

YEAR 3 AFTERNOON TASKS

MONDAY 19 APRIL

P.E. try to do some exercise every day

Try the April Active Calendar as a family or any of the other links from previous weeks

https://www.youtube.com/watch?v=XK_dNxXEs4E 10@10 workout with active school hero

<https://www.youtube.com/watch?v=oDDqt6tm6cc&list=PL6gGtLyXoeq9x1LWHPUs94TB8HQZfjGocCq&index=13> DDmix

<https://www.youtube.com/channel/UCAxW1XT0iEJoOTYIRjn6rYQ> Joe Wicks YouTube Channel

[Super Movers](#) are a great way to keep active.

Let's Get Kids Moving <https://www.youtube.com/channel/UCokO71NW3TgndaSNyHIqwtQ>

PSHE

My Friendship Board – Who are your friends and why? How are you a good friend?

TUESDAY 20 APRIL

SCIENCE

Read the information about food groups.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Cut and paste or copy the nutrient, food and why we need it.

Add 3 more foods for each one.

WEDNESDAY 21 APRIL

ART

Look closely at some fruit and/or vegetables. Cut in half and observe.

Sketch some different views and foods.

Look carefully at the detail, pattern, form and colour.

You could use food from home, photos from the internet or on the class page.

FRENCH

Listen to the story (it is like The Very Hungry Caterpillar.)

Match the foods to the correct numbers and then add the labels to the food pictures.

THURSDAY 22 APRIL

ICT

Complete the activities set for you on Purple Mash (2Do).

Record information about different types of bread products in a spreadsheet.
(name, weight, price, type, special ingredients)

FRIDAY 23 APRIL

DT

Sample different types of bread products over the next few weeks. Think about the taste and texture.

Bake easy soda bread following the recipe.

Ingredients

- $3\frac{1}{2}$ cups (450 g) all-purpose (plain) flour, plus extra for dusting
- 1 tsp. baking soda (bicarbonate of soda)
- 1 tsp. salt
- $1\frac{1}{2}$ to 2 cups (350-425 ml) buttermilk or soured milk

Instructions

1. Preheat oven to 230 degrees C. *200 degrees works best for a fan oven*
2. Sift the flour, baking soda, and salt into a large bowl. Make a well in the centre and pour in most of the buttermilk, leaving about $\frac{1}{4}$ cup (50 ml) in the measuring cup. Using one hand with your fingers outstretched like a claw, bring the flour and liquid together, adding more buttermilk, if necessary. Don't knead the mixture, or it will become heavy. The dough should be soft, but not too wet and sticky.
3. When the dough comes together, turn it onto a floured work surface and bring it together a little more. Pat the dough into a round about $1\frac{1}{2}$ inches (4 cm) thick and cut a deep cross in it. Place on a greased baking sheet.
4. Bake for 15 minutes. Turn down the heat to 200 degrees C and bake for 30 minutes more. When done, the loaf will sound slightly hollow when tapped on the bottom and be golden in colour. I often turn it upside down for the last 5 minutes of cooking. Allow to cool on a wire rack.
5. Makes 1 loaf or 1 roll if you use $\frac{1}{10}$ of the recipe