living World Assessment

THIS TERM: you have looked at what humans, animals and plants need to survive. You have also looked at how humans use plants and animals to meet some of their needs.

THIS WEEK: you will need to use all the knowledge you have learned to complete this end of term assessment.

What to do:

- Go through the following slides and answer each of the questions.
- Read the questions carefully and take your time.
- Take breaks if you need them.

Because they live in schools

LEARNING INTENTION

We are learning to be able to investigate living things and how they can be used to meet our needs.

SUCCESS CRITERIA

I can:

- ❑ Show the needs of humans, animals and plants.
- ❑ I can identify how humans use plants and animals to meet their needs.

What do humans NEED?

Use the words from the list to tell me 6 things humans need to survive.
Write them below.

Sun
Clothes
Shelter/House
Food
A place to live
Love
Soil
Air
Water
Space

Think...
What is something a human might WANT but does not need to survive?
Answer:

What do animals NEED?

Use the words from the list to tell me 5 things animals need to survive.
Write them below.

Sun
Clothes
Shelter/House
Food
A place to live
Love
Soil
Air
Water
Space

Think...
What is something an animal might WANT but does not need to survive?
Answer:

What do plants NEED?

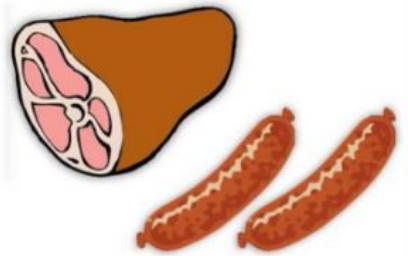
Use the words from the list to tell me 3 things that plants need to survive.
Write them below.

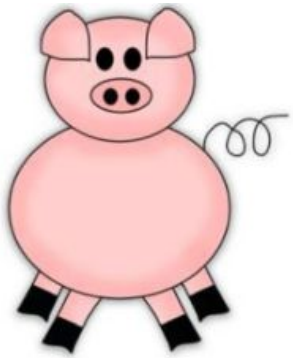
Sun
Clothes
Shelter/House
Food
A place to live
Love
Soil
Air
Water
Space

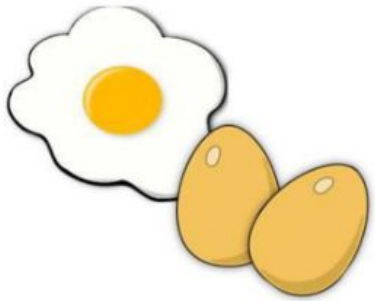
Think...
What is something a plant might WANT but does not need to survive?
Answer:

How can humans use animals?

Draw a line to match each animal to the product that humans might get from them.

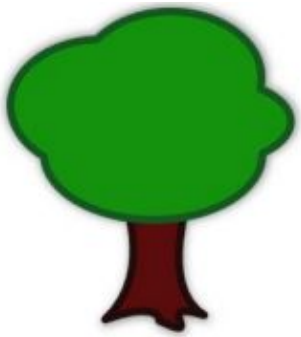


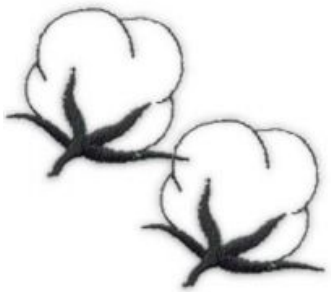


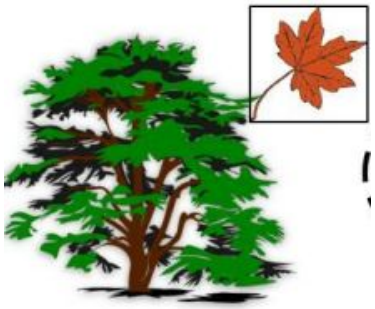


How can humans use plants?

Draw a line to match each plant item to the product that humans might get from them.







THE [EXTREME] READING CHALLENGE

Get caught reading

Extreme Get Caught Reading

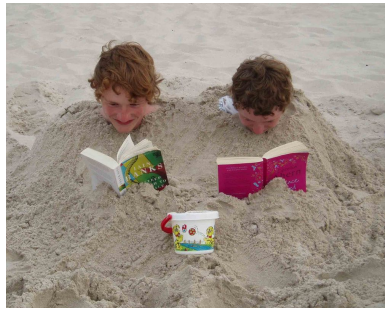
Your Mission:
If you Choose to Accept it...

is to read - EXTREMELY!!!!

How extreme can you make your reading at home experience?

Think outside the box...
Be CREATIVE,
Be EXTREME,
But mostly, be SAFE!

Take a photo of your extreme reading and upload it to the Google Classroom or send it through to the school. We look forward to seeing how extreme your reading can be.
Make sure to do some actual reading after you get your extreme shot.



Library/STEM

PDHPE

- ❑ Answer the questions about how exercise makes you feel.
- ❑ Label the two most important organs used in exercising.
- ❑ Fill in the blanks and read about the heart and lungs.
- ❑ Watch the youtube clip and then try to do some exercise to make your heart beat faster.
- ❑ Fill in the blanks about other ways exercise helps your body.
- ❑ Answer the question about how exercise helps your brain and wellbeing.
- ❑ Draw a picture of you doing your favourite exercise or sport.
- ❑ Write down other ways that you stay healthy.
- ❑ Have a play with the board game, you may need some help with the reading.
- ❑ Have a go at PE with Joe and the balancing activities.

LEARNING INTENTION

I am learning to understand the importance of exercise.

SUCCESS CRITERIA

- ❑ I can talk about some of the benefits of exercise for my physical and mental wellbeing.
- ❑ I understand what is meant by staying healthy and that exercise is part of this.
- ❑ I know how much activity I should try to complete each day.
- ❑ I can talk about some of the ways that I can be active.

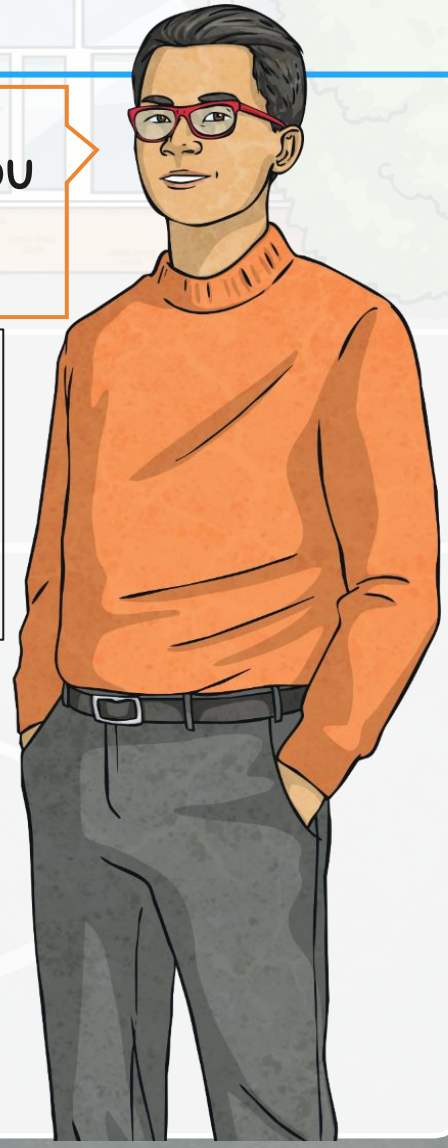
How does exercise make you feel?

Moving and being active every day is very important. It helps you to feel happy and confident!

Why do you think exercise is important?

How do you feel when you have been exercising?

How do you think exercise helps your body?



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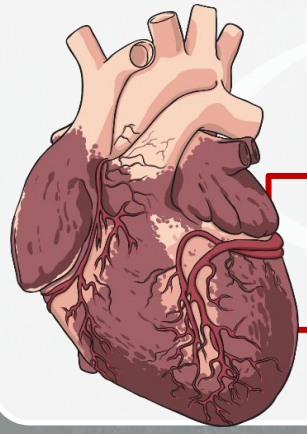
The Heart and Lungs

The heart and the lungs are both vital organs.Can you describe the important job that they each do? Fill in the missing words.
They are the two most important organs for execising.

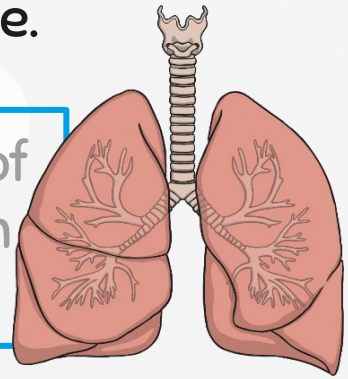
The _____ pumps blood around the body to carry oxygen and other important things that the body needs.



Exercise gets your blood pumping.

The _____ breathe in air and put the oxygen from the air into your blood. They breathe out carbon dioxide. Hardworking muscles use more oxygen. That's why breathing gets heavier during exercise.

You need to get plenty of air into your lungs when you are exercising.



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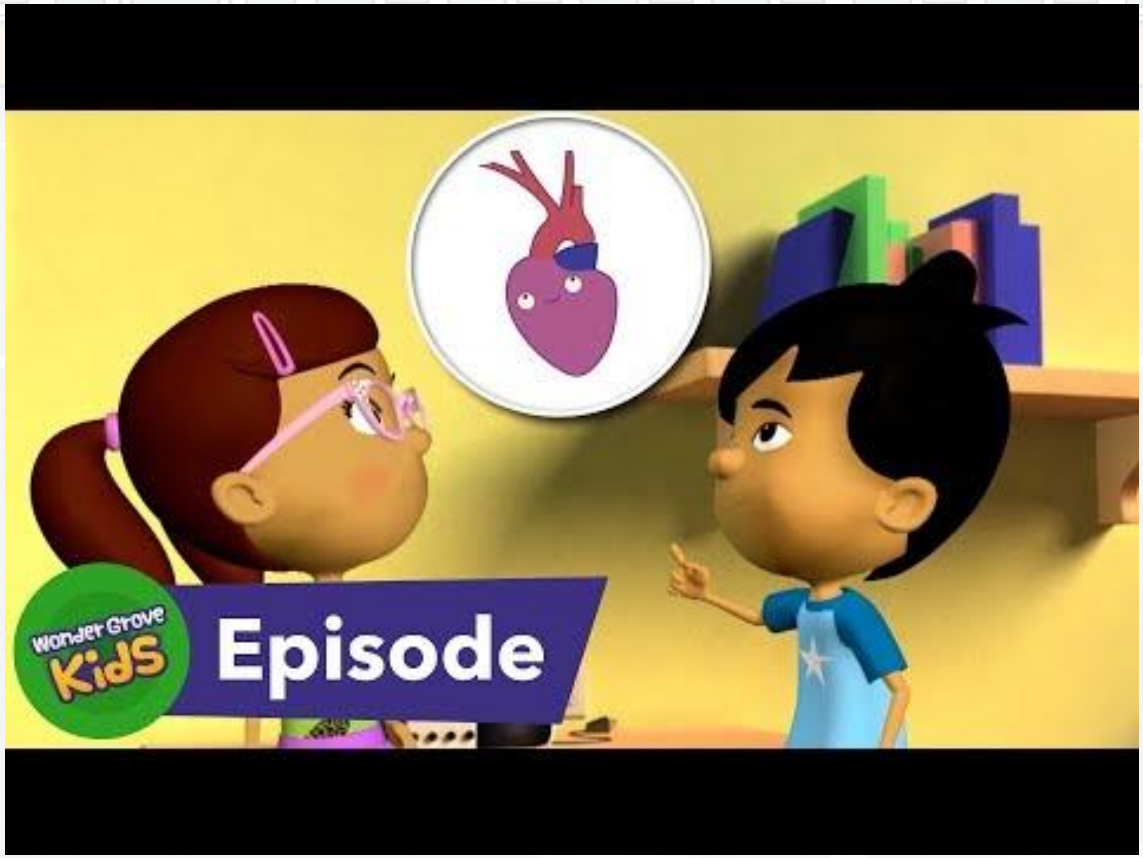
Healthy Heart

https://www.youtube.com/watch?v=y6UXXjez7Ho



Put your hand on your chest and feel your heartbeat. Now stand up and do quick marching on the spot for 40 seconds. Feel your heartbeat again to see if it is beating faster than before.

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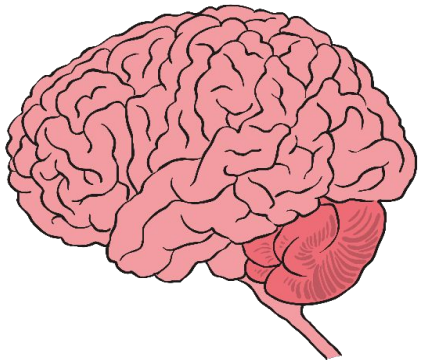
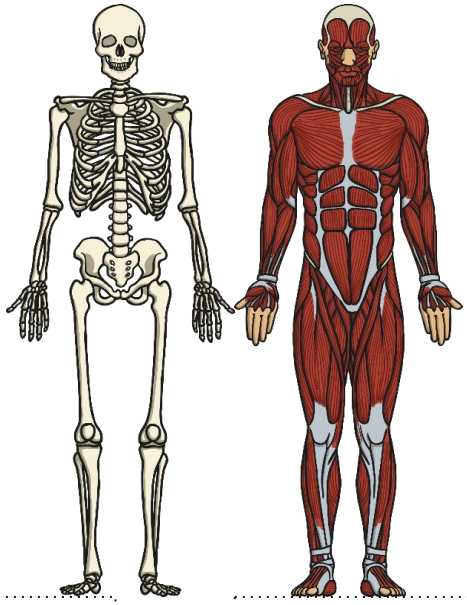
How else does exercise help our bodies?

Being active is also great for your _____.

When the heart beats faster, it pumps more oxygen to the brain. Movement helps people to concentrate better. Exercise can also help to improve learning.



Source: UK Chief Medical Officers' Physical Activity Guidlines



Your _____ and _____ work together to give you strength and power for your favourite activities.You wouldn't be able to move without the bones and muscles in your body.Stand up and give your muscles a stretch. Do you know the names if any of your bones and muscles?

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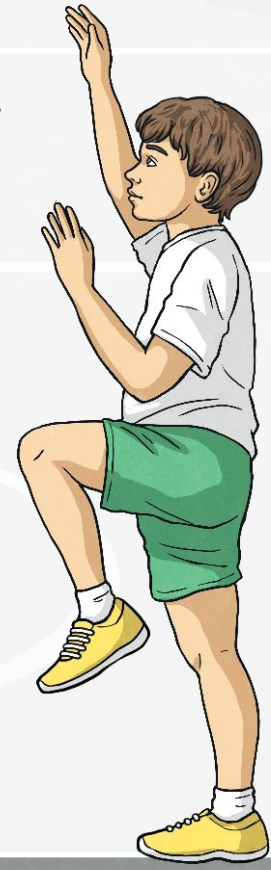
Good for your Wellbeing

Being active helps people to have more energy to enjoy doing the things they love. Movement is great for our physical wellbeing. Exercise also helps our mental wellbeing, which is just as important. Many people feel more relaxed and positive after exercising. It can help people to sleep better.

How does exercise help your brain and wellbeing?



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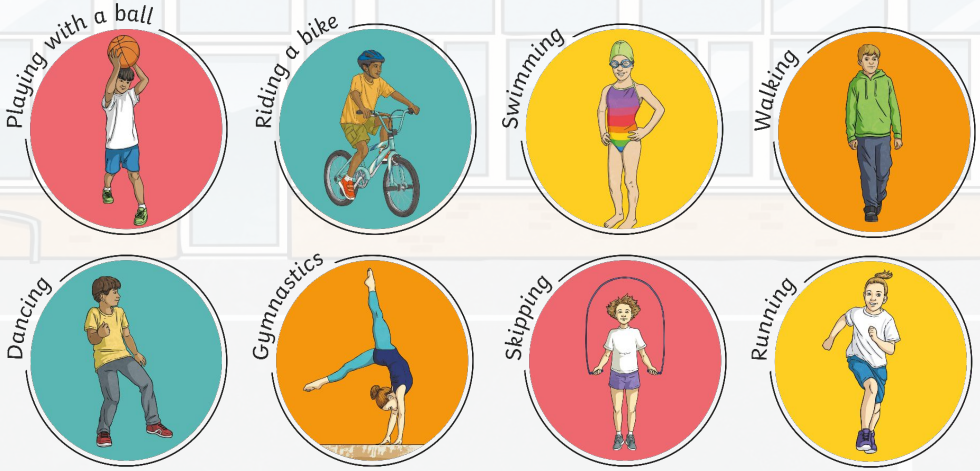
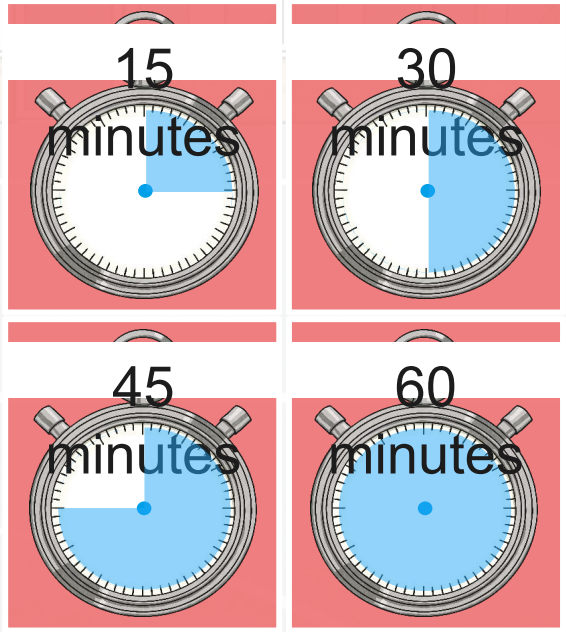
Being Active



How long do you think you should spend exercising each day? Remember, this doesn't have to be all in one go.



Were you active for at least **60 minutes** yesterday?

60 minutes

That's equal to one whole hour spent getting your heart pumping and your lungs puffing.

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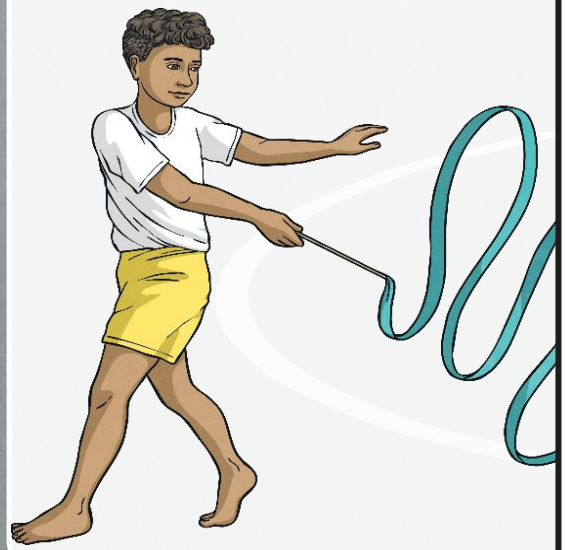
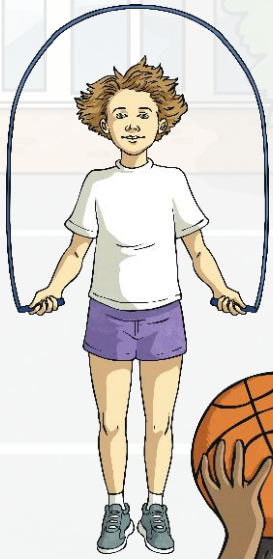
How do you get active?

What are your favourite ways of being active?
Write or draw some below.





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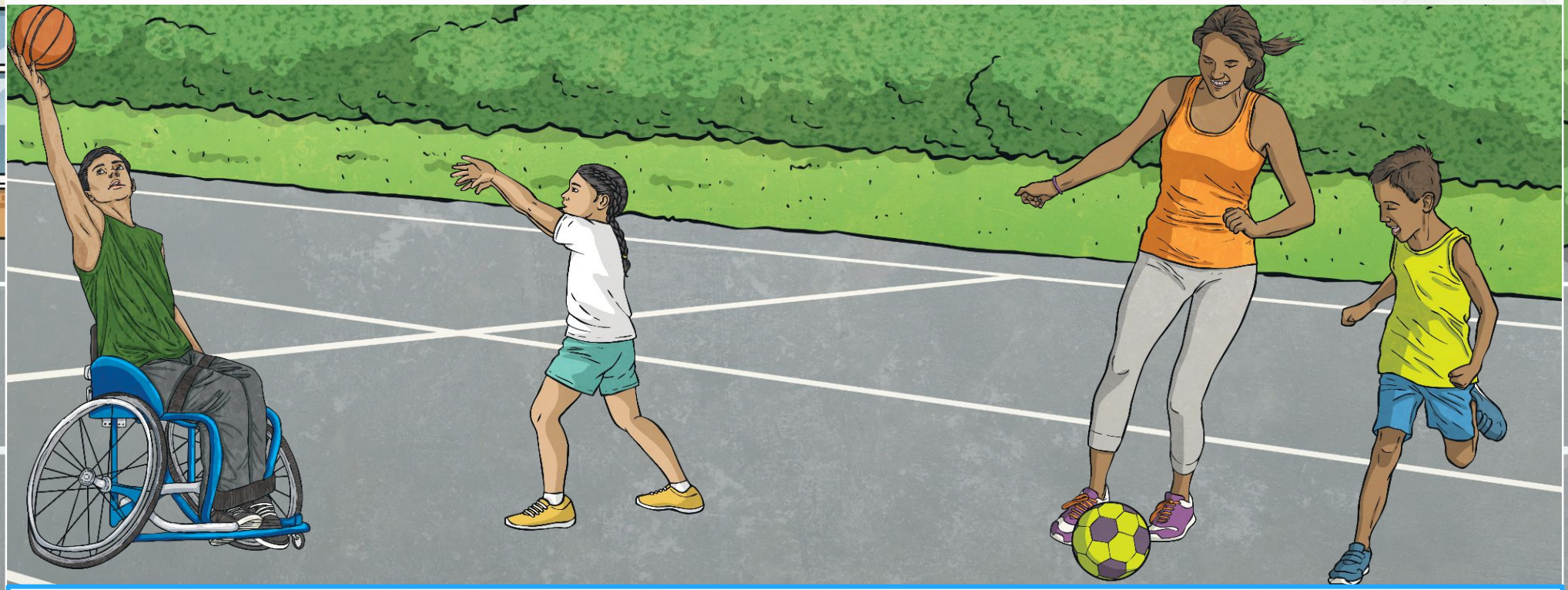
Have Fun!



What activities do you enjoy doing with your friends and family?

Do you think you play a sport or do exercises that none of your friends have tried?

Which sports and exercises have you never tried that you would like to have a go at?

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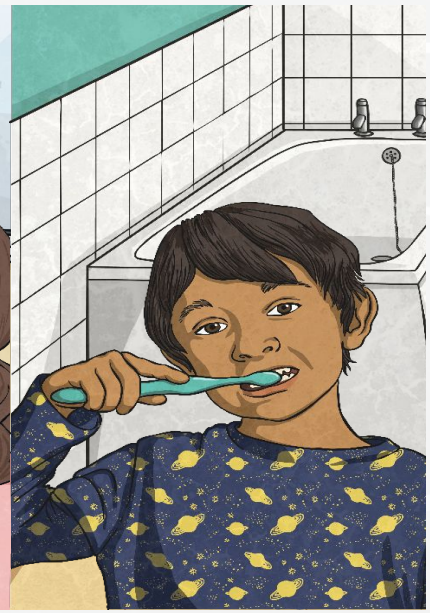
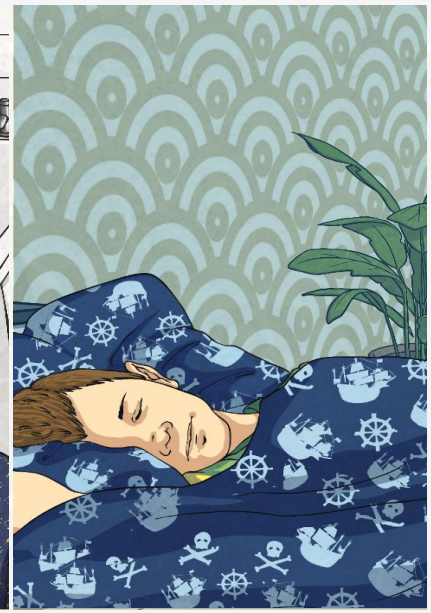
Staying Healthy

Moving and being active is an important part of staying healthy. Staying healthy means looking after your body so that it can do all of its important jobs.

As well as exercise, what else can you do to help your body and mind to stay healthy?

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Healthy Eating and Living Board Game

Instructions

Roll the die and move your game piece that number of squares. Read the statement in the space and move forwards or backwards as directed.

This game can be for 2-4 players. The first player to get to the end wins!

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Healthy Eating and Living

Start

You danced to a song today! **Move forward two spaces.**

Uh oh! You ate too many crisps. **Go back two spaces.**

You've had your '5 a day' today! **Move forward two spaces.**

Oh no! You played on the computer all day with no exercise. **Go back two spaces.**

You drank all of your water today! **Move forward two spaces.**

You ate too many chips! **Go back two spaces.**

You went swimming today! **Move forward two spaces.**

Oh no! You ate too many sweets. **Go back two spaces.**

You played football in the park! **Move forward two spaces.**

You forgot to brush your teeth. **Go back two spaces.**

You played a running game at playtime! **Move forward two spaces.**

You forgot to wash your hands before lunch. **Go back two spaces.**

You drank all of your water today! **Move forward two spaces.**

Uh oh! You ate too many crisps. **Go back two spaces.**

You ate too many chips! **Go back two spaces.**

Oh no! You ate too many sweets. **Go back three spaces.**

Finish!

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Do some fun PE with Joe to add to your 60 minutes today!

https://www.youtube.com/watch?v=uqLNxJe4L2I

Try to be active for 60 minutes each day to stay healthy and happy!

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Balancing

Static Balance	
Dynamic Balance (lvl 1–3)	
Dynamic Balance (lvl 4–6)	