



This half-term, the 'Isolation/Pod Closure' work is set through the 'Oak National Academy'-Maths & English links and this grid focusing on other subjects.

The grid provides 10 learning activities based on Science, History, Geography, Art, Music & PE. There is enough for one activity a day over a maximum of two weeks (10 working days) 'Isolation/Pod Closure'

Remember ~ Children isolating, without symptoms, are well enough-and expected to- access work during school hours.

The school expects three pieces of work each day:

1 piece of Oak Academy Maths work, 1 piece of Oak Academy English work and 1 piece from another subject (this grid)

Year 3 - Maple - Isolation Work Menu ~ Spring 2 2021

<p><u>Topic 1</u> What is the longest river in the world? Where is it? How long is it? Does it just stay in one country? Choose a River and create a fact file all about it. You could include: Where does it start? Where does it end?</p>	<p><u>Topic 2</u> Did you know that a river goes on its own journey? It usually starts off - its source - in high places, like hills or mountains, or from a spring and then it travels from there. There are lots of different parts of a river. Your task is to find out a bit more</p>	<p><u>Science 1</u> What is a skeleton? Do all animals have skeletons? Some animals, like humans, have a skeleton on the inside, under their skin. These are called Endoskeletons. Some animals have a hard shell or skeleton on the outside of</p>	<p><u>Science 2</u> What are the bones in our bodies? Feel the bones in your arms, legs, etc and complete 'Where Are Our Bones?' Activity Sheet. Draw in the bones you know and label them.</p>	<p><u>Art</u> Claude Monet was a very famous impressionist artist. He painted lots of rivers, ponds and landscapes. Have a read of this biography and choose one of his paintings that include water. Can you recreate it? Have a go.</p>
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<p>What countries does it travel through? How long is it? What animals can you find along it? A drawing of it.</p>	<p>about the different parts. Match the words to the meanings of the different parts. Use a dictionary to help you</p>	<p>their skin. These are called Exoskeletons. Some animals do not have a skeleton or bones at all! These are called Hydrostatic. Can you sort the pictures below into the correct columns?</p>		<p>Claude Monet Link</p> 
<p><u>French</u> Log onto Language Angels and click on:</p>  <p>Choose what kind of device you are working in on then click</p>  <p>And then work your way through the games for 'Les Animaux.'</p>	<p><u>Computing</u> Work your way through the 2Type activities on Purple Mash. Go to Computing, then '2Type', then Complete the 'First Steps' section of the website.</p>	<p><u>PE 1 & 2</u> Complete the Yoga activities below. You could also have ago at 'Cosmic Yoga' on Youtube. Click here</p>	<p><u>Music 1</u> Listen to and begin to learn this song: The Dragon Song</p>	<p><u>Music 2</u> Try and learn the signing for The Dragon Song too. Click on the tab on the right-hand side like this:</p>  <p>Let us know how you get on!</p>

Topic 2 - Can you match the words to their definitions? Use a dictionary to help you.

source

The place where two rivers
join together.

mouth

An imaginary line separating one
river's drainage basin from another.

confluence

The place where a river begins.

tributary

A smaller river that joins a
bigger river.

drainage basin

Where a river enters into the sea.

watershed

This is what the river flows in.

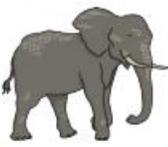
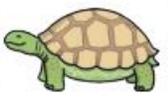
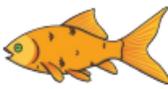
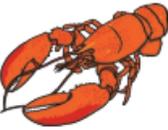
river channel

The area drained by a river.

Science 1 - Sorting Skeletons.

Cut out and stick the animals based on the type of skeleton they have.

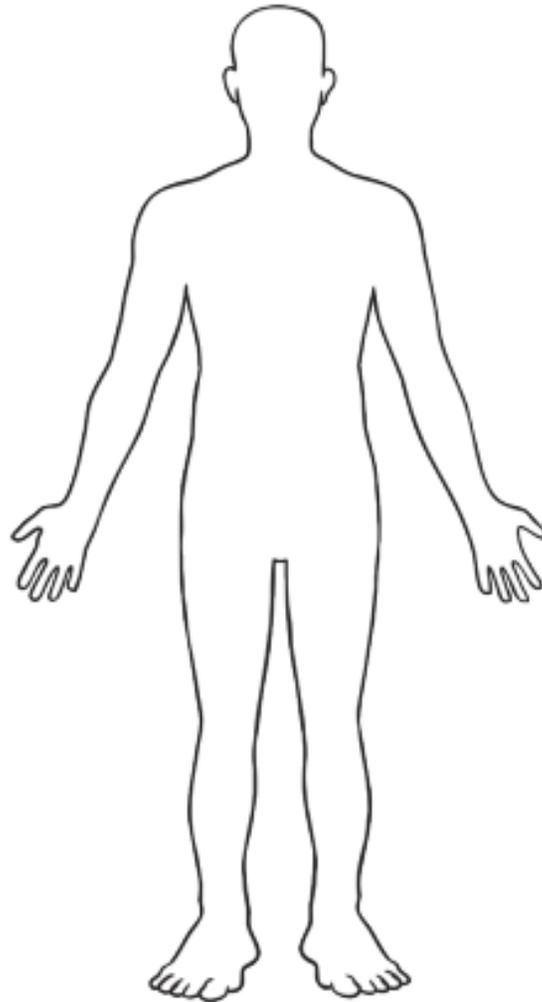
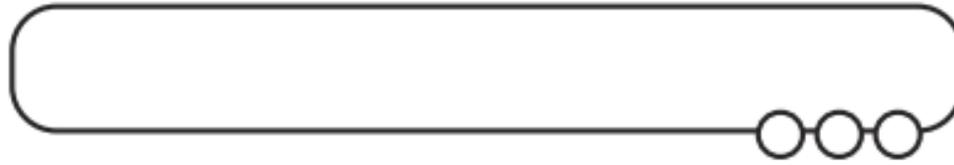
Endoskeleton	Exoskeleton	Hydrostatic Skeleton

									
elephant	tortoise	slug	butterfly	human	jellyfish	mouse	worm	goldfish	lobster
									
ant	prawn	beetle	killer whale	fox					

Remember:

- Endoskeleton means the skeleton is on the inside.
- Exoskeleton means the skeleton is on the outside.
- Hydrostatic skeleton means the animal has no bones.

Where Are Our Bones?



Yoga Flow

- Find yourself a mat, or a space with soft flooring big enough to allow you to stretch out your arms and legs
- There are 5 yoga poses shown in the diagrams below, listed 1-5. Read the instructions, and hold each pose for 5 seconds one after the other to create a 'flow'
- When doing each pose, you should not be in any pain.

1

Yoga Cards

Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.

2 Inhale, and lift your arms parallel to floor.

3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.

4 Keep your torso tall, turn your head, and look out over your fingertips.

5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



2

Yoga Cards

Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

1 Start in mountain pose.

2 Exhale, and bend your knees as if you were sitting in a chair.

3 Reach your arms towards the ceiling, with your palms facing each other.

4 Hold this pose and breathe.



3

Yoga Cards

Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



4

Yoga Cards

Tree Pose - Vrikshasana

Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



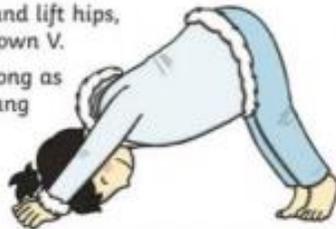
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Yoga Cards

Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



SCHOOL GAMES