

## Learning grid – Phoenix Class

When you see 'Learning Grid' on your timetable you can choose one of the activities below:

<p style="text-align: center;"><b>Caribbean Cooking</b></p> <p>Why not cook up some caribbean inspired wraps? There is a recipe here <a href="https://www.food.com/recipe/reg-gae-wraps-161334?mode=Metric&amp;scalet=4">https://www.food.com/recipe/reg-gae-wraps-161334?mode=Metric&amp;scalet=4</a>, you could replace the chicken with quorn or tofu for a vegetarian option.</p> 	<p style="text-align: center;"><b>What is it like to live in space?</b></p> <p>Watch this video to find out what it's like to live in space. <a href="https://www.youtube.com/watch?v=eNbPol8RPCQ">https://www.youtube.com/watch?v=eNbPol8RPCQ</a></p> <p>Can you make an information poster on how your lifestyle would be in space compared to Earth.</p> <p>Think about the types of food you would eat, how you would shower and the way you would move around.</p> 	<p style="text-align: center;"><b>Make No Bake Moon Cookies!</b></p> <p>Click on the link to below to help you bake some delicious moon cookies. <a href="https://spaceplace.nasa.gov/moon-cookies/en/">https://spaceplace.nasa.gov/moon-cookies/en/</a></p> <p>Here are some moon facts for you to enjoy while you devour your delicious cookies.</p> <ul style="list-style-type: none"> <li>• When the moon formed, it was much closer to Earth. It must have looked giant in the sky!</li> <li>• The moon's gravity is only about 1/6 as strong as Earth's. When Apollo astronaut Alan Shepard hit a golf ball on the moon in 1971, it probably landed over two miles away!</li> </ul>	<p style="text-align: center;"><b>Perfect portraits</b></p> <p>Portraits tell the story of the person they show. For example a doctor might wear a stethoscope or a keen reader might hold a book. Create a portrait of yourself or your family, what will you include? Get some tips here: <a href="https://www.bbc.co.uk/teach/class-clips-video/art-and-design-draw-self-portrait/z6ytscw">https://www.bbc.co.uk/teach/class-clips-video/art-and-design-draw-self-portrait/z6ytscw</a></p> 	<p style="text-align: center;"><b>Cosmic Yoga</b></p> <p>Click on the link below to experience cosmic yoga. <a href="https://www.youtube.com/watch?v=02E1468SdHg">https://www.youtube.com/watch?v=02E1468SdHg</a></p> <p>Experience cosmic yoga with a Minecraft twist. Stretch your body to lengths you have never seen before. Reach for the stars as you twist and contour your body to new lengths.</p> 
<p style="text-align: center;"><b>Jumping from Space!</b></p> <p>Watch Felix Baumgartner take a leap from space and his heart stopping descent into earth. <a href="https://www.youtube.com/watch?v=E9oKEJ1pXPw">https://www.youtube.com/watch?v=E9oKEJ1pXPw</a></p> <p>Imagine you were Felix. What emotions would you be feeling as you were staring down onto Earth? Who would you miss? Would you do anything differently?</p> <p>Write a diary entry from the perspective of Felix on the day he took that brave leap.</p>	<p style="text-align: center;"><b>Calm your mind</b></p> <p>Mindfulness activities Download the free smiling mind app here: <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a> Or try one of these guided meditations for kids: <a href="https://www.newhorizonholisticentre.co.uk/kids-meditation.html#">https://www.newhorizonholisticentre.co.uk/kids-meditation.html#</a></p> 	<p style="text-align: center;"><b>Do you have what it takes to be an Astronaut?</b></p> <p>Watch this video on all of the various training that Astronauts have to do. <a href="https://www.youtube.com/watch?v=qmQeskMASA0">https://www.youtube.com/watch?v=qmQeskMASA0</a></p> <p>Create a promotional poster of all the things astronauts do to prepare for space. Make sure to include drawings and diagrams too.</p>	<p style="text-align: center;"><b>Build your own den!</b></p> <p>Using blankets, cushions, chairs or anything you can get your hands on, build your own mighty den. Click on the link below to show you how to build it: <a href="https://www.youtube.com/watch?v=7aaPBp2gw3k">https://www.youtube.com/watch?v=7aaPBp2gw3k</a></p> 	<p style="text-align: center;"><b>Make a bird</b></p> <p>You can find out about some of the animals that live in Jamaica here: <a href="https://kids.nationalgeographic.com/explore/countries/jamaica/">https://kids.nationalgeographic.com/explore/countries/jamaica/</a> Can you find out more about some of those birds? Try making one from paper: <a href="https://www.redtedart.com/easy-bird-finger-puppet-origami/">https://www.redtedart.com/easy-bird-finger-puppet-origami/</a></p> 

## Join the Tower Hamlets Virtual Children's Choir

Starting **Monday 5th October 2020** the virtual choir will be holding free online sessions between 4.30-5.30pm for 7-11 year olds who live or attend school in Tower Hamlets.

**Participation is FREE** and sessions will include fun singing warm-ups; singing games and learning new songs.

Register easily and if you have any questions please contact Alison Porter on 020 7364 0431 or email at [alison.porter@towerhamlets.gov.uk](mailto:alison.porter@towerhamlets.gov.uk).

### Fancy footwork

Create an indoor track to practice your footwork, watch the video first then give it a try, how many different combinations can you do?

[https://www.youtube.com/watch?v=lfra8pSPEhE&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy\\_91jDL&index=3](https://www.youtube.com/watch?v=lfra8pSPEhE&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=3)

**#ThisIsPE**

Activity boost for indoor breaks or between lessons

<https://www.activekidsdobetter.co.uk/active-classroom/activity-booster>