

Science

In today's lesson we will be looking at the different parts of plants.

Work your way through the PowerPoint.

Can you go outside or ask someone at home if they have a flower, you can use and using the plant can you dissect it into different parts and label them.

If you do not have a flower, then you can complete the worksheet.

RE



Lesson 2 - Main beliefs. In this lesson we are looking at the main beliefs of Muslims and the 5 Pillars of Islam. Follow along with the PowerPoint and then complete the 5 Pillars activity sheet.

Using the calligraphy letter mat, can you write out the 6 main beliefs of Muslims using the sheet that suits your understanding.

PSHE

We will be starting our new unit- Healthy Lifestyles.

For our first lesson we will be understanding what choices we can make to contribute to a healthy lifestyle.

Can you complete the sentence stem: I can keep myself healthy and happy by...

What do we mean by a healthy lifestyle?

Can you create a diary of a day in your life focusing on your lifestyle. You can draw or write about any healthy choices you make in relation to food, physical activity, leisure and rest.

PE

Using the NHS 10 minute shake up link

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Choose two of the activities to complete.



Bonus

Watch Newsbites on Espresso and complete the weekly quiz.

