

## Y3 SUMMER BRAINBUILDER 2020

### GEOGRAPHY

In Year 3, our first topic will be 'What is the geography of where I live?'

As part of this, we will be looking at where we live and how this fits in to the wider world around us.

We will be consolidating the work done in Years 1 and 2 about the United Kingdom and the world's continents and oceans.

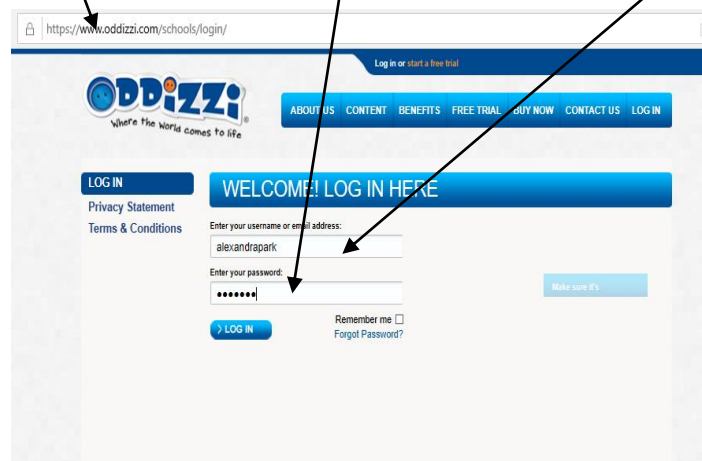
Below are some links to an online learning resource, 'Oddizzi', that we use in school. The units we've selected will help your child with their learning when they return to school.

We pay the subscription in school, so it's completely free for you to access at home - simply click on the links below (if accessing via the website) or login using these details. We've attached paper copies of some of the activities for you to complete in case you aren't able to access the online resources.

[www.oddizzi.com/schools/login/](https://www.oddizzi.com/schools/login/)

username: alexandrapark

password: APJS123



[Oddizzi World Explorers continents.pdf](#)

[Oddizzi World Explorers oceans.pdf](#)

[Oddizzi World Explorers country close-up UK.pdf](#)

[Oddizzi World Explorers country close-up London.pdf](#)

## Y3 SUMMER BRAINBUILDER 2020

### SCIENCE

In Science, we will be studying a unit called 'Animals including Humans'. As part of this topic, we will be learning about different food groups and the importance of eating a healthy, balanced diet. We will also be identifying the different muscles and bones in our bodies and understanding how they help us to move.

Below are some activities for you to try out at home to support your child's learning.

Remember to take some photos of your work and send it to us in school via Class Dojo or Twitter using '@Alexpark\_sch'

How many different food groups are there? Can you name them all and give examples of foods which belong to each food group?



Do you know how each food group helps the body (eg. which foods group gives us energy)?

Imagine you are going on a picnic and need to take a healthy packed lunch with you.



What would you put inside your lunch box?

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Keep a record of what you eat during the day. How healthy was your diet? Did you eat something from each food group?

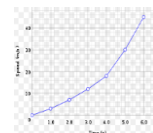
Mealtimes	
Time	Meal
At breakfast time, I have...	
At lunchtime, I have...	
At tea/dinner time, I have...	
At bedtime, I have...	

CHALLENGE Could you make any changes to your diet so it's healthier or more balanced?

Investigate the effects of exercise on the body. Measure your pulse before, during and after exercise. Record your answers.

How many beats per minute can I feel?

Before exercise	After 10 minutes	After 20 minutes	After 30 minutes

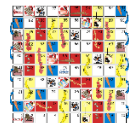



CHALLENGE Draw a table to record your results and plot them on a graph. Can you explain your results and draw a conclusion? (eg. The more I exercise, .... )

Make your own food wheel



Play a game of snacks snakes and ladders



### Build a Bionic Hand



Can you build a bionic hand using cardboard, strings, straws and rubber bands. (see attached sheets for instructions)

How does this help you to understand the function of the fingers and the importance of the thumb, to grab or hold objects? Think about how the tendons, bones and muscles work together to enable the hand to move.