

Afternoons at home:

See the family project for week beginning 29th June. We will upload onto the website the new family project each week.

Have a go at some of the **PE challenges** each day you are at home too - see separate grid.

As safety is so important we have included 3 sessions (one for each week) for you to look at too. In total there are 7 lessons so follow the link given below if you want to look at them all.

Family challenge project for the week beginning 29.06.20 'Castles'

Who would you like to find out? You choose.

Science	<p>Could you make a castle? Which material would you choose and why? What features would it need? Could you make a drawbridge leading to the castle? What would you need to consider if you wanted a moat around the castle?</p> <p>Explore how a catapult works. Could you have a go at making one? If you need inspiration, Google 'shoebox catapult' https://www.youtube.com/watch?v=pR26RMI9T8c</p>
History and Geography	<p>You could watch these clips of castles in Wales https://www.youtube.com/watch?v=nQQuA1PxmYQ&index=1&list=PLIFJT58FH6PPMyYuabMLm6pFChRirQiQD</p> <p>You could explore Warwick castle and its history. You could also do a panoramic tour of the castle https://www.warwick-castle.com/explore/</p> <p>Have you ever wondered what the different parts of a castle are used for? Try and find out here.</p>

<http://www.kidsonthenet.com/castle/view.html>

Find out about the history of castles. What were the first castles like? Where were they? How have castles changed? You could find out which castle is the biggest in England or the world. <http://homeworkhelp.stjohnssevenoaks.com/Castles.html>

<https://cadw.gov.wales/learn/sites-through-centuries/castles>

Could you create a timeline of the different types of castle and who would've lived there at which time? You could include pictures of the different types of castle.

The coat of arms has been a symbol of monarchy for centuries. The Royal coat of arms represents Her Majesty The Queen, and you can see it on some coins, on public buildings, courts and many other places. The design has developed throughout history, reflecting changes in monarch and the country. Can you design your own coat of arms? Here is a link to a template.

<https://www.rct.uk/sites/default/files/Coat%20of%20arms.pdf>

Have a look at these famous castles. What is the same and different about them? Which country has the most castles?

<https://www.usborne.com/quicklinks/eng/catalogue/catalogue.aspx?cat=1&loc=uk&area=H&subcat=HMT&id=9562&topic=14279>

Have a look at the 3 main types of castle. Which features can you see in all of them? Why do you think they are there?

<https://kids.britannica.com/scholars/assembly/view/99675>


The word castle means 'fort' but why did people build castles? Where was the best place to build one? What were the main features of castle? Did they all have a drawbridge and portcullis? <https://www.dkfindout.com/uk/history/castles/>

Twinkl home learning castle pack for KS1 <https://www.twinkl.co.uk/resource/t-t-12486-castles-activity-pack>

English heritage have a top 10 of castles choose your favourite at <https://www.english-heritage.org.uk/visit/familydaysout/top-10-castles/>

Make a poster or project about your favourite castle.

Who lived and worked in a castle? <https://www.youtube.com/watch?v=1k-LhWB4QaA&v=en-GB> find out about the life of a noble woman.

	<p>Watch this mini guide to castles to find out how they developed https://www.youtube.com/watch?v=RXXDThkJ3Ew</p> <p>What was it like to train as a knight? https://www.ducksters.com/history/middle_ages/becoming_a_medieval_knight.php</p>
Art and DT	<p>Watch a clip of a knight being dressed in armor. Can you design armor thinking about which parts of the body need to be protected. What would the knight need to be able to do while wearing armor? https://www.youtube.com/watch?v=KKau8WjDwkE</p> <p>Could you draw a famous castle, paying attention to details? What would you use to draw it? Pencils? Chalk? Charcoal? Could you combine different media such as a sponge painted background?</p>  <p>Draw or paint an imaginary castle. Where would it be and what would you call it?</p> <p>Make your own weapons - a sword and shield can easily be constructed from cardboard, paper and paint follow the English Heritage's guide to making your own heraldic shield and sword https://www.english-heritage.org.uk/guide-to-heraldry</p>
RE	<p>Some castles, such as Windsor Castle, have a Church or Cathedral within their grounds. Can you find which castles have religious buildings?</p>
Music	<p>Could you create your own music to the theme of a battle? Which instruments would you use and why? You could think about the sound for the draw bridge or for the soldiers marching.</p> <p>Find out about instruments used in the medieval times- the recorder, harp, bagpipes, lute and mandolin were all popular at the time.</p>

	<p>Listen to and watch some medieval instruments being played accompanied by an energetic medieval singer! Filmed in Southwell Minster. https://www.youtube.com/watch?v=S8X_4tosYh4 https://www.youtube.com/watch?v=Tarim2pXJPU</p>
Other ideas	<p>Read about Training to be a knight visit oxford reading owl. https://www.oxfordowl.co.uk/api/interactives/26504.html https://www.oxfordowl.co.uk/api/digital_books/1226.html</p> <p>You could play dress the knight on ICTgames. https://www.ictgames.com/mobilePage/knight/index.html</p> <p>Could you cook some of these old recipes? http://cookit.e2bn.org/historycookbook/index-27-normans-medieval.html</p> <p>You could explore these castle comics https://cadw.gov.wales/learn/fun-activities/comics-and-colouring/cadw-comics</p>



Activities for 8-10s

Number 1, 24/03/2020

Activity 1: Watch Play Like Share, Episode 1

- Find *Play Like Share* at www.thinkuknow.co.uk/8_10/watch/
- Watch *Episode 1: Block Him Right Good, Alfie* with your child.
- Use the following questions to chat about the cartoon:
 - **What did you think? What did you like about Play Like Share?**
 - **What different things do Sam, Ellie and Alfie do online?** [E.g. make videos, talk to people, learn to sing, share their songs]
 - **What problem did Alfie face at the beginning of the cartoon?** [Another gamer messaged Alfie, asking to game with him. Alfie said no as he had to go to school]
 - **How did the gamer make Alfie feel?** [Happy at first and then uncomfortable and worried when he started making threats]
 - **What did Alfie do when he realised something wasn't right?** [Didn't reply. Told a trusted adult, his mum. Blocked the gamer. Reported to the website.]
 - **What happened when Selfie's video was made public? How did it make them feel?** [People they didn't know wrote nasty or strange comments. Received links to adverts. They felt worried and uncomfortable.]

Activity 2: Design a poster for Selfie

- Ask your child to create a poster for Sam, Ellie and Alfie's new band *Selfie*. Encourage them to come up with a design that shows off each character's talents and personality.
- We'd love to see examples of posters! If you like, email us at ceopeducation@nca.gov.uk and share a photo of your child's poster. **Artwork only please! Do not share your child's name or personal information, or any pictures of your child.**

About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency. Once a fortnight, On Tuesdays, we will produce an activity sheet to help you support your child while schools are partially closed.

You'll find lots of support and advice for parents and carers on keeping your child safe online at: <https://www.thinkuknow.co.uk/parents/>



Activities for 8-10s

Number 2, 07/04/2020

Activity 1: Alfie's videos

- If needed, watch *Episode 1: Block Him Right Good*, Alfie again with your child at www.thinkuknow.co.uk/8_10/watch/.
- Look at *Resource Sheet 1: Alfie's profile*. Alfie has taken some important steps to make sure that he is safe when he is making videos and posting them online.
- Ask your child to write down four steps Alfie has taken, either on the Resource Sheet or on paper.
- Once completed, discuss your child's answers and identify any missed steps [Steps: 1. profile picture is an avatar, not an actual photo
2. username does not feature his name. 3. Privacy set to friends only.
4. Wears clothes that are not school uniform or private, like pyjamas.]

Activity 2: Being kind online

- Ask your child what they remember about Episode 1 of *Play Like Share*.
- Ask your child:
 - **Who wrote a mean comment about Alfie?** [the Popcorn Wizards]
 - **Who 'liked' the comment?** [Sam]
 - **Why wasn't this a kind thing to do?** [It might upset Alfie. Sam is meant to be Alfie's friend]
- Explain when we write or post something online, we must always think about how we might make other people feel.
- **What positive words could Ellie, Alfie and Sam use to describe each other?** Using *Resource Sheet 2: Being kind online*, ask your child to write as many positive words and phrases as they can think of next to each character, using any clues in the video to help. Alternatively, your child can draw pictures of each character and add positive words to describe them.

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Resource sheet 1: Alfie's profile

Label the picture to show what steps Alfie has taken. Write your answers in each box.

Alfies profile picture:

Alfies username:

A1gamer CHANNEL
Friends Only

Tips&Tricks to beat the boss

A1gamer

Privacy settings:

Clothes Alfie wears:



Resource sheet 2: Being kind online

What positive words could Ellie, Alfie and Sam use to describe each other?





Activities for 8-10s

Number 3, 21/04/2020

Activity 1: Watch Play Like Share, Episode 2

- Watch *Episode 2: Who's Magnus?* with your child at www.thinkuknow.co.uk/8_10/watch/.
- Use the following questions to chat about the cartoon:
 - **What did you think? What did you like about this episode?**
 - **What does Sam do with Megan's baby photo?** *[Shares the photo and makes it public]*
 - **How does Megan feel and what does she do in response?** *[She feels angry/upset. She uses Sam's account to write a mean comment about Ellie and Alfie.]*
 - **What upsets Ellie and who does she turn to?** *[She thinks that Sam is posting mean comments about her. Megan is unkind to her and she loses the guitar-off. She turns to Magnus, who she has met online.]*
 - **Is Magnus the best person to support Ellie? Who else could help?** *[Ellie has only just met Magnus online and doesn't know him 'in real life', so he is not a good source of support for her. It would be better to talk to a close friend, family member or another adult she trusts.]*

Activity 2: What is OK to share?

- Ask your child what they remember about Episode 2 of *Play Like Share*.
- Explain it is important to think about how someone else might feel if you share a photo or video of them. Sometimes people share photos or videos that might be unkind, or upset or embarrass other people. Ask your child:
 - **When does this happen in PLS?** *[Sam shares a baby photo of Megan]*
- With your child, read each scenario on p2 of this activity sheet and ask them to circle the appropriate thumb. If you can't print it, read the scenario and ask them to answer with thumbs up, down and sideways!
- Discuss their answers, using the answer sheet on p3 to help you.

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What is OK to share?

Read each example and decide if it's:



OK to share



It depends...



Not OK to share

Ellie shares a photo of her new pet rabbit.



OK to share



It depends...



Not OK to share

Megan shares a video of Ellie crying.



OK to share



It depends...



Not OK to share

Sam shares a photo of his brother who has just got out the bath.



OK to share



It depends...



Not OK to share

Sam shares a video of himself pretending to be his pet dog.



OK to share



It depends...



Not OK to share

Alfie shares a photo of his friends at his birthday party.



OK to share



It depends...



Not OK to share

What is OK to share? Answers

Okay to share

Ellie shares a photo of her new pet rabbit

Ellie doesn't need to ask permission from her rabbit!

Not okay to share

Megan shares a video of Ellie crying

You should never share or post a photo of someone else that could upset them.

Sam shares a photo of his brother who has just got out the bath

This should never be shared as Sam's brother might not be wearing clothes, or only wearing a towel.

It depends

Sam shares a video of himself pretending to be his pet dog

At the time Sam may think this is funny to share but in the future he may find it embarrassing. Even if Sam deletes the video, other people might have taken a copy of it or shared it on other sites.

Alfie shares a photo of his friends at his birthday party

If Alfie has asked his friends for permission and they have agreed then this is probably okay to share this in a closed group. If any details gives away personal information about Alfie or his friends, it is better not to share it.

If you are enjoying these esafety sessions please visit this website and you will be able to fine another 4 follow on lessons.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/8-10s>

