

# Foundation Subjects: Science, Art, History, Geography and PE

Choose one of these subjects each day to complete in the afternoon.

## Teach

## Activities

### Science

**Outcome: To identify the plants hiding in your kitchen.**

Here's a video to recap what we have learnt about plants so far:

<https://www.bbc.co.uk/bitesize/topics/zpxnyrd/articles/z2vdjxs>

You can try the quiz at the bottom of the page too!

### Kitchen food hunt

Think about the food you have in your house. Have you ever thought about where ingredients are from and where the process began? Can you spot food in your kitchen that came from plants? Talk with your family about where items have come from.



Find as many food items from your kitchen that are from a plant. Discuss or research how they were grown and ended up in your kitchen.

**Task:** Draw and caption pictures to show the process of how food has ended up in your kitchen.

For example: Have you ever thought about how baked beans end up in a can in the supermarket? Here's a video to learn more:

<https://www.youtube.com/watch?v=jv7JazvHkqc>



Haricot beans are planted.



Plant and bean pods grow. Once ready they are harvested and filtered.



Transported to factories to be cooked and tomato sauce added.

Have you ever thought about how rice is grown or where your Weetabix cereal comes from?

Story of Weetabix:

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

		<p>Story of rice:  <a href="https://www.youtube.com/watch?v=Yb4AMwr0vNE">https://www.youtube.com/watch?v=Yb4AMwr0vNE</a></p> <p>The Tesco Eat Happy Project has lots of videos on how food ends up on your plate:  <a href="https://www.youtube.com/user/EatHappyProject">https://www.youtube.com/user/EatHappyProject</a></p> <p><b>What can you find out about the food in your kitchen?</b></p>
<p><b>Art</b></p>	<p><b>Outcome: To create a London skyline using shading techniques.</b></p> <p>When sketching with pencil we can use shading to create the effect of light and dark. The closer together the lines or dots are the darker your shading will be. Here are three shading techniques we will focus on today:</p> <p><b>Hatching-</b> lines drawn in the same direction.</p> <p><b>Cross-hatching-</b> lines drawn in different directions.</p> <p><b>Stippling-</b> instead of lines this technique is lots of small dots.</p> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  <p><b>hatching</b></p> </div> <div style="text-align: center;">  <p><b>cross hatching</b></p> </div> <div style="text-align: center;">  <p><b>stippling</b></p> </div> </div>	<p><b>Part 1:</b> Using watercolours or other paints at home, paint a background onto plain paper and leave to dry.</p> <p><b>Part 2:</b> Choose your favourite London buildings/ landmarks to sketch. Draw and shade each building using a different shading technique (hatching, cross-hatching or stippling). Cut the building out and assemble together by sticking onto your background.</p> <div style="text-align: center; margin-top: 20px;">  </div>

	<p>Watch the videos to learn about the different techniques:  Hatching and cross-hatching:  <a href="https://www.youtube.com/watch?v=cSHXjiq_fyc">https://www.youtube.com/watch?v=cSHXjiq_fyc</a>  Stippling:  <a href="https://www.youtube.com/watch?v=fAG4GfPeztY">https://www.youtube.com/watch?v=fAG4GfPeztY</a></p> <p>Can you try out each technique on a sketch pad or some paper?</p>	
<p><b>History</b></p>	<p><b>Outcome: To research the history of a London building.</b></p> <p>London is one of the most famous capital cities in the world, known for its amazing architecture and rich history.</p> 	<p>Research a London building of your choice. This can be an old building such as the Tower of London or a modern building like the Gherkin. See what amazing facts you can find out about the building. When was it built? Who built it? Does it have any hidden secrets? Present your findings in <u>anyway</u> you choose. Get creative! Perhaps you would like to build a model of your building or create a leaflet for people to go and visit or even a snazzy poster.</p>
<p><b>Geography</b></p>	<p><b>To recognise international landmarks and buildings from an aerial photo.</b></p> <p>Aerial photos are taken from above the ground. They can make things look different than what you would see if you were looking at something from the ground. Have a look through the powerpoint on aerial photos and see what you notice about the similarities and</p>	<p><u>Part 1</u></p> <p>Can you identify what the buildings are in the aerial photos?  Can you name the buildings and find out which country and continent they are found?</p> <p><u>Part 2</u></p>

differences of the photos.



**To identify and describe the physical and human features of your local area.**

Using the powerpoint, recap your knowledge on physical and human geography from your fact files.  
Can you spot any in the photo of London?

Using the word mats and the geography powerpoint to help you, label the human and physical features of the aerial photo of Stillness Infant School and its local surroundings. Perhaps you would like to go for a walk around the area and see if you can identify where the shops, restaurants and parks are on the photo? Perhaps some of you will be able to find your home!



**PE**

A quick 8-minute Joe Wicks workout: <https://www.youtube.com/watch?v=uqLNxJe4L2I>

## Squat and shoot



Get Set 4 PE.

**What you need:** 2 balls or pairs of socks, two pots, two plus players.

### How to play:

- Each player has a ball. They begin 3-4 steps away from the pots.
- Players race to throw their ball into one of the pots. First to four successful throws wins the round.
- In between each throw you must complete 10 squats.
- In the next round change the exercise you need to complete in between the throws.



Make this easier by using a bigger pot.

**Who won the most rounds?**

## Skipping challenges



Get Set 4 PE.

**What you need:** A skipping rope or a dressing gown rope (tie two together if you need to make it longer)

### Challenge 1:

How many consecutive skips can you complete?

### Challenge 2:

Can you skip 5 times on your right foot and then 5 times on your left foot?

### Challenge 3:

Can you skip with high knees, one foot and then the other?

### Challenge 4:

Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.

### Challenge 5:

Can you skip backwards?

**Land on the balls of your feet and keep your knees bent.**

