

Polar Class KS3

Half Term Homework.

Use the links and the printed sheets to complete your half term homework tasks. You can complete as many of them as you like.

Design Your Own Outdoor Fitness Activities.

<https://www.bbc.co.uk/news/av/uk-52205161/wheelchair-fitness-surviving-coronavirus-lockdown-on-wheels>

Now you can go outdoors for a longer time, try setting your own fitness challenges.

Can you make your own set of fitness challenge cards that will get your own body moving?

The Rugby Values Activity

All sports have values you should follow if you want to be an excellent sportsperson.

Can you think of your own your own five excellent sports values? Discuss this with an adult.

The values can be written for all sporting people to follow. They can be written for any sport, including all Paralympic events.

Make a poster to tell others about your five excellent sporting values.

Connect to Nature

Now you can go outside for a slightly longer time, how can you feel closer to nature again. Follow the nature calendar.

Create a Time Capsule.

Collect some happy memories of 2020 for the future.

Make a time capsule by putting safe newspaper or internet clippings, unwanted toys, items of clothing, or empty food packets into a waterproof box.

Add a letter you have written to the person who will find the box in the future.

Explain what the objects inside this box mean to you.

When a person opens your box, looks at the contents and reads your letter in the future, they will understand what it was like to be you in 2020. They will have been taken back in time.

Seal the box and hide it somewhere.

You might think of a way to hide the box so another person would only discover it in ten, twenty, fifty, or even one hundred years!

You could even bury it in the ground somewhere. Ask an adult for help with this first though and stay safe if you do this!

If you do not want your box to be seen by other people, your time capsule could also be used as a memory box for you or your family to "discover" in the future when you are all older. You could just hide it in your wardrobe and open it next year if you like. It is up to you.

Use the link and the printed resources to help you.

<https://www.wikihow.com/Create-a-Time-Capsule>

Fractions.

Revise fractions if you need to.

Play the fraction games.

Now design and make your own fraction maths game to play with someone else.

All these resources are also on our web page.

Don't forget to keep researching North America as well.

Mrs Colyer.