

# Year 3 Topic Remote Learning 1.2.21-5.2.21

This pack contains:

- 1 art activity, 1 science activity, 1 music activity, 1 PSHE activity and ideas for PE

We'd love to see your favourite piece of topic work that you've done this week. Please send us a picture of it or you doing it to [year3@elson-jun.hants.sch.uk](mailto:year3@elson-jun.hants.sch.uk) 😊

# Art

## To create silhouettes

Next week you are going to create your African sunset picture so this week we would like you to create your silhouettes for your painting.



Silhouettes are the outlines of someone or something in darker light against a bright background. Silhouettes are often used for sunset pictures.

It is important that silhouettes do not have any detail on them and it is simply the outline of the object.

Can you tell in the pictures what the silhouettes are of?

How do you know?



Here are some silhouettes you could use for your African sunset painting. You can either print these out and cut them to use or create your own. If you create your own you must remember not to add detail, it is just the outline. After you've created your silhouettes, you could ask a grown up what your silhouettes are of to see if they are accurate.



To identify muscles in the human body

Over the last two weeks, you have been learning about human and animal skeletons.

**Can you name some of the bones you learnt?**

Today, you are going to learn about muscles and how they work. [Watch the video](#) and then [complete the activity on the next slide](#) 😊

At the end of the lesson, fill in the gaps to these sentences:

We need \_\_\_\_\_ to allow us to move our limbs. They are held onto the skeleton with \_\_\_\_\_.

When a muscle in your arm tightens, your arm moves \_\_\_\_\_. When a muscle in your arm relaxes, your arm moves \_\_\_\_\_.

muscles

up

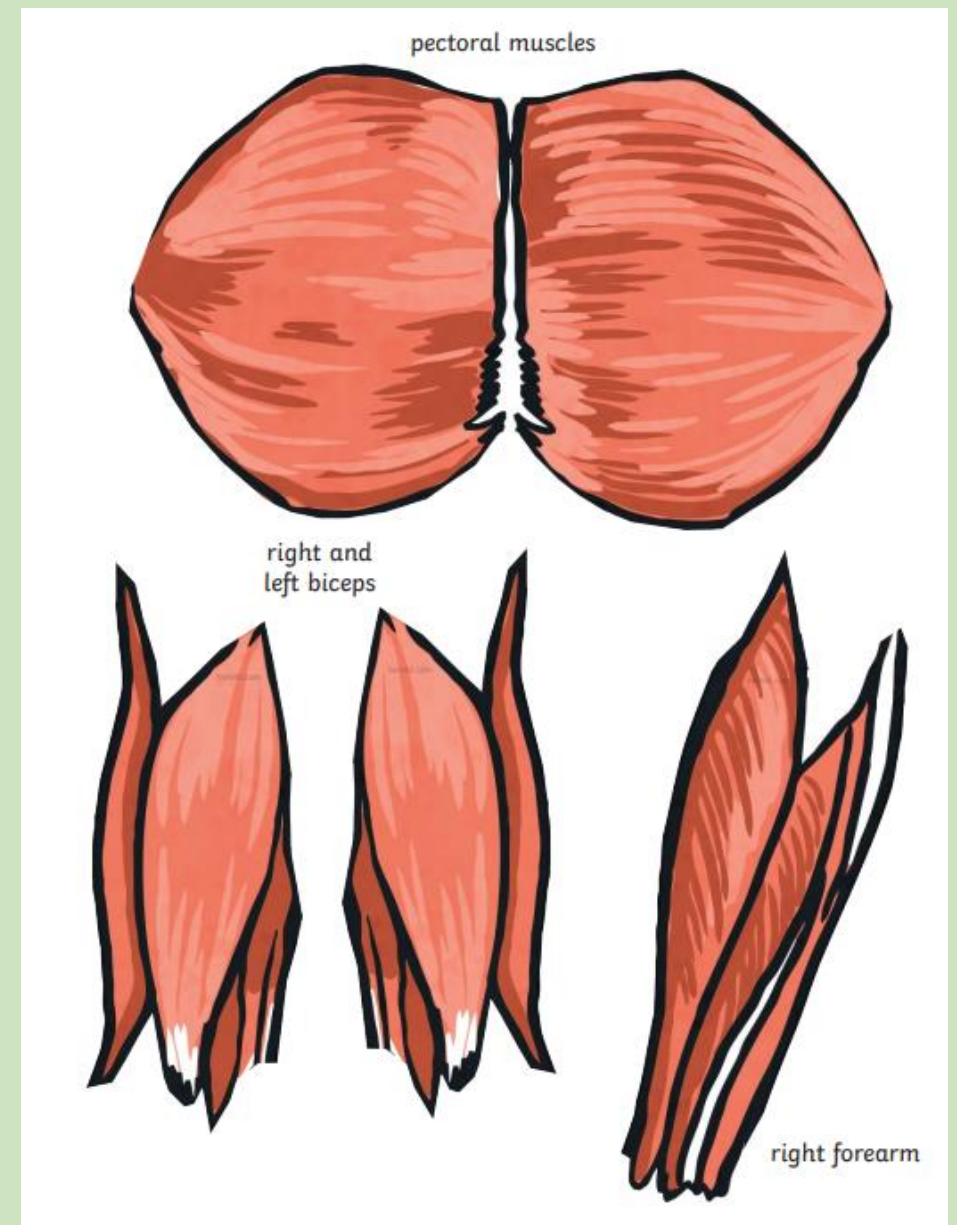
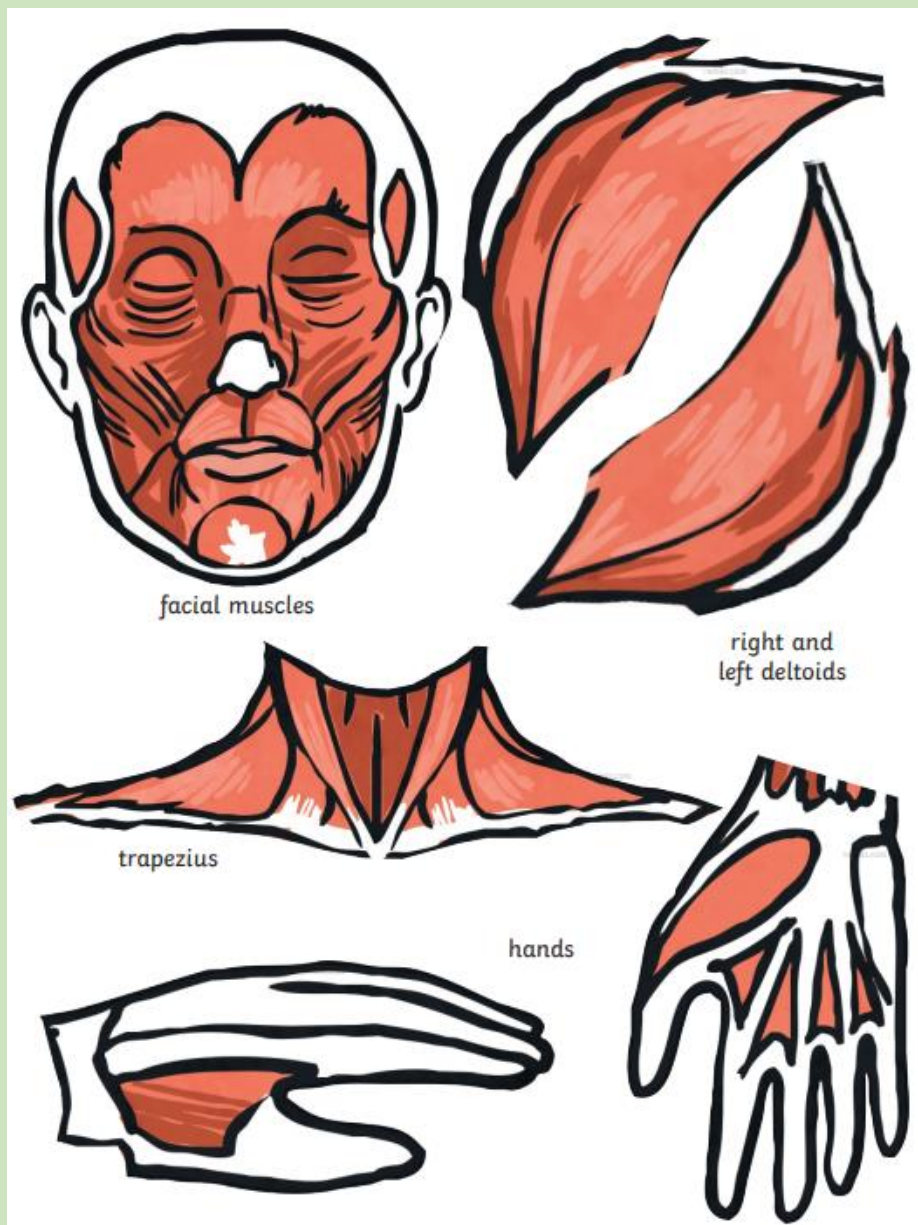
tendons

down

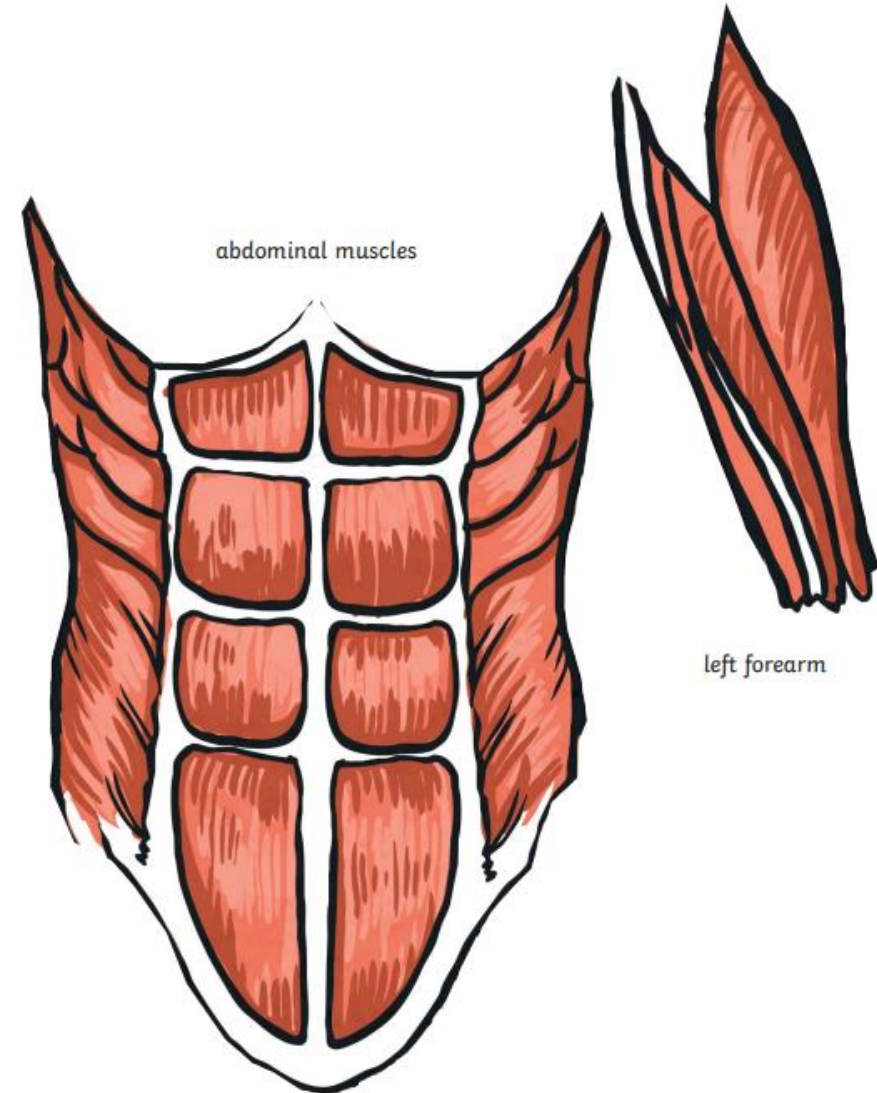
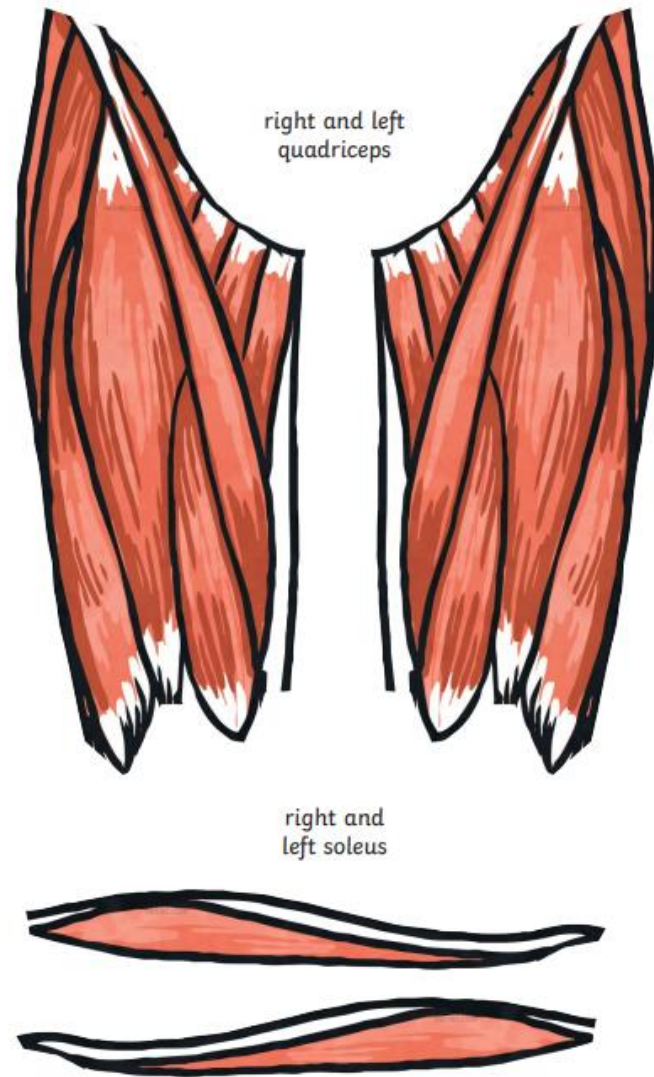
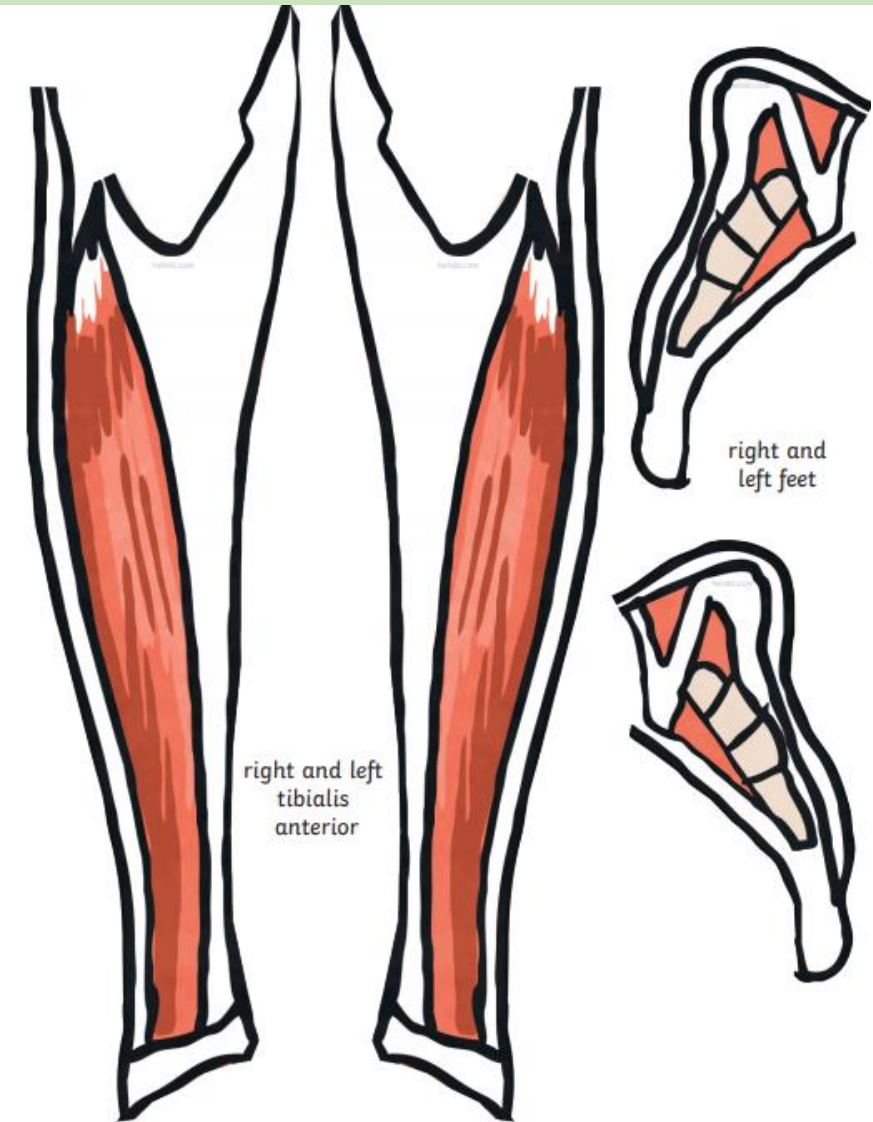
# Science

Over the next two slides there are pictures of the muscles in the body.

Can you put the muscles together so you can see where they are in the human body?



# Science



# Music

Please see the music lesson on the website where all of your remote learning is. It's a brilliant lesson with Mrs Reynolds from Hampshire Music Service. 😊



At the moment, you may be feeling a mixture of emotions. Think about how you are feeling at the moment. Do you feel happy? Sad? Worried? Excited? Write down how you are feeling and why.

We know that a lot of you may be worried about Coronavirus. Today's PSHE lesson will help you by giving you strategies to help with your worries 😊. Watch the video and choose one of the activities from below to do.

### Worry Doll

Create your own worry doll. Use the video to show you how to make it 😊

### Worry Jar

Use an empty jar or plastic tub and decorate it however you want to. In your worry jar, you can then write your worries for an adult to read and help you with 😊

### Worry Art

Create a drawing/colouring/painting showing your worries 😊



# PE

Have a look at the PE challenge on the website.

Also, here are some links to some new activities

[Andy's Wild Workouts- African Savannah](#)

[Jump Start Jonny](#)

[Moovlee](#)