

Learning Grid - Orion & Phoenix Class

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

Spring 1

Think like a Historian

Choose one of the lessons below from Oak Academy on the Ancient Romans:

[Unit: Roman Britain | Teacher Hub | Oak National Academy \(thenational.academy\)](#)



Choose one of the lessons below from Oak Academy on the Ancient Greeks:

[Unit - Oak National Academy \(thenational.academy\)](#)

English



Read 5 terrifying tales from Greek mythology on the following link:

[Ancient Greek Myths | National Geographic Kids \(natgeokids.com\)](#)

Now use your imagination to write your own mini Greek myth. Create names for your 'Monster' and 'Hero' (draw an illustration too), then write a brief description of their battle.

Let's Get Physical!

Can you compete with these football legends – how many can you do?

[Football Stars Juggling with Toilet Paper](#) [Skills & Fails - YouTube](#)



Ready, Steady, Workout – put your trainers on and some great music:

[Your School Games - Ready Steady Go Workout](#)

Make a Mosaic



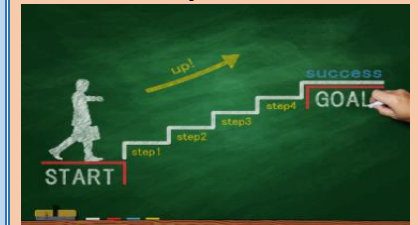
A mosaic is a picture or pattern with small pieces of ceramic tile. The Romans made very elaborate mosaics. Follow the link below and have a go at making your own mosaic.

[Ancient Roman Mosaics for Kids - Ancient Rome for Kids \(mrdonn.org\)](#)

What are your aspirations?

Write a letter to your teacher explaining what your goals and dreams are for 2022.

Calm your mind



Mindfulness activities

Download the free smiling mind app here:

<https://www.smilingmind.com.au/>

Or try one of these guided meditations for kids:

<https://www.newhorizonholisticcentre.co.uk/kids-meditation.html#>

Spring 2

Choose one of the lessons below from Oak Academy on the Vikings and the Anglo Saxons:



[Unit - Oak National Academy \(thenational.academy\)](#)

Keep a diary of your time in self-isolation. You can include:

- How you feel
- What you've been doing
- What you are looking forward to doing after self-isolation finishes
- Illustrate your diary with pictures, newspaper articles or interesting things you find

Gymnastics with Max Whitlock:

[DFS | British Heart Foundation | Max Whitlock 13 Minute Workout - YouTube](#)

Dance yourself happy:

[Just Dance 2015 - Happy Pharrell Williams Gameplay - 5 Stars Rating \[HD \] - YouTube](#)

Design a Greek Vase

[Design Your Own Greek Vase | University of Cambridge Museums](#)



Staying Healthy

Learn about how exercise and how eating certain foods affects your body:

<https://classroom.thenationalacademy/lessons/life-is-all-about-balance-crwk6r>

