



## Foundation Subjects

### **History:**

#### **The Norman Conquest**

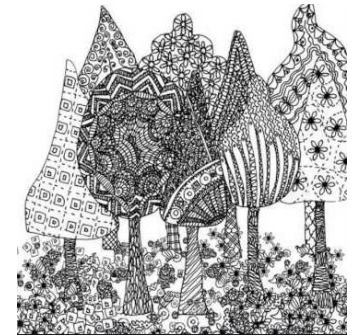
- Lesson 1 - <https://classroom.thenational.academy/lessons/norman-conquest-lesson-1/>  
Lesson 2 – <https://classroom.thenational.academy/lessons/norman-conquest-lesson-2/>  
Lesson 3 – <https://classroom.thenational.academy/lessons/the-norman-conquest-lesson-3/>  
Lesson 4 – <https://classroom.thenational.academy/lessons/the-norman-conquest-lesson-4/>  
Lesson 5 – <https://classroom.thenational.academy/lessons/the-norman-conquest-lesson-5/>

### **Art:**

#### **Drawing Skills: How can we use texture to make our drawings more interesting?**

Use pencils to create interesting textures before creating a drawing of a view from a window.

Use this clip for some more guidance: <https://classroom.thenational.academy/lessons/drawing-skills-how-can-we-use-texture-to-make-our-drawings-more-interest-e3b973/>



### **Science:**

Log on to the Oak Academy website <https://classroom.thenational.academy/lessons/what-is-an-adaptation>

#### **What is an adaptation?**

In this lesson, you will be learning about adaptations. You will be looking at the conditions in different environments and the characteristics that animals have that help them to survive. You are then going to design our own creatures that are adapted to an environment! You will need a pencil and a piece of paper for this lesson.

## Music:

A new purple mash to do has been set.

You have a week to experiment with sounds and make real music with *Twinkle Twinkle* Log on and have a go.

Or log on to Oak Academy: <https://classroom.thenational.academy/lessons/to-beatbox-using-rhythmic-patterns>

In this lesson, you will learn some basic rhythmic patterns and then use these to beatbox.



## PSHE:



### **You will need:**

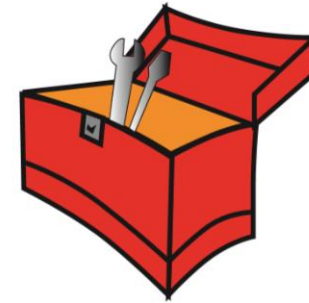
Any box or container - you could decorate it.

Life is upside down right now. Helping your child to find ways to relax and cope is vital to help their mind and body switch off from their worries.

Explain that they should fill their coping toolbox with things which remind them of good times or will help them feel better.

Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax:

Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc.



If you don't have a box you can use, find a special place in your room to put your items or drawer what you would include, see the attached sheet.