



Topic Home Learning History and PE WB 4th May 2020

This week we are celebrating VE Day in History and considering what it means to be healthy in PE.

VE Day Sing-A-Long for Primary School Children – Thursday 7th May 11am

<https://www.carradinescockneysingalong.co.uk/ve-day> Here you will find videos of the songs that the children can learn prior to the event as well as his link to his YouTube channel where the live event will take place. It would be wonderful to see some clips of the children singing along.

History for Reception / KS1

How would you like to make Rock buns that were baked by families during the WWII as a treat?

See if you can follow the recipe to make your own rock buns.



Ingredients

- 8 oz wholemeal/wholewheat flour
- 4 teaspoons of baking powder
- 1/2 teaspoon mixed spice/all spice
- 2 oz margarine
- 2 oz sugar
- 2 oz sultanas or dried mixed fruit
- 1 egg or 1 reconstituted dried egg
- milk
- 2 teaspoons sugar for topping

Method

1. Sift the flour, baking powder and spice
2. Rub in the margarine
3. Add sugar, dried fruit and the egg
4. Gradually add enough milk to make a sticky mixture
5. Put spoonfuls onto parchment paper on a baking tray (Makes 12-14)
6. Sprinkle with sugar
7. Cook in hot oven for 12-15 minutes

OR

During WW2 children played many different games. They played Hopscotch, Four Square, Jump Rope, Marbles, Red Rover Red Rover, Hide and Seek, Statues, Red Light Green Light. In the evening children did not have video games as they do now, so children played cards, Chutes and Ladders (which is similar to Snakes and Ladders), Candy Land and Checkers. The boys enjoyed playing with army figures and the girls on the other hand liked the brand new barbie doll. During the war families were short of money so only the rich children had toys. Other children may have had a football and maybe if lucky a couple of marbles.

Choose 2 games that was played during the War and recreate it in your own living room or back garden.

Don't forget to take photos and send them to your class teachers to show how much fun you had.

PE for Reception / KS1

Reception

- Discuss the word 'healthy' – what does this mean? Draw a picture or write a sentence to show how you try to be healthy. This can be drawn into your blue book.
- In a safe space and with an adult, choose 3 different items you could throw (ones that are not too similar) what do you notice about them? Which do you think will be the easiest to throw and catch and why? Which one can you throw and catch without dropping?
- Using throwing and catching, can you make up your own game that you could play with family or at home.

KS1

- Discuss the word 'healthy' – what does it mean? What do we do to keep healthy? Draw a picture or write a sentence to show why it is important to stay healthy. This can be drawn into your blue book or you could even make a healthy poster.
- In a safe space and with an adult, choose something flat, something soft and something round. You are to see which one you can throw the furthest. Which one do you think will go the furthest and why? Then see which one you can throw and catch the most without dropping, is it the same?

History for KS2

Year 3 & 4

Ever wondered how much food a person was allowed during World War Two?



Rationing began on 8th January 1940 when bacon, butter and sugar were rationed. By 1942 many other foodstuffs, including meat, milk, cheese, eggs and cooking fat were also ‘on the ration’. Fresh fruit and Vegetables were not rationed but were mostly grown in the back gardens!

Butter: 50g (2oz)	Bacon and ham: 100g (4oz)	Margarine: 100g (4oz)
Sugar: 225g (8oz).	Meat: To the value of <u>1s 2d</u> (one shilling and sixpence per week. That is about 6p today)	Milk: 1800ml (3 pints) occasionally dropping to 1200ml (2 pints).
Cheese: 50g (2oz)	Eggs: 1 fresh egg a week.	Tea: 50g (2oz).
Jam: 450g (1lb) every two months.	Dried eggs 1 packet every four weeks.	Sweets: 350g (12oz) every four weeks

Can you plan a meal using the rations that you have been given? Would it be breakfast Lunch or Dinner? Don't forget that fresh fruit and vegetables are grown at home so you are able to include them.

Look through some recipes that were used during the war to help you decide:
<https://the1940sexperiment.com/100-wartime-recipes/>

OR

Design a medal

This medal celebrated the end of the First World War and was given to soldiers who had fought in active theatres of the war. It was a symbol of **great pride** but its design was also highly **symbolic**.



Bronze medal, not too expensive after the war, but long lasting.

Your task is to create a medal for British soldiers who fought in the War.

Include: the colours that are important to you, the years of the Second World War (1939-1945), and a symbol for 'victory'

Year 5 & 6

As Year 6 had been learning about WW2 in school, they will already have a good knowledge on some of these areas. Encourage them to pick the task that will help them to deepen their understanding further.

Women during the War

Before the war a woman's place was considered to be in the home. Her role in life was to be a good housewife and mother and she was trained for this from childhood. A girl would learn to cook and clean, knit and sew. Education was thought to be more important for boys, whose role it would be to work and support a family in future years. Some women did work, but usually in clean and gentle occupations or in domestic service for more wealthy families. It was quite unusual for middle class women, especially married ones, to go to work. Then came the war. As the men were sent away to fight, women were needed more and more to fill their jobs. At first this was done by volunteers, but as the need grew greater women were under more pressure to work in many different jobs. By the mid years of the war, all healthy women under the age of forty were required to work, in one way or another, for the war effort.

1. Find out the types of jobs that women did during this time
2. You can present your work by: Making a poster, a word document, collage with explanations, a power point presentation

OR

Winston Churchill announced the end of the War in Europe with a speech broadcast from Downing St on 8 May 1945. He said "we may allow ourselves a brief period of rejoicing, but let us not forget for a moment the toils and efforts that lie ahead"

Listen to the full speech made by Winston Churchill - <https://youtu.be/NEavcsrMoMw>

What would you want to say to the British people on May 8th 1945? What is important to you moving into peacetime?

Write your own speech for VE Day.

OR

Can you write a biography on the life of Winston Churchill?

Find a unique way of presenting your work – collage, newspaper report, cartoon strip, interview are just a few ideas!

Here are a couple websites that might be useful in your research!

https://www.ducksters.com/biography/winston_churchill.php
<https://www.theschoolrun.com/homework-help/winston-churchill>

PE for KS2

- Discuss the word 'healthy' – what does it mean and why is it important in PE? I want you try these three things each one for 30 seconds (no resting); star jumps, burpees and steps (just standing on a step and off of a step). Keep track of how many you do. What different parts of the body do you feel in each exercise? Now try this 3 more times, do you get the same number of each in 30 seconds – if not why (think how you feel/are you getting hotter)?
- In a safe space and with an adult around, you are going to choose three different objects to throw (soft, round and flat). You then must create a target to throw at or in (this could just be a direction or a bin) which is the most accurate and why?