

PE

Hello! This week we will do some football drills – you just need a ball.

Warm up Spend ten minutes warming up your body. Do 30 second round of high knees, squats, burpees, star jumps, .

#### Drill 1: Dribbling

Set out a series of cones or suitable objects to dribble round (approximately six) about one metre apart.

- Weave through the cones while dribbling the ball.
- Try to use both feet to control the ball and keep it close.
- You can either do this a certain number of times or for a certain amount of time.

#### Drill 2: Keepy Uppy Challenge

How many keepy-uppies can you do using just your feet?

- Can you use other parts of your body too?
- Practise using your feet, knees, head and chest to keep the ball up.
- Keep practising to achieve your personal best and then challenge others to try to beat you!

#### Drill 3: Footwork and Dodging – knee tag

The aim of the game is to score as many points as you can by tapping your partner's knees while trying to dodge and avoid your knees from being tapped.

- Stay on the balls of your feet so you can move quickly.
- Bend from your knees and try to face your partner.
- You get one point each time you tap your opponent's knee.
- How many points can you score in one minute?

#### Drill 4: Penalty shoot out

Set up a goal and decide on a certain distance to shoot from.

Take it in turns to be the goalkeeper and the penalty taker.

Have five penalty kicks each and go to 'sudden death' if it's a draw after that.

Good luck!

## BIG Thursday STEM Challenge

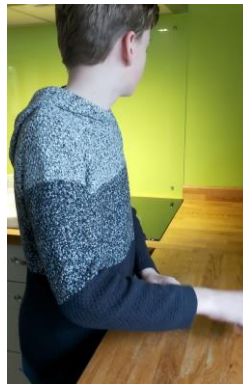
Sound travels in vibrations. This is why a loud noise can cause an avalanche.

If you gently touch your throat while you talk, or hold a balloon when there is loud music playing, you should feel vibrations.

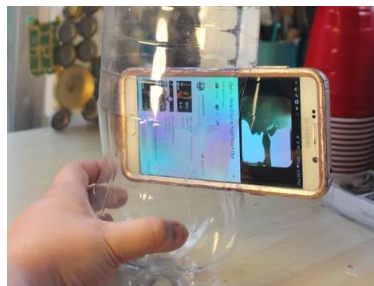
Vibrations can travel through solids, liquids and gasses. When the vibrations get to your ear your brain translates it to sound. What happens to the vibrations when we cover our ears?

### Try these activities ...

1. **Create a drum** to see the vibrations. Put some uncooked rice/cake sprinkles/small pieces of torn paper on the drum. Play the drum loudly and quietly. What happens to the rice/ sprinkles/ paper?
2. Polar bears can hear their prey through water. **Investigate which sound travels best through – solids, gases or liquids.** Ideas: Take an empty plastic bottle and ask a grown up to help you cut the bottom off. With the lid off, put the open bottom of the bottle into a bucket/bowl of water and put one ear to the top of the bottle, covering the other ear with your hand. Ask someone to make sounds, eg talking, banging metal spoons. Listen to your hand knocking on a table. Now try it with your ear on the table.



3. **Invent a home made amplifier** (something that makes sound louder) for something that makes sound in your home. (It could be for a phone, or a stereo, or a musical instrument, for example.)



### Extension ...

We record volume in decibels (like we record length in cm). There are several free apps to record volume in decibels (such as Sound Meter). Can you use one to check how effective your home made amplifier is?

## Music-

This week for music we are travelling back to the 1970s. We are going to look at 4 musical genres which were popular in the 70s- Rock n Roll, Pop, Punk and Disco.

Listen to the songs from each genre. Which ones are your favourites and least favourites? Why do you feel this way?

Now pick 1 song from each genre. Listen to them again, this time listen out for any musical instruments that are being used. For each song, make a list of any musical instruments that you can hear. Which musical instruments can you hear the most and the least? Which musical instruments do you think are most/ least important and why?

Bonus activity- check out some 70's fashion. What's your favourite look? Would you wear any of the outfits you have researched?

Share your findings and thoughts on the blog. Happy listening!

Rock n Roll- <https://www.youtube.com/watch?v=EFMD7Usflbg>

<https://www.youtube.com/watch?v=oR4uKcvQbGQ>



Pop- <https://www.youtube.com/watch?v=xFrGuyw1V8s>

<https://www.youtube.com/watch?v=ARt9HV9T0w8>



Punk- <https://www.youtube.com/watch?v=YfpRm-p7qlY>

<https://www.youtube.com/watch?v=EfK-WX2pa8c>

Disco- <https://www.youtube.com/watch?v=fNFzfwLM72c>

<https://www.youtube.com/watch?v=aXgSHL7efKg>



## Art – Typography Landscape

This week we are going to be using our letter writing skills to create a **Typography Landscape** drawing.

**You will need: a pencil, paper and coloured pens.**

Watch this clip before you begin: [Typography Landscape part 1](#)

1. First, you need to choose a landscape to draw. Some options are forest, beach, farmland, desert...you could even choose an Arctic landscape to tie in with your topic!
2. Next, make a list of all the things you want to include in your landscape and think about the colours you would use for each of the words. For example sun – orange, yellow, red; trees – green and brown.
3. Start to lightly sketch out your landscape drawing. Try and include something large in the foreground (front) of your drawing. Keep your drawing nice and simple – it will make things easier when you start adding your words!

Once you have drawn your landscape, watch the second part of the tutorial: [Typography Landscape part 2](#)

4. Write a list of about 10 words your landscape makes you think of.
5. Write the words in the spaces on your landscape, using the colours you chose in step 2.
6. If you like, you can choose 2 or 3 things on your landscape to write your letters on and colour the rest in.

