

Art

SP2 Lesson 1 - 25.2.21

This term we are going to be designing
and creating our rockets!

Today's task

Research 'spaceship rockets' with an adult.

Have a look at pictures of the real life rockets that go into space.

Discuss with your adult the different parts of the spaceship.

Task:

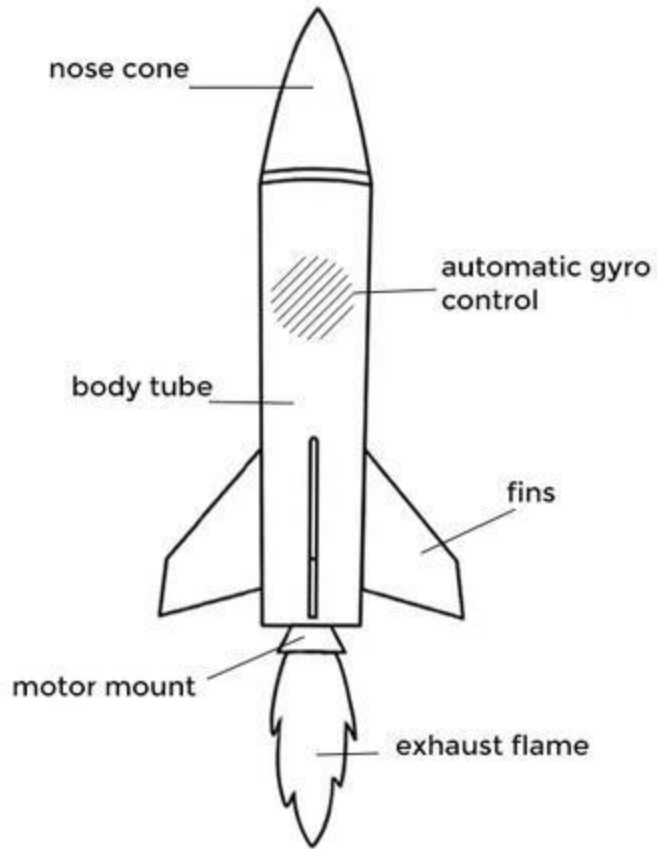
- Choose your favourite picture of a real life rocket
- Draw a sketch of the rocket (it should fill your page!)
- Colour in the rocket

Extension:

- Label the parts of the rocket

Your finished piece might look something like this....

anatomy of a rocket



PSHE

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This term we are going to be learning about
leading a healthy life!

*Today's lesson will not require you to write anything, but
please complete the activities with your adults!*

Let's play a game!

Explain to the children that the room has been split into 2 different areas labelled 'healthy' and 'unhealthy'. Adult reads out different statements and the children decide if it is healthy or unhealthy and walk to the corresponding area.

Ideas:

- Eating lots of chocolate
- Wearing lots of sun cream
- Eating fruit
- Sitting down all day
- Playing outside
- Eating 5 packets of crisps a day
- Eating vegetables
- Drinking fizzy drinks
- Drinking water
- Staying up really late every night
- Washing hands after going to the toilet
- Eating lots of sweets
- Getting enough sleep every night

Ask the children to come up with some of their own. If you have room, and it is safe to do so, you could ask the children to run/hop/skip/jump between the different areas. Ask them at the end why they think you asked them to do this.

Adult lead discussion

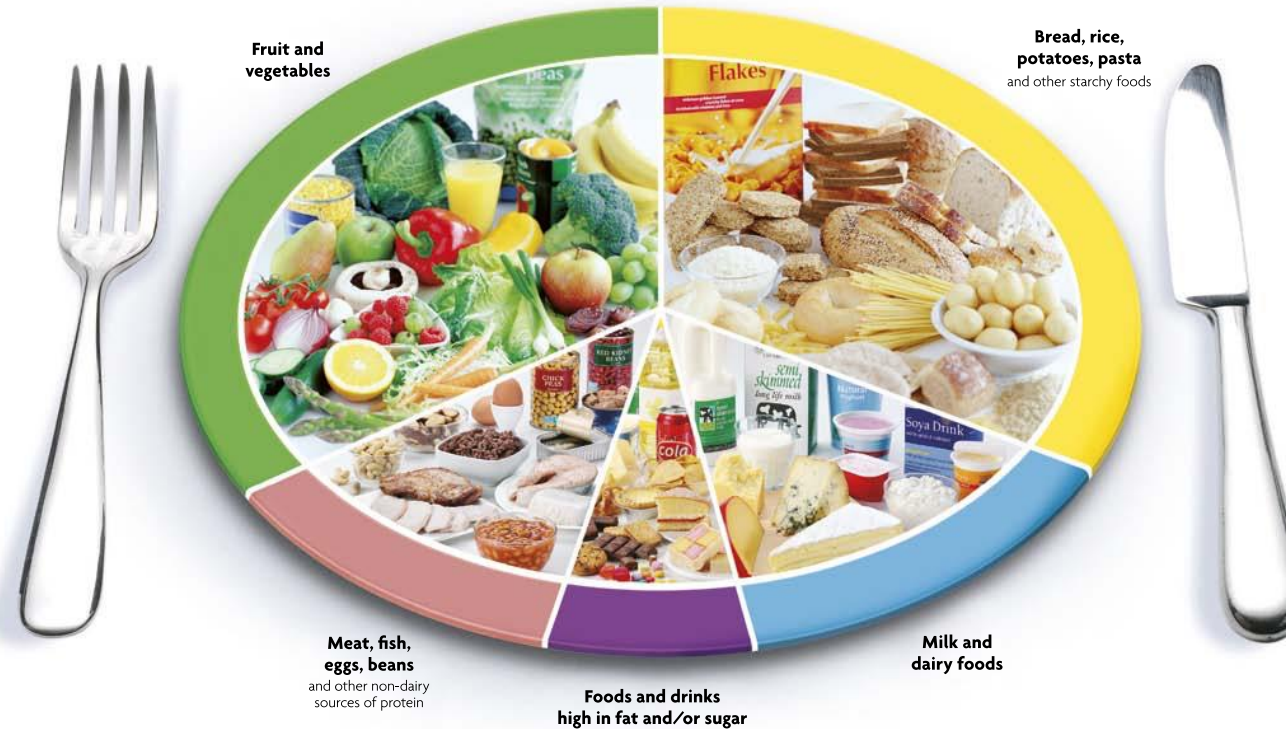
Explain that there are lots of ways to keep ourselves healthy. Ask them to tell you some of the ways they know and emphasise that the ones in the song are very important.

Have the discussion, then go to the next slides.

Did you come up with any of the following?

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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1. Eating a balanced diet (Eat Well Plate): we all need to make sure we eat foods that are good for us. Concentrate on easy-to-remember messages like 5 a day, and that foods high in fat/salt/ sugar are not good for our bodies.



2. Sleep: for children aged 5-6 years old, most will need about 11 hours' sleep. Explain why we need sleep and how it helps our bodies rest and recover.



3. Exercise: all children need to do at least 1 hour of physical activity every day. Explore with the children about how they could make up their hour (minimum).



4. Keeping clean: make sure children know that they should wash their hands after they have been to the toilet and before they eat; cough into their elbow, sneeze into a tissue, etc.



5. Drinking water: our bodies love water and need to keep hydrated (not thirsty) so that they work properly.

Plenary

Act out these words using the table...

Say this:	Do this:
Eating	Act eating
And	Make + sign with hands
Drinking	Act drinking
A Balanced Diet	Act like you are balancing on something small or narrow
And	Make + sign with hands
Being Active	Run really fast on the spot
And	Make + sign with hands
Sleeping well	Act like you are asleep peacefully
And	Make + sign with hands
Keeping Clean	Act like you are washing your hands
Equals	Make = sign with flat hands
Being Healthy	Jump in the air!



Guided Reading

There is no task to complete for guided reading today, but I would like you to do some independent reading on Rising Stars please! I am checking who has done some 😊