

There are a couple of different choices of topic this week - please take your pick (or do them all, if you're feeling motivated).

Topic - Muscles and Exercise (with a little Virtual Sports Day)

Last week we looked at skeletons. Skeletons are very flexible but muscles are needed to move them.

Here's a video about muscles:

[BBC Bitesize - How do your muscles work?](#)

There's another video here if you want to find out more:

[BBC Bitesize - Muscles needed for movement](#)

Run, jump, hop, skip, pull, push...can you tell which muscles you are using?

If you're feeling mightily adventurous, you could maybe have a go at making a model which shows how the muscles work in your arm! (Not for the faint-hearted!) There's a picture on the blog to show you and a link here: [Build a working arm muscle](#)

Now we know how our muscles help us move, let's get using them! Have a go at some of the activities below and send your results to me using our **Online Google Classroom** (you have to be honest)! You can also add pictures of you taking part in the activities if you'd like to. There's a bit of a sock theme as I wasn't sure what else you would all have at home...

- **Sock Putt:** How far can you throw a pair of rolled up socks?
- **Crazy Frog:** How far can you jump from a standing start?
- **Sock and Spoon:** How quickly can you run 10 metres whilst balancing a rolled up pair of socks on a spoon? If you drop them, you have to start again! Eggs or potatoes are also allowed!
- **Jumping Jacks:** How many jumping jacks can you do in one minute?
- **Socks Away:** How many rolled up pairs of socks can you throw into a bucket in one minute from 2 metres away?

If you want to add another activity to the list, share it in our **Online Google Classroom** and your friends can add their high scores!

Topic - Natural Art (Andy Goldsworthy)

Last week we looked at L.S.Lowry. This week, let's have a look at Andy Goldsworthy. Andy Goldsworthy is an artist who uses natural materials, such as stones, leaves and sticks, to create amazing works of art. Have a look at some photos of his artwork on the blog.

Do you think you could create some art using natural materials? Have a go!