

BIG THURSDAY – Week 2

STEAM - Blubber gloves!

Insulators stop the flow of heat energy. Polar bears have a layer of fat called blubber to insulate them. They also have thick fur, which insulates them by trapping air to keep warm air near their skin.

Try this activity –

Get a bowl or bucket of very cold water (with ice cubes if you have any).

Squish some lard in a plastic bag.

Put your hand inside another bag, or a rubber glove. Now put your hand inside the bag of lard, so your hand is surrounded by the lard, like polar bear's blubber.

Put your hand in the cold water for a minute. Compare it to putting your other hand, with no lard (but still in a bag to be fair), in the water. What did you find out?

Without lard:



With lard:



(So we don't waste the lard, you could mix it with breadcrumbs/bird seed, put it in a container like a yoghurt pot and put it outside for the birds.)

Extension – Thermal Conduction – this is how heat energy moves from one material to another. People living in the Arctic use materials for their clothing which are slow conductors of heat. How do we know which is the best material for conduction? Try this activity (taken from TigTag):



Thermal
conduction investig

Music

This week we are going to explore some of our songs from last week in more depth.

First of all, choose your 3 favourite songs from last week's video links from the different genres of music. Listen to the songs again to remind yourself of each one.

Next, think about these questions as you listen to each of the songs for a second time. You could write some notes down to answer the questions or you could chat to someone at home about them.

1. When I listen to this song it makes me feel...
2. The colours I imagine when I am listening are...
3. The pictures I imagine when I am listening are...
4. This song makes me think of...
5. Will this song be stuck in my head later? Why? Why not?
6. Who else do you think would like this song?
7. Can you remember any of the words from this song?
8. What would you give this song out of 10?



Lastly, ask someone at home what their favourite song of all time is. Maybe your mum loves rock music or you grandad is a fan of pop! Listen to their favourite song together and see if you can both answer the questions above about it. You might have very different views!

Enjoy your musical experience this week and don't forget to share it with us the blog





We are going to be building on what we learned last week about **typography** and designing our own **protest poster**. Have a look at some examples of protest posters in the document saved in the learning pages.

Think about what you care about...is it the environment? animal welfare? It can be anything! It could just be a kind message you want to put out into the world.

Once you have decided on your message, think about your layout and lettering. You want your poster to be BIG, **bold** and eye-catching! You can draw your poster using pencil and paper **or**, if you have a paint or word programme on your laptop or tablet you could have a go on that.

Are you going to include illustrations/images? They should be simple and not get in the way of your message.

When your poster is finished why not go on a protest parade around your house/garden? **#powertothepeople**

Remember to post on the Blog!

PE

1. To warm yourself up this week, lets do a circuit to get your heart rate up. This simple circuit has 5 exercises and can easily be done a home – you just need a little space.

<https://www.youthsporttrust.org/sites/default/files/Healthy%20Hearts.pdf>

How many times can you repeat the exercises in 10 minutes?

2. Now into some games, all working on throwing, hand eye coordination and focus. All of these activities are ideal to play with a partner but can be adapted if you're having a go by yourself – check out the red traffic light symbol for how to play solo.

Battleships – a game to work on your throwing. Think about stance, aim and power.

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Battleships%20.pdf>

Space Monsters – work on your coordination and dribbling

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Space%20Monsters.pdf>

Throw Tennis

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Throw%20Tennis.pdf>

Golf Rolling

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Golf%20Rolling.pdf>