

## Learning WEEK 11 – Skeletons and Muscles

### Year 3

Weekly Maths Tasks (Aim to do 1 per day)	Weekly Reading Tasks (Aim to do 1 per day)
<p><b>Monday</b>- Your child can find out how many bones are in the human body and come up with as many ways as they can to make this number using adding, subtracting, multiplication and division.</p> <p><b>Tuesday</b>- Choosing a times table of choice, ask your child to design a poster to help someone currently in year 2 learn this times table (any helpful strategies?).</p> <p><b>Wednesday</b>- Continue learning to count to ten in another language.</p> <p><b>Thursday</b> (theme)- Using a tape-measure or ruler or (if you can't find either of those) measure with your feet...how many foot lengths, compare the heights of different members of your household and create a bar graph.</p> <p><b>Friday</b>- Body maths: Make a table of results for different things related to the body in your household. E.g. How many fingers? How many Ears? How many Teeth? Etc. Maybe compare your results with a friend!</p>	<p><b>Monday</b> - Share a book together, perhaps a book about the human body or bones? Ask your child to identify any facts they remember about bones in the book.</p> <p><b>Tuesday</b> - Let your child choose a section of the human skeleton to learn about. Ask them to identify the bones, joints and information about the muscles there.</p> <p><b>Wednesday</b> – Read the label on a bottle of milk, How many words begin with the letter b, o, n, e and s?</p> <p><b>Thursday</b> – Visit the link below to find out more about Skeletons and Muscles.  <a href="https://www.bbc.co.uk/bitesize/topics/z9339j6">https://www.bbc.co.uk/bitesize/topics/z9339j6</a></p> <p><b>Friday</b> – Wes Magee wrote a funny poem called 'The Boneyard Rap'. Read it together from this link:  <a href="https://childrens.poetryarchive.org/poem/the-boneyard-rap/">https://childrens.poetryarchive.org/poem/the-boneyard-rap/</a></p>
Weekly Spelling Tasks (Aim to do 1 per day)	Weekly Writing Tasks (Aim to do 1 per day)
<p><b>Monday</b>- Encourage your child to learn these bone related words: Skull, Patella, Femur, Pelvis, Spine, Scapula, Humerus, Fibula. (Practise writing them using pencils, pens, chalk, sticks, typing, etc.)</p> <p><b>Tuesday</b>- Practise spelling these muscle related words: Contract, Relax, Tendon, Biceps, Triceps, Hamstring</p> <p><b>Wednesday</b>- Can your child create their very own 'Skeletons and Muscles' Wordsearch? Can a family member complete it?</p> <p><b>Thursday</b>- Ask your child to use the Look, Cover, Check technique to continue practicing these Bone and Muscle words.</p> <p><b>Friday</b>- Ask your child to make a list of verbs to describe actions your muscle help you to do e.g.</p>	<p><b>Monday</b>- Draw a human skeleton and label the bones mentioned in the spelling task (add more if you like)</p> <p><b>Tuesday</b>- Can you write an acrostic poem called 'Skeleton'? Each line must start with s, k, e, l, e, t, o, n.</p> <p><b>Wednesday</b>- Research and note down facts about another animal's skeleton.</p> <p><b>Thursday</b>- Get your child to design a leaflet about their chosen animal skeleton with facts and diagrams.</p> <p><b>Friday</b>- After the reading task, your child can write a set of instructions for actions to do during the 'Boneyard Rap', e.g. Click your fingers for the line 'Knuckle bones click'. Then clap your hands together for the line 'and hand bones clap'.</p>

walking, turning, jumping. How many can they come up with?

### Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about the human body, its skeleton and muscles. Learning may also focus on the body of different and similar animals.

● **Virtual Explorer** – Take a virtual tour of the Natural History Museum in London. What skeletons can they find out information on? Can they create a poster or sketch/draw/paint some of the skeletons they see?

[https://www.nhm.ac.uk/visit/virtual-museum.html?gclid=EA1aIQobChMI2JGhxbTI6QIVm-vtCh1aew7nEAAYASAAEgK4d\\_D\\_BwE](https://www.nhm.ac.uk/visit/virtual-museum.html?gclid=EA1aIQobChMI2JGhxbTI6QIVm-vtCh1aew7nEAAYASAAEgK4d_D_BwE)

● **Healthy Eating** - Ask your child to create a healthy eating plan for how they could eat their 5 a day. This could be a two week rotating schedule that could be tested out at home to see if they feel any different after.

● **Keeping fit** – Can your child come up with some exercises to do that stretch different muscles and be able to identify which areas of the body they are?

● **Speak the Language** - Encourage your child to find out the names of the bones and muscles learnt about, in 5 different languages. Create a poster and comment on any differences or similarities.

● **Boneyard Rap video** – Get your child to create a video of them (and maybe family members) performing the 'Boneyard rap' poem with actions. Remember practise makes perfect.

### Recycling CHALLENGE:

Can they try to create a human skeleton out of recycled material such as cardboard boxes and plastic bottles? They could lay it on the floor to try and make it the same size as them and then a picture could be taken.

### Reflection: Is world travel a good thing?

- [BBC Bitesize](#) - Lots of videos and learning opportunities for all subjects.
- [Classroom Secrets Learning Packs](#) - Reading, writing and maths activities for different ages.
- [Twinkl](#) - Click on the link and sign up using your email address and creating a password. Use the offer code UKTWINKLHELPS.
- [White Rose Maths](#) online maths lessons. Watch a lesson video and complete the worksheet (can be downloaded and completed digitally).
- [Times Table Rockstars](#).
- IXL online. Click here for [Year 3](#) or here for [Year 4](#). There are interactive games to play and guides for parents.
- [Mastery Mathematics Learning Packs](#). Take a look at the mastery mathematics home learning packs with a range of different activities and lessons.
- [Y3 Talk for Writing Home-school Booklets](#) an excellent resource to support your child's speaking and listening, reading and writing skills.

