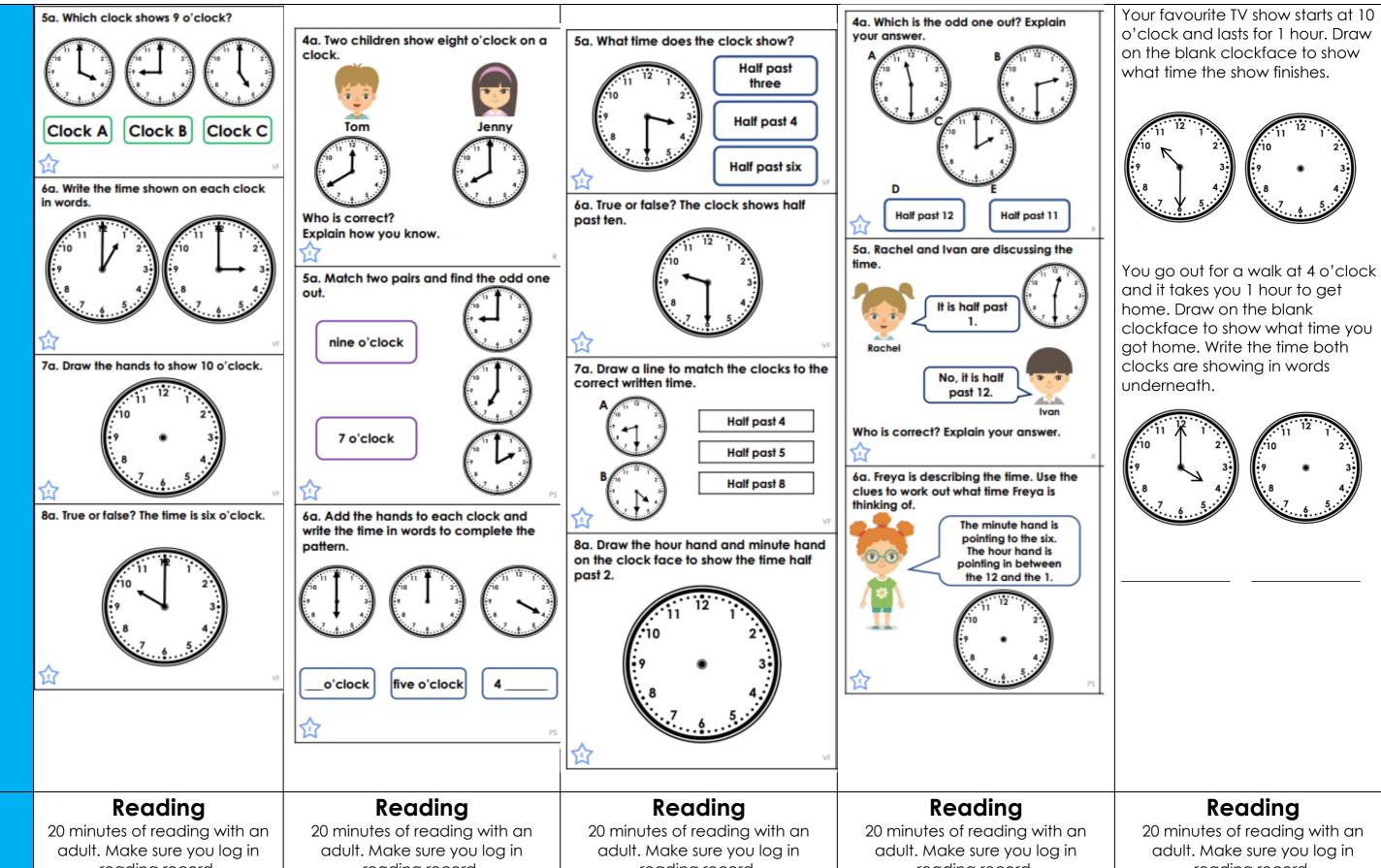


## St Uny CE Academy Weekly Home Learning Class: Kynance



		Monday	Tuesday	Wednesday	Thursday	Friday	
	1	Morning Motivation  Joe Wicks morning activities Monday, Wednesday, Friday (9am) <a href="https://www.youtube.com/playlist?list=PLyCLoPd4VxBuPuwfVuS-OBtK_kZqJCX-b">https://www.youtube.com/playlist?list=PLyCLoPd4VxBuPuwfVuS-OBtK_kZqJCX-b</a> Tuesday & Thursday – get active together.					
	2	Spellings Refer to weekly spelling list and practise spellings.	Spellings Refer to weekly spelling list and practise spellings.	Spellings Refer to weekly spelling list and practise spellings.	Spellings Refer to weekly spelling list and practise spellings.	Spellings Spelling test.	
W	3 /ritin g	'The Write Stuff' virtual lesson link: 9.45am https://www.youtube.com/watch?v=44m Vf05-Crl  Alternative task:  Hide an object of your choosing somewhere in your house. Write a list of directions (or cryptic clues) for someone else to follow to find the object.  You can select whether you want to do the virtual lesson or the alternative task.	'The Write Stuff' virtual lesson link: 9,45am https://www.youtube.com/watch?v=NYUxhnh OG54 Alternative task:  Write a piece for a newspaper advertising either your dream job, or a job that you find interesting. Include a description of the work involved, the uniform that needs to be worn and which days of the week applicants would be required to work.  You can select whether you want to do the virtual lesson or the alternative task.	'The Write Stuff' virtual lesson link: 9.45am https://www.youtube.com/watch?v=NYUxhnh OG54 Alternative task:  Imagine that you've grown wings and now you can fly! Write a few sentences about where you would go. Think about what you would see there and what you would do.  You can select whether you want to do the virtual lesson or the alternative task.	'The Write Stuff' virtual lesson link: 9.45am https://www.youtube.com/watch?v=NYUxhnh OG54 Alternative task:  Think about someone who has helped you or has done something nice you for and make them a card. Inside the card write about why you are thankful. (Don't forget to use capital letters for names.)  Thank You!  You can select whether you want to do the virtual lesson or the alternative task.	'The Write Stuff' virtual lesson link: 9.45am https://www.youtube.com/watch?v=NYUxhnh OG54 Alternative task:  Take a photograph or draw a picture of yourself and think about what you are wearing today. Label your photograph/drawing with adjectives to describe your clothes.  You can select whether you want to do the virtual lesson or the alternative task.	
M	4 aths	Follow the link below to watch a demonstration lesson on time and do the quiz attached.  Reading and writing the time to o'clock (Part 2)  (thenational.academy)  If you can't watch the clip or you want extra practice, try these questions.	Follow the link below to watch a demonstration lesson on numbers to 20 and do the quiz attached.  Reading and writing the time to o'clock and half past (Part 1)  (thenational.academy)  If you can't watch the clip or you want extra practice, try these questions.	Follow the link below to watch a demonstration lesson on numbers to 20 and do the quiz attached.  Reading and writing the time to o'clock and half past (Part 2) (thenational.academy)  If you can't watch the clip or you want extra practice, try these questions.	Follow the link below to watch a demonstration lesson on numbers to 20 and do the quiz attached.  Reading and writing the time to o'clock and half past in words (thenational.academy)  If you can't watch the clip or you want extra practice, try these questions.	Follow the link below to watch a demonstration lesson on numbers to 20 and do the quiz attached.  Explore adding on hours and half hours (thenational.academy)  If you can't watch the clip or you want extra practice, try these questions.	



### 5 Readin g

reading record.

#### Link to free online e-books:

https://home.oxfordowl.co.uk/reading/fr ee-ebooks/

#### Link to more e-books:

https://connect.collins.co.uk/school/t e acherlogin.aspx

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https://connect.collins.co.uk/school/te acherlogin.aspx

| Email: parents@harpercollins.co.uk |
|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| Password: Parents!21               |
|                                    | PE                                 |                                    |                                    |                                    |

### Sevens Ball Game

You will need a ball.

Practise your throwing and catching skills with this Sevens Ball Game challenge. Starting at 7 and working down to 1, complete each throwing and catching activity in order without dropping the ball. If you make a mistake, you must start back at number 7 again.



and catch it. Complete 7 times.





6

**Project** 

Throw the ball up in the air and catch it, without a bounce.

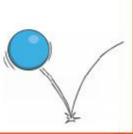
Complete 6 times.





Bounce the ball on the ground five times and catch it.

Complete 5 times.



Throw the ball up in the air, clap once and

Complete 4 times.



Throw the ball under one leg, up in the air and catch it.

Complete 3 times.



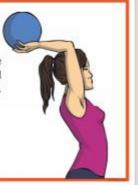
Throw the ball up in the air, do a 360° turn, let the ball bounce once and catch it.

Complete twice.



Throw the ball up in the air, do a 360° turn and catch it, without a bounce.

Complete once.



#### **Design & Technology**

This week we are designing a fruit salad!

Write, draw or stick images of the fruits you would like to use to create a fruit salad. Then, design your fruit salad in a circular shape, or even a paper plate if you have one to hand. Think about the colours and textures of the fruit in your design. For example, you may wish to consider:

- Making a rainbow design
- Creating a repeating pattern with different coloured fruits
  - Separating soft and hard fruits on the plate.

These are just examples - you can design your fruit salad in any way you wish!

These are the truits I need to make my truit salad.		

After finishing your design you may like to make your fruit salad using real fruit. An evaluation sheet is included on the next page in which you can evaluate your design and final product.

If you are cutting fruit using sharp utensils, please remember to be very careful. A safe preparation sheet has been included detailing safe ways to handle kitchen tools.

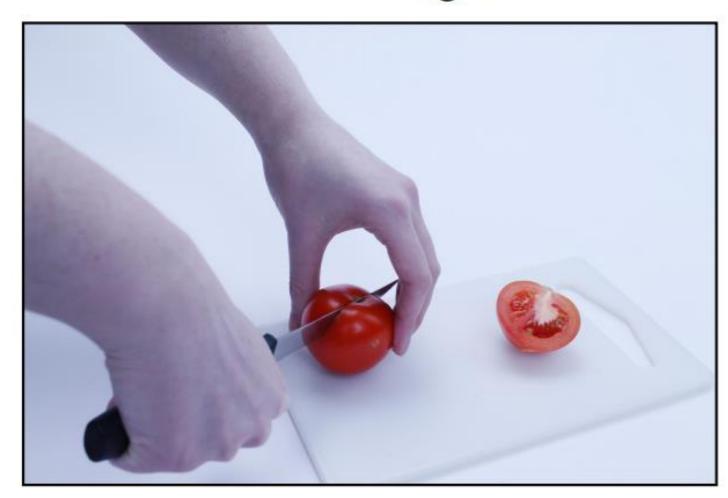
### You can also select on-going 'Chilli Challenge' homework tasks.

Please don't forget to take photographs or videos of your home learning and upload them to Google Classroom. We can't wait to see your work!

# Making A Fruit Salad

What I found tricky about making my fruit salad				
My fruit salad tasted				
	l			
	My fruit salad			
	looked like this.			
What I would do differently next time.				
Did my finished fruit salad look like my design?				

# The Bridge



**Method:** Create a bridge over the food with your hand. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.

Safety: This method ensures that fingers are out of the way as the knife cuts through the food.

**Tips:** To help you remember this method, you might like to think of the knife as a train which goes under the bridge and through the tunnel.

Use: This method is especially useful for cutting circular items into halves and quarters, e.g. tomatoes, apples.

## The Claw



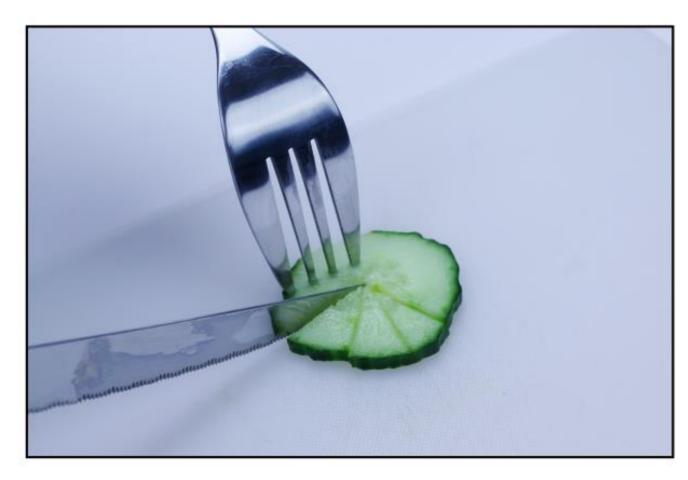
**Method:** Create a claw by partly curling your fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.

Safety: This method ensures that finger tips are tucked out of the way and will not get caught by the knife.

Tips: To help you remember this method think about creating a claw, gripping food and tipping the hand; claw, grip, tip, cut.

Use: This method is the best method to use when food needs to be cut into slices or diced.

## **Fork Secure**



**Method:** Place the food to be cut on a chopping board. If the food is likely to move or wobble, e.g. a tomato, hold it securely around the edges or sides. In a firm but controlled way, dig the fork into the food with the fork prongs going downwards towards the chopping board. Continue holding the fork in one hand, take a knife with the other hand and slice the food.

Safety: This method makes sure that the food is stable and keeps finger out of the way while it is cut.

**Tips:** Take your time while pushing the fork in the food and make sure you are pushing the fork downwards and not diagonally which could cause it to come out at the side of the food and go into your hands.

Use: This method is useful if you find the claw method quite challenging.

# Other Tips

Flat surface down: Make sure that the food being cut has a flat surface face down on the chopping board so it is stable while being cut.

**Peeling:** Teach children to peel away from themselves while using a peeler. With long foods such as carrots they should hold one end and peel from the middle away from themselves and then hold the peeled end and repeat the same process.

**The 'two spoon' method:** The two spoon method is used in some of the recipes, this means taking two teaspoons, one of which you fill with the ingredient or mixture, the other one is used to push the ingredient or mixture off. This can be a coordination challenge for your child the first time, but with practise becomes much easier.

**Grating:** You can use a multi-purpose grater which has a suction facility to stick it to the table. You can also use other types of grater but be very careful of little fingers. When grating, remember, you do not have to grate every bit of the food. It is best to leave a small chunk at the end to hang on to. This means that fingers are not pressed against the grater.

**Scissors:** Kitchen scissors can sometimes be a useful alternative to a knife, especially if children are quite young. Scissors are often useful to cut up ingredients such as cooked bacon, herbs and spring onions. Choose standard metal-bladed nursery scissors and keep them only for food use in the kitchen.

**Part prepare:** It may sometimes be necessary to partly prepare foods so they are at a stage where children can handle them safely and confidently. For example, when making coleslaw, the teacher would quarter the cabbage and cut out the heart. Children would then be able to take a quarter, separate the layers of leaves with their hands and cut one or two leaves at a time using the methods previously mentioned.