


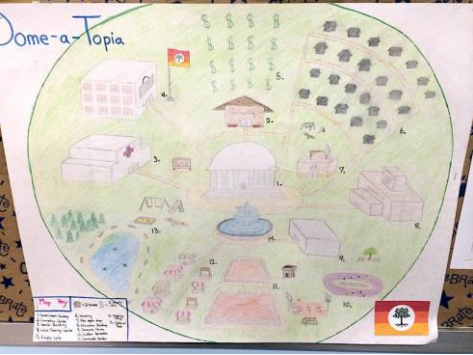
Screen Free Fridays: What will we do today?

Key Stage: Two

Date of activities: Friday 5th March

Morning Activity (STEM/Investigations based)	Activity guidance:	What will we need?
<p>Make a magic potion to save the world!</p>	<p>Make a potion save the world! Decide what magical good powers your potion with give to the world to make it a better place.</p> <p>To make magical, fizzy potions all you need to do is mix a combination of coloured water, vinegar and baking soda in a container. The potion will fizz as soon as the bicarbonate of soda and vinegar react together. This is because a neutralisation reaction occurs between the acidic vinegar and alkaline bicarbonate of soda, releasing carbon dioxide.</p> <p>Extension Ideas Try adding a little washing up liquid, you should find this thickens up the bubbles. Experiment with different colours and amounts of bicarbonate of soda and vinegar.</p>	<p>Small containers Pipettes or spoons Bicarbonate of Soda Water Food colouring Vinegar Glitter - optional</p>

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Afternoon Activity (Creative/Physical/Play/Exploration based):	Activity guidance:	What will we need? Any art supplies you have at home.
<p>Create your own Utopia</p>	<p>This week we are looking at the world from a positive perspective through Utopian art. A Utopia is a perfect world, alternatively a Dystopia is the opposite.</p> <p>Within your art project this week you can either create your perfect world through using materials of your choice, or you may want to challenge yourself and create both a utopia and a dystopia. Most utopias are primarily green in colour to represent nature whereas dystopias are primarily red linked to the destruction of war.</p> <p>You should then describe your utopia and give reasons for your choices, for example if there is no disease in your utopia explain why you have chosen that particular element for your utopia. Alternatively you could choose more creative elements such as unlimited chocolate fountains. We look forward to seeing your imaginations run wild!</p>	 

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PE –Fit for Duty	<p>Task: To be a hero (or villain) or apply for the Armed Forces, you need to be fit!</p> <ol style="list-style-type: none"> 1. Complete the 'Fit for Duty' workout https://www.youtube.com/watch?v=VKTijPViyow 2. Take a photo BEFORE and AFTER your workout so we can see that you survived training! 3. Write your own boot camp workout to put new recruits through to ensure they are up to the challenge of being a hero or an Armed Forces soldier. 4. Be sure to take photos or videos of your workout. 	https://www.youtube.com/watch?v=VKTijPViyow