

## Music, French, PE and Art – Term 6 wk 3 and 4

Included in this document are some suggestions of how you can engage with some wider curriculum subjects. Everything included in this document is a suggestion and can be used and adapted to however best suits you and your family at home. There is no expectation for you to complete these activities but you may find them useful and something a little different to the daily English and Maths.

### Music

Pick an activity from the menu below! Feel free to repeat any of the short activities that you enjoy. Have fun!

Starters			
Listen to a new genre of music you haven't heard before.	Go to GoNoodle and join in with 'Popsico' or another song of your choice!	Bounce a ball in time to the beat of a song.	Sing along to your favourite song!
Mains			
Watch some videos of Indian raga performances – can you spot the tabla and sitar? Check out Ravi Shankar. Listen out for the drone and tala parts.	Practice an instrument for 20 minutes, 2 or 3 times a week.	Listen to some Blues music and research the style. It's roots are in the slave trade – what can you find out about how Blues music started?	Compose your own melody using BeepBox <a href="https://www.beepbox.co/">https://www.beepbox.co/</a>
Visit Chrome Music Lab and play around with some of the experiments. <a href="https://musiclab.chromeexperiments.com/">https://musiclab.chromeexperiments.com/</a>	Use Incredibox online <a href="https://www.incredibox.com/">https://www.incredibox.com/</a> (or the app) and play around with using 'loops'. Experiment with layering the loops in different ways, clicking to mute or play the beat, effect, melody or voice.	Design a costume or set for a musical of your choice. Think about the character or scene that you are designing for, and what it needs to tell the audience.	Go to the home schooling section on the Sing Up! website <a href="https://www.singup.org/singupathome">https://www.singup.org/singupathome</a> Learn one of the free songs, and complete one or more of the activities..
Learn a new song – try to learn the words and melody off by heart!	Go to <a href="https://www.classicsforkids.com/music/instruments_orchestra.php">https://www.classicsforkids.com/music/instruments_orchestra.php</a> and explore the instruments of the orchestra	Learn 'The Cup Song' – there are plenty of tutorials online – then make up your own version! Make sure you use a plastic cup ...!	Research and make a poster about a famous composer. This could be a classical composer, pop songwriter, world music composer ... whatever takes your fancy!
Compose four new rhythms and try and write them down.	Have a go at creating your own grooves using Groove Pizza <a href="https://apps.musedlab.org/groovepizza/">https://apps.musedlab.org/groovepizza/</a>	Write your own song or rap about an issue you care about.	If you're lucky enough to have a ukulele at home, practice the chords we've learnt so far – C, Am and F. Try some of the songs we've learnt – I'll add them as separate files to Class Dojo
Desserts			
Listen to a piece of classical music. Write a paragraph about how it makes you feel or what it makes you think of.	Write a music quiz for someone in your family.	Find a tutorial online and learn some beatboxing skills!	Visit <a href="https://www.kaboompercussion.com/videos">https://www.kaboompercussion.com/videos</a> and watch one of the videos.

## **French**

Please log onto [www.growstorygrow.com](http://www.growstorygrow.com) using the details below. As last time, it would be great if you could have a go at the suggested stories, but please feel free to spend as much time as you like having a look at other stories and activities on the site. You will need to log in:

Username:gsg648

Password:sain648

Choose language:French

Translate into:English

Click on 'Search for stories'

Make sure you have your sound switched on.

### **Term 6 Week 3**

Select story 49 Beauty and the Beast. This is an interactive story, so don't forget to click on the screen and see what happens. I hope you have fun with this! As usual listen, repeat as closely as you can what you hear, and see if you can guess the English meaning before you reveal it.

### **Term 6 Week 4**

Select story 48 Shapes. This story revises 'je suis' and uses shape words with adjectives to describe them.

## PE

1 - Keepy uppy challenge - Challenge your inner Messi, Heather Knight or Andy Murray; how many keepy uppies can you do using a football, cricket bat and ball, or tennis racket and ball?

2 - 30 second challenge - Choose an exercise (press up, sit up, star jumps, or choose your own). How many can you do in 30 seconds? Can you beat your score the following week?

3 - Create your own fitness session - Use Joe Wicks as inspiration, can you make your own 15 minute fitness session and share it with your family?

4 - Defy gravity - for this game, you will need two balloons (blown up), a stop watch and a partner. The rules are simple: release the two balloons and do all you can to stop them from hitting the floor, you can use your hands, feet, knees, even your head. Just don't let the balloons hit the floor. See how long you can keep the balloons from hitting the floor! See if you can beat your partners time. You could make this game harder by using more balloons.



5 - Drop game - For this game you will need a partner and two balls (tennis balls are ideal, but you could use ping pong balls, or two rolled up pairs of socks). Your partner holds both tennis balls out in front of them and drops them randomly. Your job is to catch the ball before it hits the floor. Take 5 turns, then swap with your partner. To make the game harder, the person catching the ball can put their hands level with the person dropping the ball, or behind their back.



6 - This summer was supposed to be the Olympic and para-Olympic games in Tokyo, Japan. Why not do some research around the history of the Olympic Games, and have a go at recreating some iconic moments from games (Usain Bolt winning Gold, Super Saturday at the London games)? [olympic.org](http://olympic.org) will be a useful place to look.

7 - Have a look at Dynamos cricket app for lots of cricket related activities that you can do at home. If you don't have a cricket bat, you could use a tennis racket.



# WILTSHIRE VIRTUAL SCHOOL GAMES: PRIMARY GYMNASTICS



## THE CHALLENGE Gymnastics Routine

Perform in a sequence if possible, if not on the spot:

- Forward roll
- Three travelling steps
- Arabesque
- ½ jump turn
- Backward roll onto knees
- Front support and press up
- Turn through side support
- Shoulder stand, roll to stand
- Pivot and cartwheel

Scores are marked out of 10. Any extra skills will not be counted. You can perform your skills in any order.

Find demonstration videos and more advice on our website

## WHAT YOU WILL NEED

### Space

You can do these inside or outside, but make sure there is nothing to trip over and the area is safe.

You could do this on mats, carpet or grass for a softer surface underfoot.

### Task

Before attempting the routine, you should have been taught the various skills in a safe and progressive way.

### Equipment

You will need a video camera or smart phone to record your video.

### People

You must be supervised by a parent/teacher at all times. You may need someone to film you.

For advice on how to make these activities more inclusive, visit our website



# WILTSHIRE VIRTUAL SCHOOL GAMES: CRICKET



## THE CHALLENGES

### Close Catching

- Position yourself about 1 metre from a wall
- Throw a ball against the wall with 1 hand and catch it with the other, then throw it back the other way
- Stand with your feet shoulder-width apart and your knees slightly bent
- Set the timer for 1 minute and count your catches

### Hit the Wickets

- Set up a target to throw at
- Mark out a line to throw from, ideally about 7 metres (7 large strides) away from your target
- Throw your ball at the target then retrieve it
- Set the timer for 2 minutes and count how many times you successfully hit your target
- You can throw underarm or overarm

Find demonstration videos and more advice on our website

## WHAT YOU WILL NEED

### Space

Inside or outside, but make sure there is nothing breakable around you.

### Task

Don't worry if you drop the ball, just pick it back up and carry on. You can do one task or both.

### Equipment

Use any ball, or balled up socks or newspaper.  
For Close Catching the ball will need to bounce.  
For Hit the Wickets, use something unbreakable as a target e.g. a wheelie bin and get permission first.

### People

You may need someone to time you and to video you doing the challenges

For advice on how to make these activities more inclusive, visit our website

## The Art Page.

Welcome to the Art Page. Every week we will post a totally optional art activity for you to have a go at if you wish. We will give you a subject, an artist to look at, an activity to follow and extra ideas allowing for limited resources at home. The aim of this page is to keep that creativity going. Have fun!

This week's theme is **buildings**.

The artist we are looking at is **Romare Bearden**.

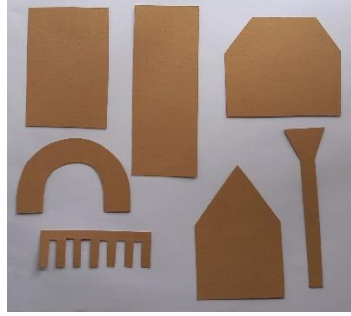
Romare Bearden (September 2, 1911 – March 12, 1988) was an African-American artist and writer who grew up in New York City. He made art in several media including cartoons and oils but is probably best known for his work in COLLAGE. Snippets from magazine photographs, painted papers, foil, posters, and art reproductions were among his materials. They were his "paints." Bearden's work often focused on life within the African-American community. His collages not only showed buildings but also the daily lives of the people who lived in them. Have a look at all the different kinds of buildings in his most famous collage called **The Block**. Can you spot apartments, restaurants, stores (of all kinds), banks, police and fire stations, libraries, museums, schools, pet stores, hair salons and churches?



### Buildings Activity.

1. Collect some cardboard (old packaging), magazines, coloured and shiny paper (sweet wrappers), photographs and any painted paper you may have. You could paint some paper specifically for this activity.

2. Using your cardboard, cut-out some different buildings, fences and streetlights. Vary their size and shape.



3. Collage each of your cardboard cut outs. Stick your cardboard onto coloured paper and cut around it to keep the shape neat.



4. Add windows and doors to your buildings. Use different kinds of paper to make each separate piece a mini work of art! Stick your pieces onto a background.



5. Look carefully at your collage. Is there anything you want to add?



I added an open sign, a sun and a black cat.



### Other ideas

Be inspired by the work of **Romare Bearden** and draw your own buildings with whatever art materials you have to hand at home.

Look at some of the buildings in Bradford on Avon. Make a black pen drawing of your favourite one. Remember to add in lots of detail.

Paint a picture of your own house.

Take some photographs of the different aspects of your house and make a collage with your pictures.

## The Art Page.

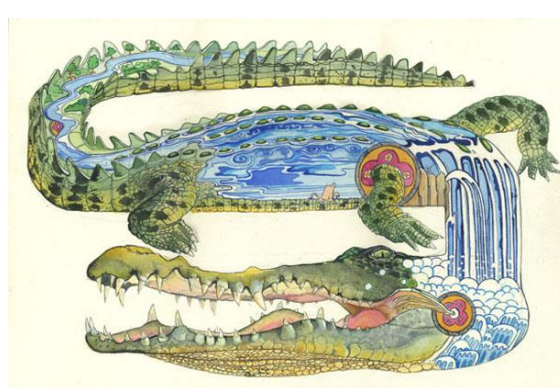
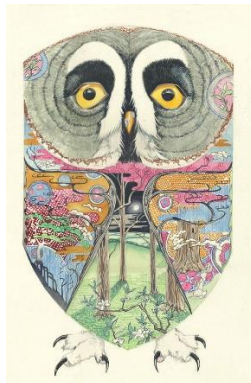
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This week's theme is **illustration**.

The artist we are looking at is **Daniel Mackie**.

Daniel Mackie is a water colour artist/illustrator who bases his work on animals in their natural habitat. But rather than drawing the animal in its natural habitat, the habitat is drawn within the outline of the creature. With so much detail it is important that the shape of the creature is instantly recognisable. Mackie likes to emphasise the size of paws or tails to create an unusual proportion that catches the eye and makes you stop to think a little about the nature of the animal. The inspiration for his work comes from Egyptian tomb paintings, Japanese Prints, mythology and sailor's tattoos!

Daniel Mackie says, "My love of mythology continues to influence my work. Stories such as Aesop's fables inspire my illustrations of animals from environments as diverse as the English woodlands to African plains."

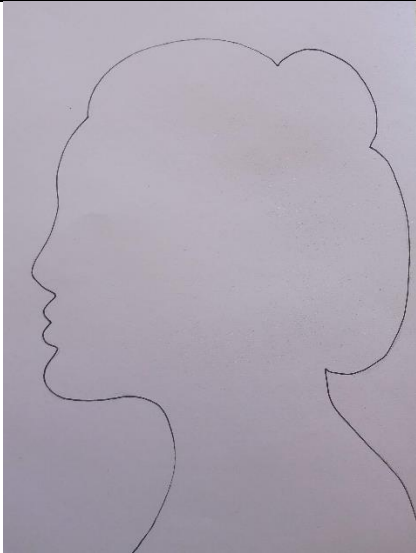


### Self-portrait illustration Activity.

1. Get someone in your family to draw a silhouette of your head. This is going to form the base of your illustration.

2. Think of all the things that make you, you! What you like doing, what you are good at, who is in your family, where you live, your favourite food, your favourite colour, your ambitions and your hobbies.





Draw illustrations of everything you can think of inside your silhouette.



Colour in your illustrations in and add detail to your drawings. Try not to leave too much of the background showing.

3. Colour in the background using your favourite colour.



4. You may want to go round your illustrations in black pen to help them stand out.



### Other ideas

Be inspired by the work of **Daniel Mackie** and draw your own picture using animal shapes.

Instead of drawing all the things that make you, you cut out images from magazines and use those instead.



Take your own photographs of things that are important to you and use those to create a collage.

Create a doodle picture using your silhouette.

