# V

#### Topic - India

We have been learning about India as part of our class topic.

India is on a map then complete the map activity that is attached below. Once you have completed the map activity watch this video <a href="https://www.youtube.com/watch?v=HKwc7AMhre8">https://www.youtube.com/watch?v=HKwc7AMhre8</a> Can you draw your own map of India?

Use books and the internet to research where

Task 1

Can you create a fact-file about India? Use books and the internet to find out information and complete the fact-file attached below.

There are some colouring sheets below as well  $\odot$ 

## Task 2 Topic - India Stem Challenge

Use different materials from around your house to have a go at building some of the items below.

A replica of the Taj Mahal.
An Indian elephant.
A house designed to survive the Monsoon season.
A Mendhi pattern.



You may use Lego or any other building materials you have (straws, play dough,

paper, cardboard, etc)

# Food and Health Eating healthy balanced diet

Help prepare a healthy balanced meal. You will have to choose foods from different food groups. Use the Eatwell Plate to help you.

Task 3

Remember that this has to be done in a safe way.

Have a look at this cooking skills video which will help: -

https://www.foodafactoflife.org.uk/7-11years/cooking/videos/

#### Task 4

#### Health and Well-Being

- Practise a daily fitness stretching routine to your favourite music. Include gentle head rolls, shoulder shrugs, arm stretches, side-stretches, leg stretches and superman pose to gently stretch your back
- Create an aerobic routine to music including running on the spot, shadow boxing, star jumps, squat thrusts and skipping.
- Create a strength based routine including sit ups, press ups, slalom pose and arm pull repetitions using tins of food.

### Task 5 Topic - India

- Collect information about Hindu Gods and Goddesses in a sketch book or paper.
- paper.
   Pencil sketch Hindu Gods in sketch book, adding tones and shading.
- Make a Clay sculpture of Hindu God and decorate.

(Please find a good recipe for home-made play Dough in the link below)
<a href="https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/">https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/</a>

 Design and build a shadow puppet theatre and puppets.

#### Task 6

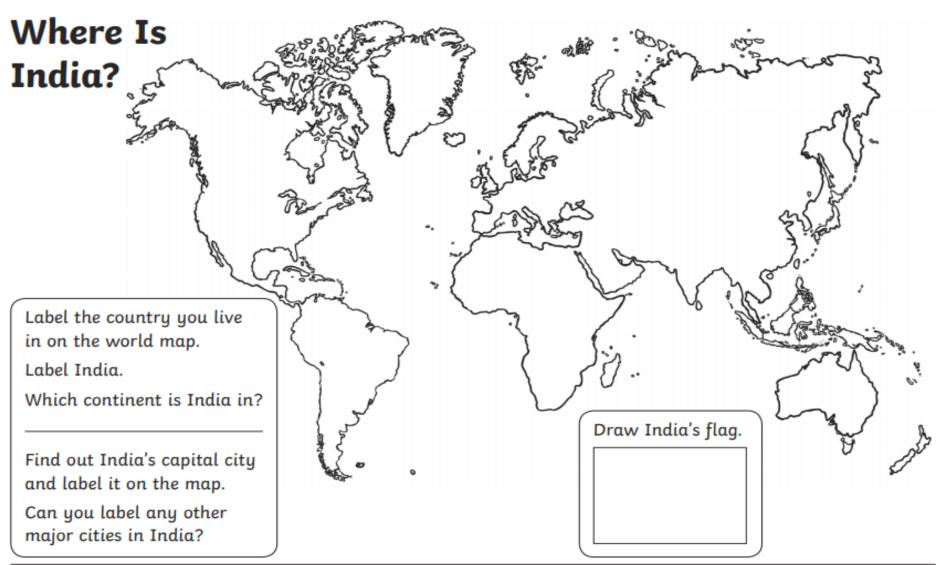
#### Health and Well-Being

 Play board games and card games with your family.



- Bake together have fun!
- Cook together help prepare vegetables.
- Share movies/teach adults a console game and play against them!





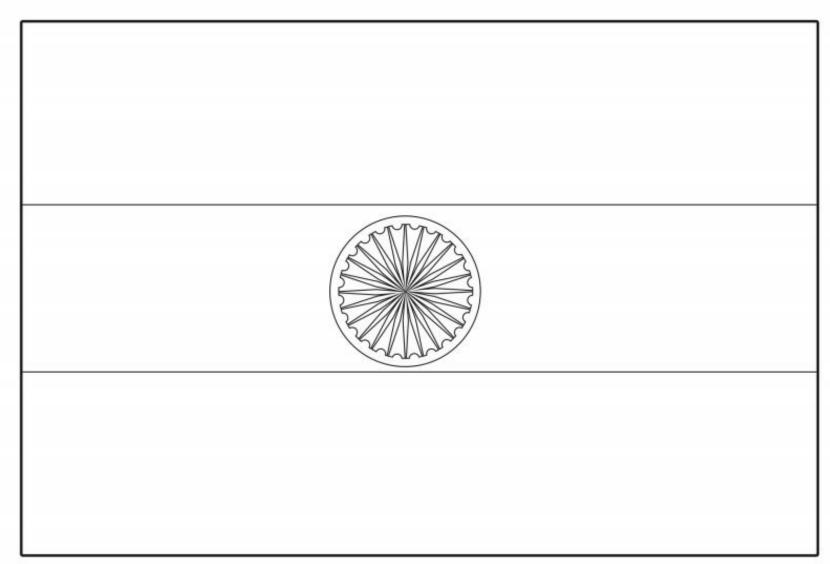




#### India

Use non-fiction books and the Internet to find out information about India.

Capital City:	Country Flag:			
Population:				
Language Spoken:				
Location of Country:				
	Bordering Countries:			
Famous Landmarks:	Famous People:			
Popular Food:	Popular Activities or Sports:			
Traditions:	National Anthem:			
Other Interesting Facts:				



# The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

