

Science Challenge



Brilliant Bodies

This week we are going to be finding out about our amazing and brilliant bodies.

We want to know about some of the organs in our body and about our skeleton. Why do you think we need a skeleton?

Our skeleton gives us support and protects the organs of our body. It also allows us to move. Draw a body outline on paper. If you have a large piece of paper such as a piece of wallpaper you could draw around a person. Identify and label some body parts. If you can, have a go at drawing in your bones. Research to find the names of some of your bones such as skull, shin, jaw, ribs, spine.

Identify your joints by finding the places between your bones which you can move. Your elbows knees, knuckles and ankles are all joints. Can you find others?

This page gives you access to a few videos and short activities about how your body works.
<https://www.bbc.co.uk/bitesize/topics/zfg8mp3>

Think about what you need to stay healthy (food, water, sleep, exercise....) create a poster or information leaflet about keeping healthy.

At the moment, we are all thinking a lot about how germs are spread and trying to avoid spreading infection. This episode of Let's Go Live has some Information about virus and germs with some demonstrations about how they are spread.

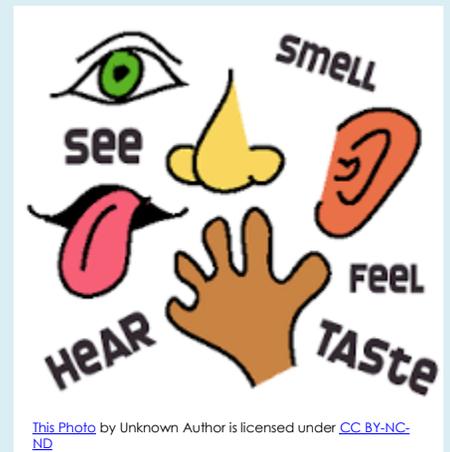
<https://www.youtube.com/watch?v=ro56HE4HQwo>

We can learn more about our five senses and how they help us to learn about the world around us. The five senses are- taste, touch, hearing, sight and smell. Can you identify each part of the body that allow us to use these senses?

This BBC bitesize page gives you access to a few short videos and activities to help you learn about your 5 senses.

<https://www.bbc.co.uk/bitesize/topics/z39qhyc>

Try out your sense and see what you can learn from them. You could set up a taste test for a family member by blindfolding them and asking them to identify different foods or you could go on a listening walk to identify sounds you hear all around you every day.



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Technology Challenge



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Floating Garden

Setting the scene

We can often get lots of rain in Scotland which sometimes can cause flooding. Rivers become too full and burst their banks, spilling the water on to the land around. That then creates problems with transport, farming, businesses, homes and gardens.



The challenge

To design and build a model of a floating garden that will allow gardeners to protect their plants and vegetables that they are growing.

What will we need?

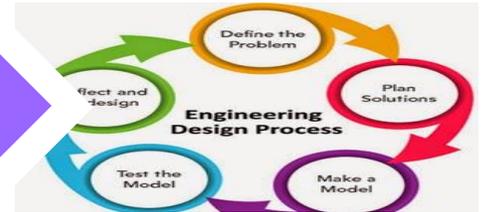
For the model: Modeling equipment e.g. plastic bottles, lolly sticks, string, bubble wrap, food trays, cling film, sellotape, foil, straws and twigs.



For testing: Test in a sink, the bath or even a paddling pool! Put tins on top to see how much weight they can hold.



Engineering Challenge



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Wind Power



We use **electricity** for lots of things every day. **Go on a hunt around your home... How many things can you find which are powered by electricity?** Make a list or draw what you find!

Do you know how electricity is made? [Watch this clip to find out!](#)

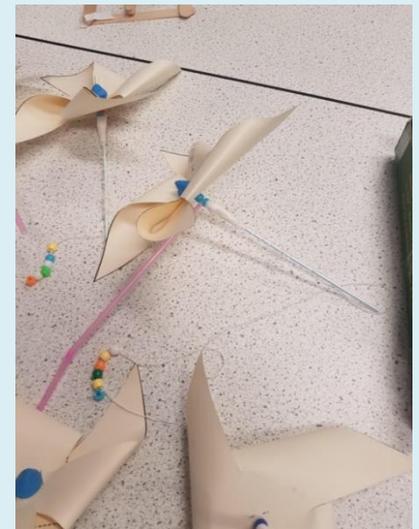
Challenge: Create a pin-wheel turbine.



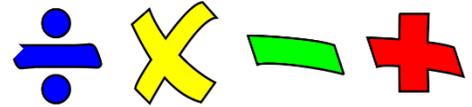
There are lots of different ways to make a pin-wheel turbine. There is a [template and step-by-step instructions here](#) or watch this [Youtube video on how to make a pin wheel](#).

(If you don't have a printer for the template, that's okay – any sized piece of square paper will work!)

Super stretcher: After following these instructions, investigate how to use your pinwheel to lift some string with beads attached. Where do you need to attach them so that when you blow on it, the string winds round and lifts the beads? You might need to change the design of your pinwheel so there is somewhere for the string to wind round!



Maths & Numeracy Challenge



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What are the Chances?

It is good to develop children's understanding of chance and uncertainty – how likely or unlikely something will happen.

Let's play a game of corners, with a twist!

Prep

1. Choose 8 rooms/areas or your garden/specific places in your house (e.g. the couch, my bed)
2. Write the names of all these rooms/areas/places on pieces of paper - write 4 in one colour and 4 in another – these are the “cards”
3. Stick a piece of paper on each side of a coin and colour each side the different colours you used for step 2. – this will be your “colour selector”.

Play

4. Players can now go to the room/area/place they choose – follow them
5. Get ready to flip the colour selector.
 - 5.1. Discuss with your child that when flipped the coin can show either of the two colours. Ask them which colour they think it will be.
 - 5.2. Flip the colour selector – what colour was it? Were they right?
6. Now using the cards
 - 6.1. Discuss the places on the cards – think about where they are – “Do you think I will choose the card with the place where you are?”
 - 6.2. Choose a card.
 - 6.3. It is where you are?
 - 6.4. What colour is the writing on the card? Does it match the colour identified in step 5?
7. If the card matches where you are and the colour on the card matches the colour selector you are out!
8. Remove the place card and the option of that place from the game.
 - 8.1. Discuss how this alters/increases the chances of the colour matching and the places matching
9. Repeat until the option of places run out or all players are out.



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Literacy Challenge



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Careful Instructions

This week we are going to try to give clear instructions. Choose an activity which you do often. It could be putting on your shoes, tidying away a game, making your bed or making a jam sandwich.

Start off by miming the activity without speaking. Can your partner guess what you are doing? Talk about the order you do things in. What needs to be first etc.

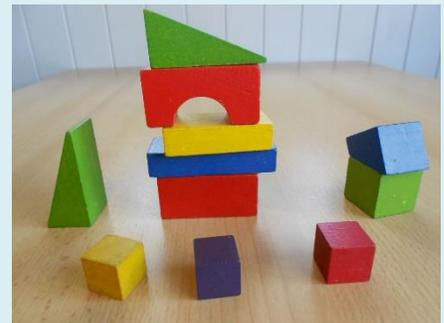
Tell someone else how to do your activity one step at a time. Try to use the words first, then, next, after that and finally. The other person should now be able to do your activity just as well as you. Try to think of other fun activities you can give instructions for such as brushing teeth or washing hands.



This funny video clip shows how sometimes our instructions are not so clear-
<https://www.youtube.com/watch?v=FN2RM-CHkuI>

Build a model or shape picture.

Collect a selection of Lego bricks, blocks or other building material if you haven't got these just draw the shapes. Sit across from someone with a barrier between you such as a big book blocking their view. Take turns to build a simple model and describe it to the other person to recreate without looking. Concentrate on giving very clear instructions.





Health & Wellbeing Challenge

Hey, hey! Five a day!

Eating a healthy, balanced diet is really important. Have you ever heard of eating your **5-a-day** before? It is important to try and eat a **range of different fruit and vegetables** each day.

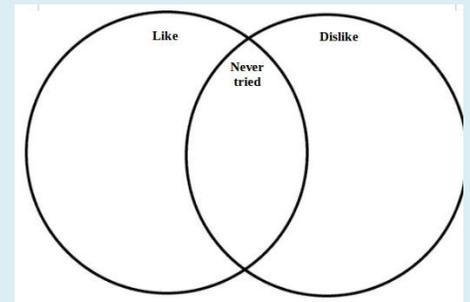


Follow [this link to read a story called 'The colourful present'](#). There are also lots of **downloadable activities** which you can complete after the story too!

Have a go at learning [this song about your 5-a-day!](#) You could try to come up with some **actions** for the song and record your own **music video** to encourage others to eat a range of fruit and veg!



Hunt out all the fresh or tinned fruit and vegetables in your home. **Sort them** into a **Venn diagram** like the one at the side to show which you like, dislike or haven't tried before. You could do it as a large model diagram using the actual foods or draw your own and write or draw pictures of the fruit and vegetables inside. Which is your favourite fruit or vegetable? Why?



Healthy hand art: Draw around your hand and turn each finger into a different piece of fruit or vegetable. Add colour to make it stand out and stick it up in your kitchen to remind your family to eat their 5-a-day!

You could also have a go at improving your **cooking skills**. Practice your **cut, chop, slice, dice and trim skills** by having a go at [this recipe to create some Pitta Pockets](#).

Social Studies Challenge



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Read all about it!!

Lots of things are very different for everyone just now and everybody is having to find new ways to keep busy. That means we need to find a new way to let others know what we have been up to. One way to find out about recent events is to read a newspaper or article.



Your challenge is to publish a mini newspaper – it should include a report about something you have done over the last few weeks or something that has happened close to you.

You can decide on a clever name for the paper and you may even choose to include different sections such as a weather report or adverts. You can illustrate the newspaper with drawings that match your news stories.

You can draw and design your own newspaper or you can find a ready-made design in Microsoft word, via your Glow account.



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If you google search “children’s newspaper template”, there are lots of free templates available.

Expressive Arts Challenge



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Handy Doodle Art

Sometimes it is good to doodle – just to be creative and free.
With this activity you will get to doodle and be creative with patterns.



On a piece of paper, coloured or white*, draw round your hand and wrist – you might need a bit of help from an adult.

Cut out the hand and wrist and stick on to another piece of paper of a different colour*.

Trace around the hand and wrist shape with a thick pen.

Add some wavy lines to create different sections on the whole page.

In each section add a different repeating pattern, until all sections are complete.

A video can be found here - <https://youtu.be/gxS9AwKjICE>

- *If you only have one colour of paper – great! Why not colour the different sections once you have added your repeating patterns?
- This is also a good trick to mix up a “colouring in” book – add patterns to the different sections rather than completely shading it in. The effects can be effective.

