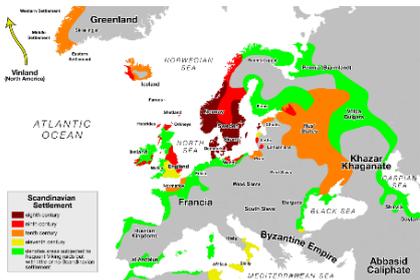


**The Essentials – to be completed daily/weekly by all children**

<b>ESSENTIALS</b>	<b>MyMaths</b>	<b>Reading</b>	<b>Literacy</b>	<b>Foundation</b>
	<p>This will either be a task in your homework book or set on My Maths</p> <p>My Maths Login: <a href="https://login.mymaths.co.uk/login">https://login.mymaths.co.uk/login</a> School username: <b>sgceb</b> School Password: <b>semi</b></p> <p>Please continue to practice your times tables weekly using Times Table Rockstars.</p>	<p>Ensure you read for 15 minutes a day.</p> <p>Your diaries will need to come in daily so make sure you log your reading in there.</p>	<p>This will either be a spelling or grammar based task, stuck into your homework book or set online.</p> <p>Spelling tasks can be found at: <a href="https://spellingframe.co.uk/">https://spellingframe.co.uk/</a></p>	<p>This task will either be a Science, History, Geography, Art or DT research based task to support the learning we will be doing in class.</p>

**Optional Tasks**

<b>HUMANITIES</b>	<b>Task 1</b>	<b>Task 2</b>	<b>Task 3</b>
	<p style="text-align: center;"><b>Viking Origin Research</b></p> <p>Where did the Vikings come from?</p> <p>Research the country of origin of the Viking raiders who came to Britain.</p> <p>What countries did the Vikings explore or invade?</p> 	<p style="text-align: center;"><b>Viking Longboat</b></p> <p>Using materials of your choice, design and build your own Viking longboat. Think carefully about the design for historical accuracy.</p> <p>For instructions on how to make a boat, see link below: <a href="https://www.kidadl.com/article/s/how-to-make-a-viking-longboat-model-with-kids">https://www.kidadl.com/article/s/how-to-make-a-viking-longboat-model-with-kids</a></p> 	<p style="text-align: center;"><b>Viking Diet Research</b></p> <p>Research the types of food and drink that the Vikings used to enjoy.</p> <p>How different are they different to what we eat and drink today?</p> <p>Prepare, make or cook a Viking dish at home.</p> <p>Ask your family to give you feedback on how it tasted.</p> <p>For recipe ideas see the link below: <a href="https://www.fotevikensmuseum.se/d/en/vikingar/hur/mat/recept">https://www.fotevikensmuseum.se/d/en/vikingar/hur/mat/recept</a></p> 

<b>CREATIVE AND ACTIVE</b>	<p><b>Salt Dough Jewellery</b></p> <p>Follow the salt dough recipe below to make your own Viking salt dough pendant. Think carefully about how to add detail to your design.</p> <p><a href="https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe">https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe</a></p> 	<p><b>Muscle Strengthening Exercises</b></p> <p>Create your own muscle strengthening work-out routine.</p> <p>Think carefully about where the muscles are in your body and which exercises you can use to target specific muscles.</p> <p>Complete your routine 3 times a week.</p> 	<p><b>Spring Collage</b></p> <p>Go on a Spring walk. What changes can you see in the environment.</p> <p>Create a collage of a Spring scene, thinking carefully about your choice of colour.</p> 
	<b>CRITICAL THINKING AND LIFE SKILLS</b>	<p><b>Learn a New Skill</b></p> <p>Think about a new skill you would like to learn. For example, this could be how to knit a scarf, how to sew a button on a shirt or how to repair a puncture on your bike tire. Whatever it may be, learn how to do the new skill and then reflect on how easy or challenging you found doing it.</p> <p>See if you can teach your sibling or friend.</p> 	<p><b>Debate Ideas</b></p> <p>'Children should not be allowed to vote'</p> <p>Do you agree or disagree?</p> <p>Discuss your ideas with an adult.</p> <p>Think of valid arguments for and against and record these using two different colours on a mind map.</p> 