

## Big Thursday – Week 4

### BIG Thursday STEM Challenge



Polar bears have enormous paws! On land, they are like snowshoes, spreading the bear's weight and helping them move across soft snow and thin ice. On ice, they stop the bear from slipping. They have footpads covered by papillae (small soft bumps) and claws that are short, thick, and curved. The paws also are covered in fur for both traction and warmth.

### Your challenge – Design and make a pair of snowshoes!

#### Criteria:

- You have to be able to walk 10m in them.
- They must widen your footprint to spread your weight.
- They must provide extra grip.
- Bonus points for adding warmth!



Modern  
snowshoes



Traditional  
snowshoe

### Art

**Kerning and Tracking:** Have you ever seen a word where the “c” and “l” are too close together making the letter look like a “d”? Have you ever read a piece of text that looks like it’s squashed together, leaving you with a headache? Bad spacing can make text difficult to read!

- **Kerning** – describes the space between letters.
- **Tracking** – describes the space between words.

Have a go at this online Kerning game to practise your letter spacing:

[Kerning Game](#)

### Task: Name Art

This weeks task is to turn your name into a piece of Art! Create an eye-catching design that you can display on your wall or bedroom door.

- **Decide on a design** - I have saved some ideas in the learning pages or you can create your own, unique design.
- **Choose your lettering** – There are lots of examples online. I have also saved a 3D lettering sheet to the learning pages if you would like to use that.
- **Write your name** – Your name needs to stand out so make sure your lettering fills most of the page. Remember kerning!!!
- **Get Creative** – Now for the fun bit! What techniques are you going to use to make your artwork stand out? Think about colour, pattern, shading, texture and illustrations.



*Remember to check the class learning pages for more name art ideas.*



## Music-

### Erin and Rhona's music take over!

This week I asked Erin and Rhona if they would help out with the music planning. They have both come up with 3 songs each which they love and want you all to listen to. Did you enjoy their song choices? Which song is your favourite/least favourite? Can you figure out which genres their songs are? Share your thoughts with Erin, Rhona and the rest of us on the blog. Thank you for your help DJ Erin and DJ Rhona!

#### Erin's choices-

Sorry Not Sorry by Kidz Bop- <https://www.youtube.com/watch?v=tYiO6yBUOyw> "I like this song because it is a fun song, it makes me feel happy. This song makes me want to dance and sing."

Confident by Demi Lovato (from the film Ballerina) <https://www.youtube.com/watch?v=elbnuggXJ2Q> "I like this song because it is a fierce song. I imagine myself in that situation. The song says if you stay confident you can achieve anything. In the movie during this song she jumps off the stairs that's my favourite part. I enjoy practicing my dancing to this song."



Someday by Milo Manheim and Meg Donnelly (from the film Zombies) <https://www.youtube.com/watch?v=3yy-dKTmyOo> "I like this song because it shows true love. I have watched the film lots of times so that I can listen to the song. I like how the song is part of a musical film. I like the dancing that's what helps make it a good song."

#### Rhona's choices-

Better Days by Lakey Inspired- <https://www.youtube.com/watch?v=RXLzvo6kvVQ>

Before You Go by Lewis Capaldi- <https://www.youtube.com/watch?v=Jtauh8GcxBY>

The Waltz of the Little Girls by Phil Cunningham and Aly Bain- (Sorry Rhona these are the best free versions of the song that I could find- I hope they are okay!)

<https://www.youtube.com/watch?v=O7qIG5ZZERU> (A musician playing along to backing track.)

<https://www.youtube.com/watch?v=ggoAmwHpAnk&list=RDggoAmwHpAnk&index=1>

## PE/HWB

I've got two different things for you to think about/try this week.

The first is a mindfulness activity. It's good to take some time to stop, focus ourselves and do our mental health some good.

- 5 senses activity – this can be done anywhere/any time. The goal here is to try to be present in the moment.

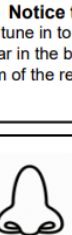
### **Notice five things that you can see.**

Cast your eyes around and bring your attention to five things you might not normally notice. Choose something you wouldn't ordinarily pay attention to, like a shadow or a small crack in the concrete.



### **Notice four things that you can feel.**

Bring your awareness to four things you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.



### **Notice three things that you can hear.**

Try to tune in to the sounds of your surroundings. What can you hear in the background? This might be a bird singing, the low hum of the refrigerator, or the faint sounds of traffic from a nearby road.



### **Notice two things that you can smell.**

Tune your senses into smells you might usually gloss over, whether they're pleasant or unpleasant. Perhaps the breeze is carrying the scent of pine trees if you're outside, or the smell of cafe from the sidewalk.



### **Notice one thing that you can taste.**

Focus on one thing you can taste right now, in this moment. You can take a sip of coffee, savor some chocolate, eat something, notice the current taste in your mouth, or even open it to search the air for a taste.

## PE/HWB

The second section of this are a couple of new physical games/challenge to try at home.

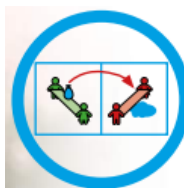
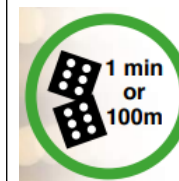
Create a three-ring target on the floor. Mark a start line five steps away. Choose five items that you can throw/roll. If your item lands in the centre you score 10 points, 5 points for the middle ring, 1 point for the outer ring. How many points can you score with five throws/rolls?



Mark a jump line on the floor. Using the Ace to 10 of Hearts from a pack of playing cards shuffle the deck and turn the top card over. The card gives you the number of steps you can use in a run up to the jump line. Can you try and beat your distance with each new card?

Roll a dice. Choose your running activity based on what you roll,

i.e. 1 = One minute or 100m run, 2 = Two minute or 200m run, 3 = Three minute or 300m run etc... To make it more difficult, play with two dice.



### **Family challenge**

Working in pairs, holding a towel stretched between you. One pair launches a soft ball/filled water balloon over a net. The receiving team should try to catch it with their towel, if successful they can launch it back. Take it in turns to launch the next ball/balloon.