

Tuesday 6th July - Friday 9th July

Hello again Class 3,

We hope that you are all okay and that you are ready to continue learning about South Africa during our Olympic week! We only got as far as finding South Africa on our globe yesterday and making our flags. So let's get going with some other activities to learn some new facts about this wonderful place. We are looking forward to seeing some of your work. You could put some of it in the folder we made today.

South Africa is a very popular holiday destination, mainly for the many wild animals that can be seen roaming around in the National Parks. Thousands of people go on safari to see '**The Big Five**' which are: elephants, leopards, lions, rhinos and water buffalo. There are also many other animals, such as giraffe, zebra and antelope such as the springbok (South Africa's National animal). There are big cities, such as Johannesburg and places like 'Table Mountain' to visit.

Please all try to find ONE interesting fact about South Africa that you wish to tell your friends next week.

During the week we would like you to complete as many of these home learning activities as possible. You can do these on any day of the week. Please also try to send some photos of your completed work to our class e-mail address: class3@canvey-inf.essex.sch.uk
Remember to keep active each day.

1. With an adult, take a look at the African animal word mat and look at the variety of animals. (No need to print, as it can be accessed and read from a computer or laptop.) List your favourite 5 and then try to find out some interesting facts about each animal. There are some sheets to record your writing on if you wish or simply use plain paper of your own.
2. Now take a look at <https://kids.nationalgeographic.com>
Search 'South Africa' and then look at the 2 relevant sections: South Africa and African elephants. What interesting things did you find out?
3. Imagine you are on holiday in South Africa. Write a postcard to your friend, telling them about some of the things you have done. Which things you enjoyed the most. Then draw a picture from your holiday on the other side, then colour it in.
4. Today, Tuesday was going to be our sports day. If you have a garden, you could play some games outside with an adult? Maybe have a go at the egg and spoon race! How many times can you bounce a ball/ throw and catch a ball in a minute? Can you race a family member? Or if you prefer, you could choose some of these activities to take part in (please see next page)

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Activity 1 - Shuttle Runs

Equipment: A tape measure, a stopwatch (phones/tablets usually have one), 2 markers (these can be anything from sticks, stones, flowerpots or shoes) Rules:

- - Measure out 5 metres and mark both ends.
- - You have to run between the 2 markers for 1 minute.
- - Every time you get back to the starting point you score one point.

Activity 2 - Standing Long Jump

Equipment: A tape measure, a marker (e.g. a stone or a stick) Rules:

- - You have to jump with both feet together as far as you can.
- - Mark where you land, read how far you jumped and record your score.
- - You have 3 attempts.

Activity 3 - Speed Bounce

Equipment: A stopwatch, something to jump over such as a stick, a skipping rope, a rolled up towel. Rules:

- - Lay your object on the ground and stand next to it.
- - You then have 30 seconds to jump, with your feet together, side to side over the object.

Activity 4: - Balance on One Leg Equipment: A stopwatch

Rules:

- - You have to see how long you can balance on one leg.
- - As soon as your leg goes down and you touch the ground the stopwatch stops.

Activity 5 - Throw and Catch Equipment: A ball, a stopwatch Rules:

- - You have to throw the ball up in the air, to yourself, and catch it.
- - You have to see how many catches you can complete in 1 minute.

Activity 6 - Target Throw

Equipment: 3 objects to throw such as small balls, a tape measure, something to throw in such as a bucket.

Rules:

- - Place the target 3 metres away from where you are going to throw.
- - Throw the 3 objects into the target.
- - You get 1 point for every object in the target.
- - You have 3 attempts at this challenge.

Activity 7 - Leg Kicks Equipment: A stopwatch Rules:

- - Lay on your back with your legs straight.
- - You then raise your legs one at a time, one after each other.

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5. Try writing an African acrostic poem. Write the word AFRICA down the page. One letter on each line. Then start each line with that letter and write a sentence for each one. (We have tried this before with our snow poems!) Try to include interesting facts about South Africa. Extension: Try doing this with South Africa too.

Africa is such an exciting place to visit.

Flamingos can be seen standing on one leg.

Rhinos are one of 'The Big Five.'

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6. Try drawing some of your own African animals. There are some helpful sheets on how to draw a lion/elephant attached.

7. **Design and Technology**- Make a musical instrument using junk modelling materials.

Have a go at making an African shaker.

You will need:

- 2 paper plates
- Some balls of newspaper or some tin foil
- A stapler, glue or tape
- Coloured pencils or paints to decorate
- A hole punch or sharp pencil
- Some string or ribbon
- Some bottle tops, bells or small balls of tin foil

1. Scrunch up your newspaper or foil into little balls.



2. Place the balls onto one of the paper plates then place the other plate on top and staple them together.



3. Decorate your shaker with paints or coloured pens.



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4. Punch some holes around the edge of the shaker using the pencil or a hole punch. Thread the ribbon/string through the holes and tape the tin foil balls to the end of the string. (You could use bells/ bottle tops if you have them).



Watch the youtube link <https://video.link/w/CV13c> for a demonstration on how to make your shaker.

You could make some other instruments using junk modelling materials like bottles, boxes, pringle tubes.



8. South African Food! Have a look on the internet to see what sort of food people from South Africa like to eat. See if you can find out what a **braai** is.

Have a go at making this delicious South African pudding-

Peppermint Crisp Fridge Crunch

Here is the recipe:

375g caramelised condensed milk (nestle or supermarket own version)

250 ml of whipping cream (whipped to soft peaks)

2 packets of *nice* biscuits

20ml caster sugar

3 aero mint chocolate bars, crushed. (or other mint chocolate substitute).

Instructions

1. Whip the cream and then add the caramelised condensed milk and caster sugar.
2. Beat until well mixed and then stir in $\frac{2}{3}$ of the crushed Peppermint Chocolate.
3. Place a layer of whole *nice* biscuits in a buttered 29x19x5cm dish. Spoon $\frac{1}{3}$ of the caramel mix over the biscuits and spread evenly. Continue in layers, finishing with a layer of filling on top.
4. Decorate by sprinkling the remainder of crushed peppermint chocolate on top.
5. Refrigerate for at least 4 hours.
6. Cut into squares and serve.

Enjoy your tasty treat!



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9. Take a look at the wonderful sunset art guidance sheet. Paint a sunset background, using horizontal stripes of red, orange and yellow. Start with red at the top and gradually fade down to yellow at the bottom. Allow the paint to dry. Then cut out some black silhouettes of African animals, such as a giraffe or an elephant and stick on top of the sunset. Have fun trying some of your own designs and drawing your own animals on black paper. Or you could use the silhouettes provided. These can look amazing.

10. Try to keep up with your reading at home. If you have read your school books you can of course re-read them or read your school library book and any other books you have at home. You will still get points for the reading ladder. You could also practise reading the high frequency words at the front of your reading record book. Don't forget to also use Reading Buddy!

We can't wait to see some of your lovely work on South Africa. Work hard, have fun and we hope to see you very soon!

Mrs Price and Mrs Bowery 😊