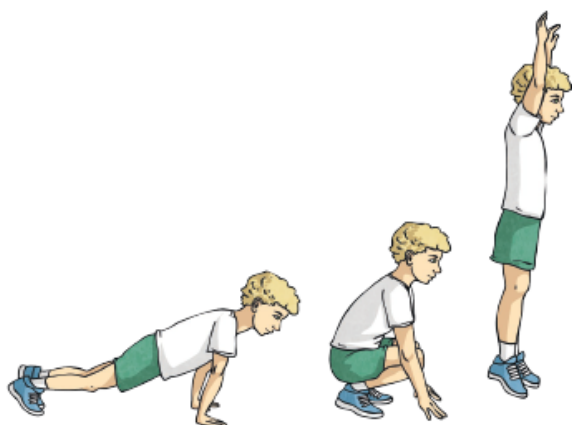
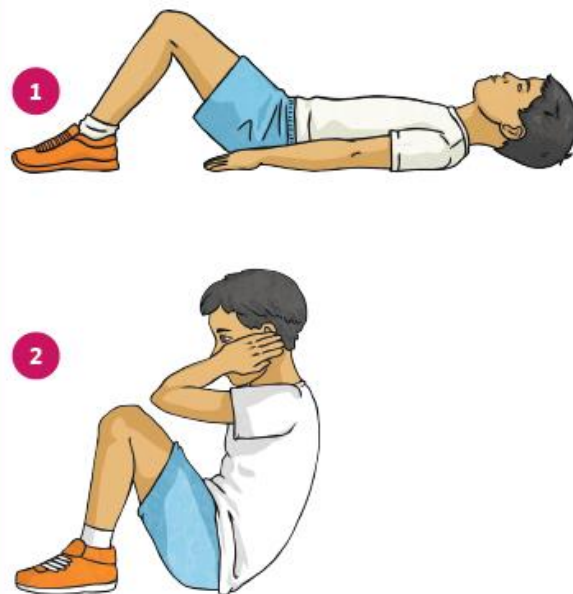


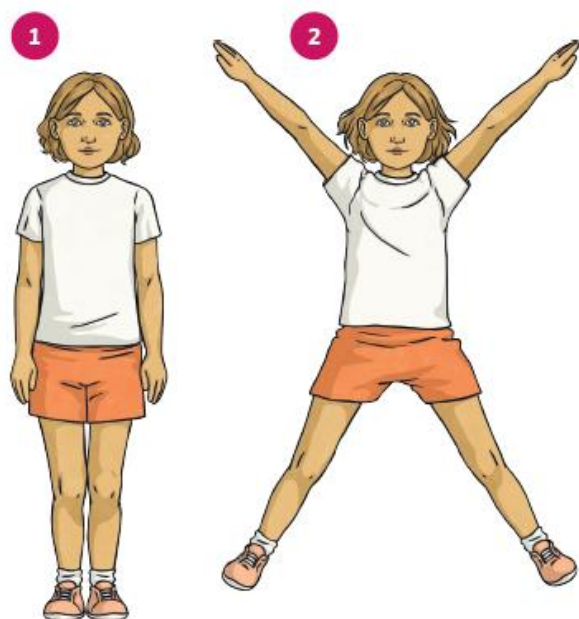
Burpees



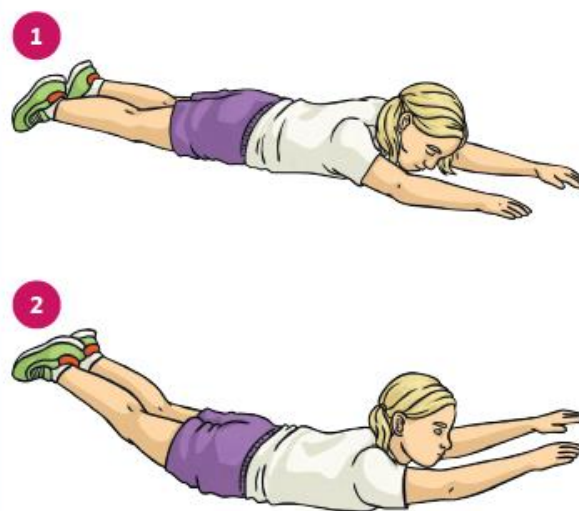
Sit Ups



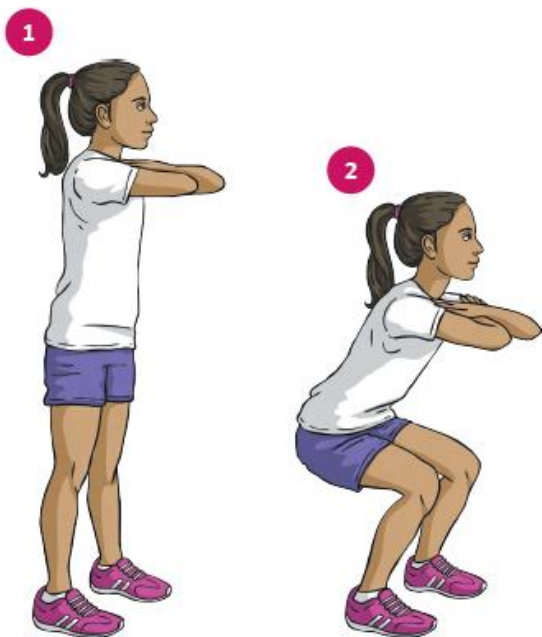
Star Jumps



Seal Raises



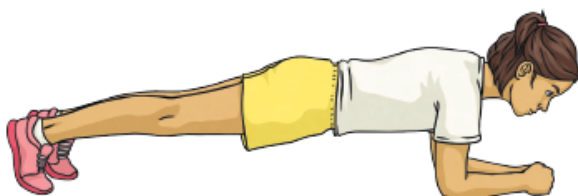
Squats



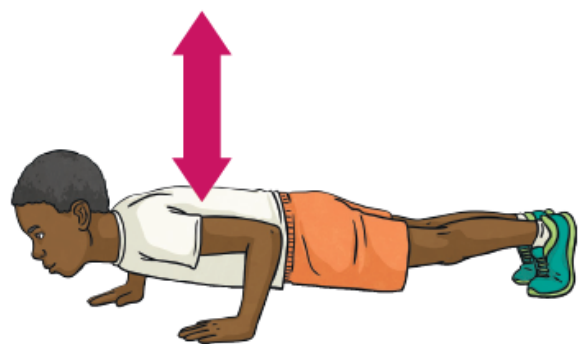
Lunges



Plank



Press Ups



Circuit Training Record

Name _____

Complete each activity for 1 minute each day. Record the amount you achieve in the minute next to each activity every day. Try to push yourself to complete more of each activity than you did the day before. * Plank - just tick if you hold position for 1 minute

[illegible]



Europe

A task setting PowerPoint Pack about Europe.

twinkl
Quality Standard Approved



Europe

A task setting PowerPoint Pack about Europe.

twinkl
Quality Standard Approved



What do you already know?

In which European country would you find these famous landmarks?

The slide features three photographs of famous European landmarks. The first is the Eiffel Tower in Paris, France. The second is the Royal Palace of Madrid in Spain. The third is St. Peter's Basilica in Rome, Italy.

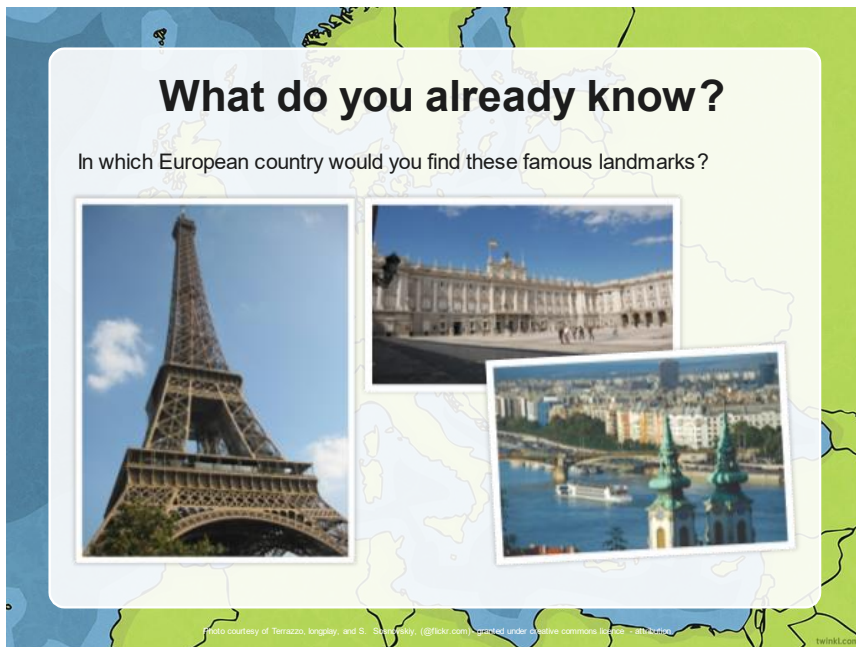
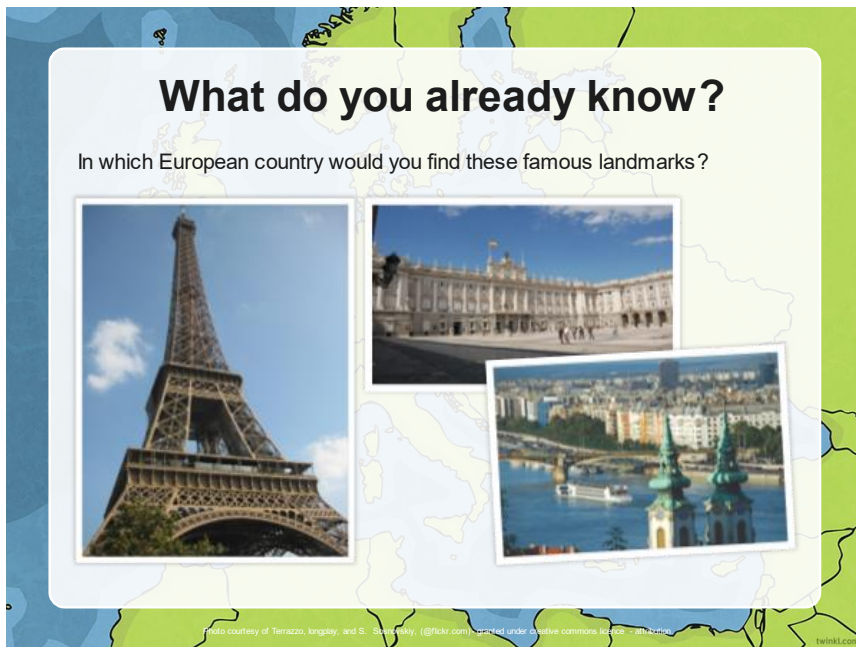
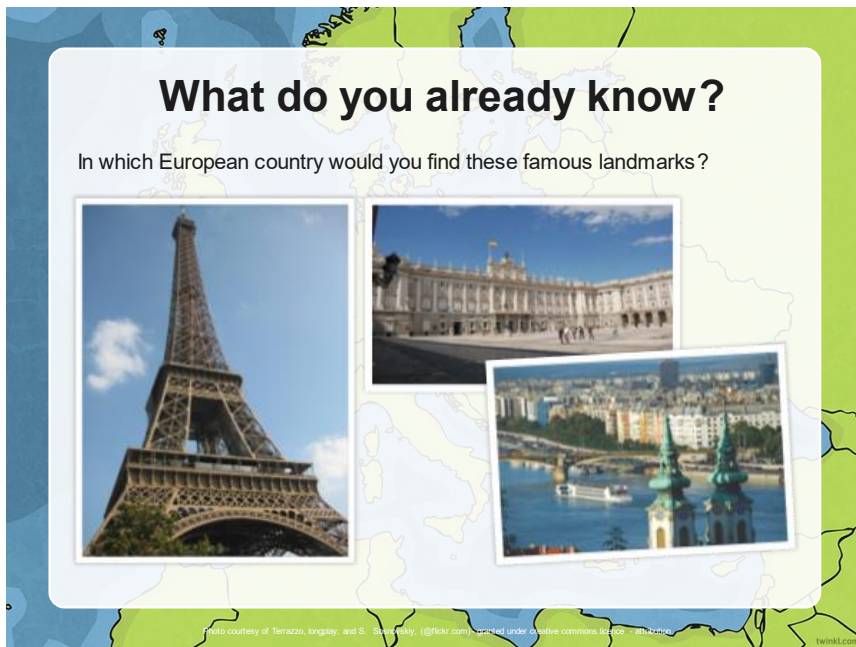
photo courtesy of Tenazzo, kinslay, and S. Sankarthy, (@flickr.com) granted under creative commons license - attribution

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What do you already know?

In which European country would you find these famous landmarks?

The slide features three photographs of famous European landmarks. The largest photo on the left shows the Eiffel Tower in Paris, France. To its right are two smaller photos: the top one shows the Royal Palace in Madrid, Spain, and the bottom one shows St. Peter's Basilica in Rome, Italy.

photo courtesy of Tenazzo, kinslay, and S. Sankarthy, (@flickr.com) granted under creative commons license - attribution

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photo courtesy of Tenazzo, kinslay, and S. Sankarthy, (@flickr.com) granted under creative commons license - attribution

What do you already know?

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The image displays three photographs of iconic European landmarks. The top left shows the Colosseum, an ancient Roman amphitheatre in Rome, Italy. The top right shows the Brandenburg Gate, a neoclassical monument in Berlin, Germany. The bottom center shows Big Ben and the Houses of Parliament, situated on the north bank of the River Thames in London, United Kingdom. The background of the entire slide is a stylized map of Europe.

Photo courtesy of Creative Kat, Aviation and Nature and Travel Tours (@ricknow) - granted under creative commons license - attribution

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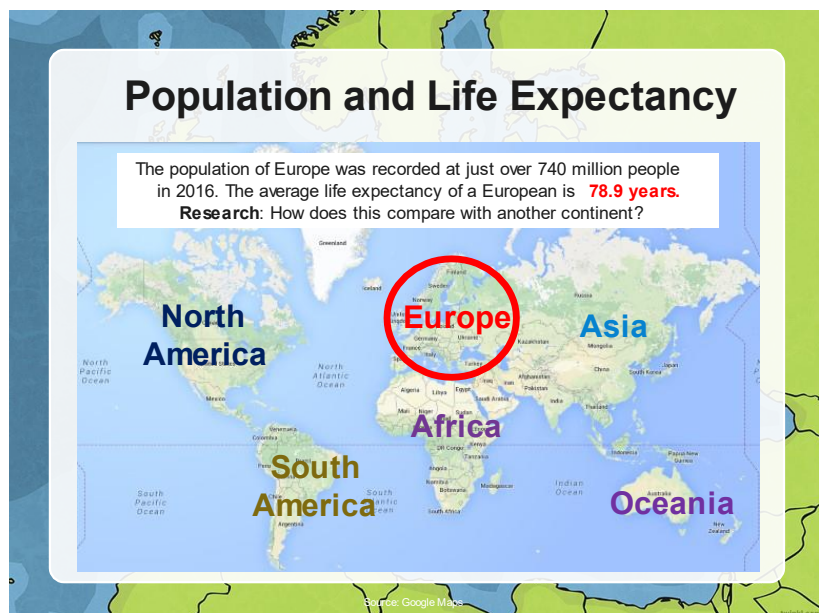
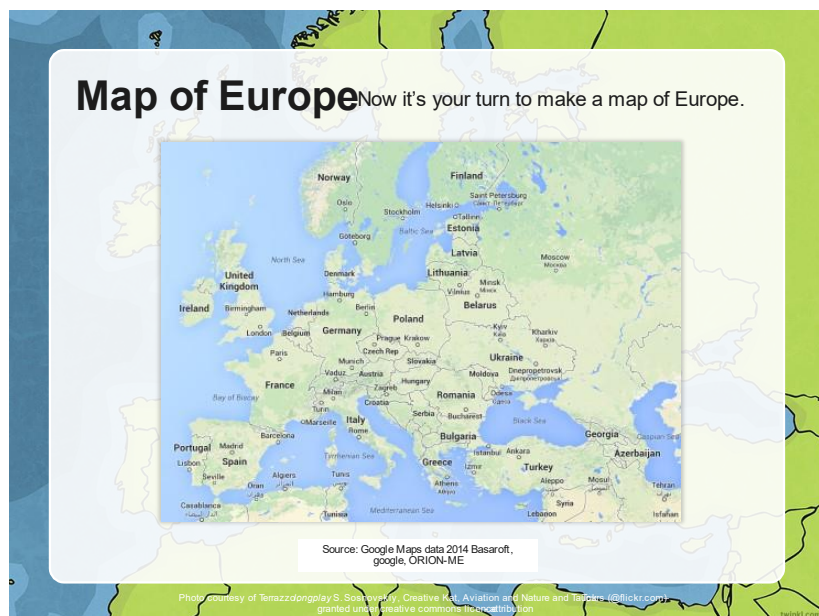
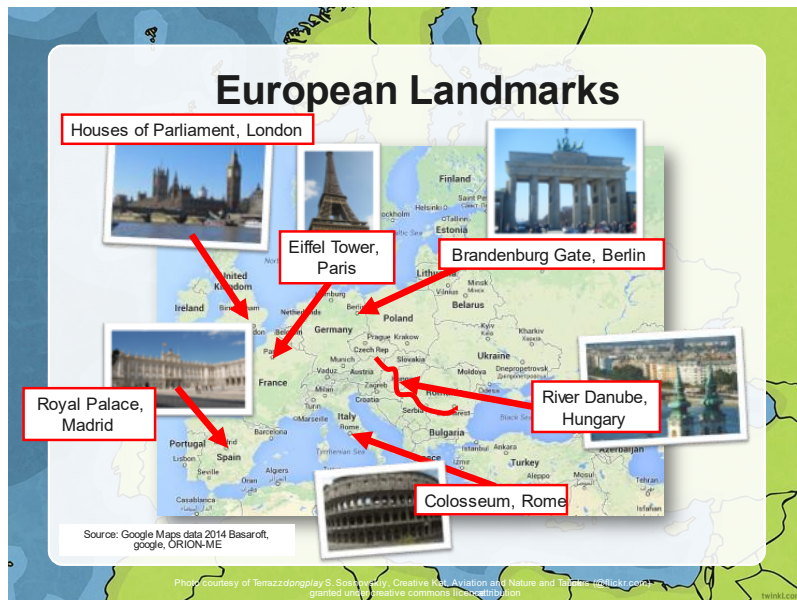
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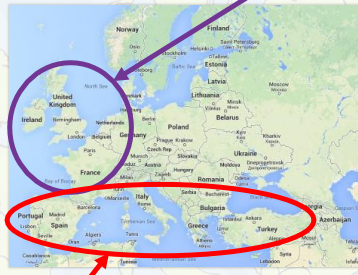


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Photo courtesy of Creative Kat, Aviation and Nature and Travel Tours (@ricknow) - granted under creative commons license - attribution



Western Europe(Belgium, Britain, France, the Netherlands, Ireland and Luxembourg) is known for its mild winters, with short bursts of cold towards the east and heavier rainfall in the west. Summers are moderate and become cooler as you move north.



Source: Google Maps data 2014
Basaroff, google, CRONME

Southern and Mediterranean European countries(Croatia, Cyprus, southern France, Greece, Italy, Malta, Monaco, Portugal, Spain and Turkey) are bright and sunny during most of the year. The winters are usually mild but the summers are hot and dry with some rain in autumn and spring.

Research –At this time of year, which is the hottest/coldest country in Europe?

European Climate

Northern Europe(Denmark, Finland, Iceland, Norway and Sweden) has a temperate climate. Winters are generally cold. However, the further south you go, the milder the winter weather, with average temperatures around 0 °C. In the summer, temperatures don't usually reach above 26 °C



Source: Google Maps data 2014
Basaroff, google, ORION -ME

Central and Eastern Europe(Austria, Bulgaria, the Czech Republic, Estonia, Germany, Hungary, Latvia, Lithuania, Poland, Romania, Slovakia, Slovenia, Switzerland and Ukraine) have temperate, cool summers with temperatures around 25 °C and cold, cloudy, humid winters.

Major Rivers of Europe

The Volgais the longest river in Europe at 2,294 miles long. It flows through central Russia into the Caspian Sea. It is widely known as the national river of Russia.

River Danubebegins in the Black Forest region of Germany and flows across central Europe. It is the second longest river in Europe.

The river finishes in the Black Sea and is 1,771 miles long.

Research- What is the third longest river in Europe?



Source: Google Maps data 2014Basaroff, google, CRONME

Major Rivers of Europe



Source: Google Maps data 2013 based on google, ORIONME

Mountain Ranges of Europe

Pyrenees (491km long) – located in southwestern Europe. The highest point is Aneto.

Alps (1,200km long) – stretches across 8 Alpine countries. The highest point is Mont Blanc.

Carpathians (1,500 km long) – located in Central/Eastern Europe. The highest point is Gerlachovský štít.

Apennines (1,200km long) – located in Italy. The highest point is Como Grande.

Urals (2,500km long) – runs through western Russia. The highest point is Mount Narodnaya.

Balkan Mountains (560km long) – stretches through central Bulgaria. The highest point is Botev Peak.

Which is the largest of these mountain ranges?

Is this the largest mountain range in Europe?

Your task: Can you use an atlas to locate these mountain ranges then mark them on a blank map of Europe?

The Euro Debate



The following 19 countries use the Euro as their currency:

Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, The Netherlands, Portugal, Slovakia, Slovenia and Spain.



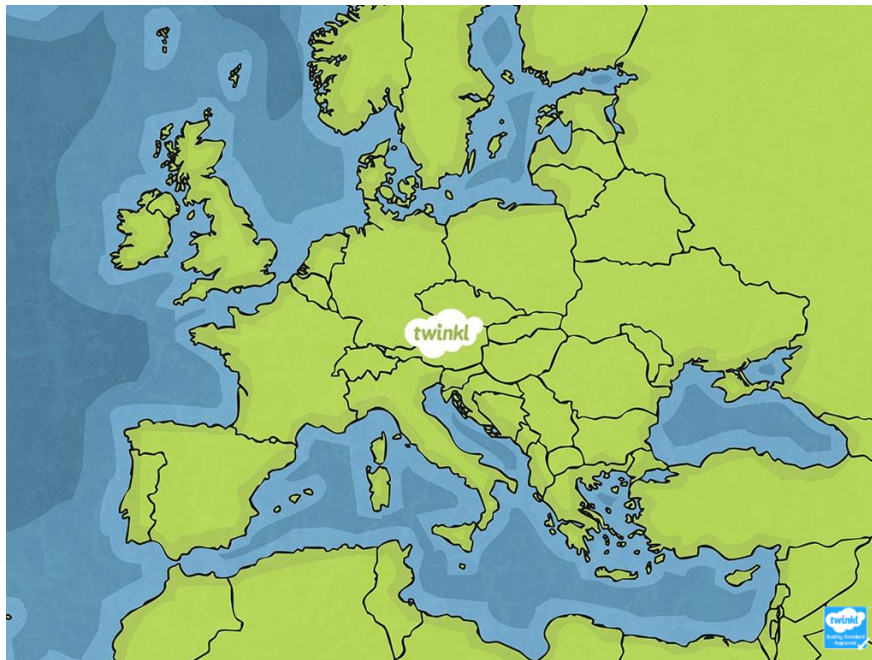
Your task: Using the map of Europe, colour in the countries which use the Euro.

Extension: research the currencies of the other European countries.

Photo courtesy of FranceDumenil (@francedumenil) granted under creative commons license attribution.

What have you learned?

1. Which countries share a border with Italy?
2. Name 2 mountain ranges in Europe.
3. Which country is next door to Norway?
4. Which ocean touches Portugal and Ireland?
5. What is the capital of Bulgaria?
6. What is the capital of Latvia?
7. Name 3 European countries that begin with the letter S.

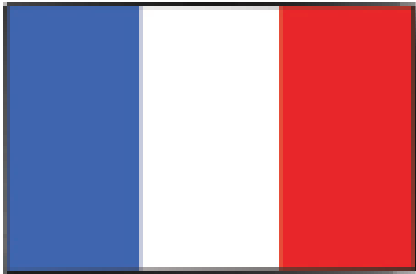


Map of Europe



European Flags

Match up the flag with the country. Write the names under the flags.



1.

a.



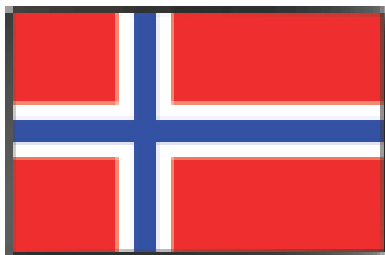
2.

b.



3.

c.



4.

d.



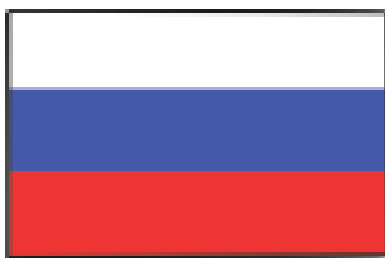
5.

e.



6.

f.



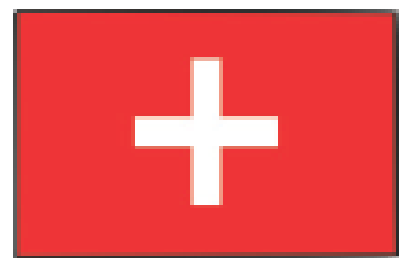
7.

g.



8.

h.



9.

i.

European Flags

Match up the flag with the country. Write the names under the flags.



1.

a.



2.

b.



3.

c.



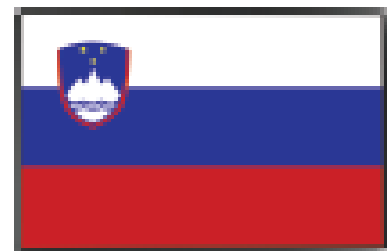
4.

d.



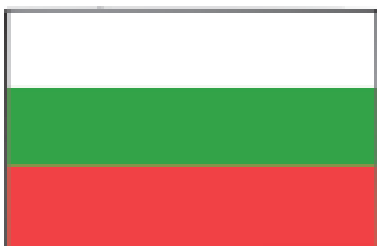
5.

e.



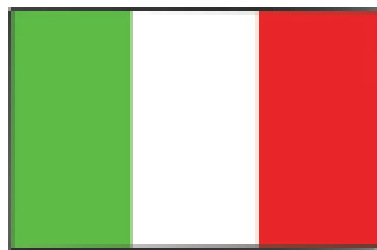
6.

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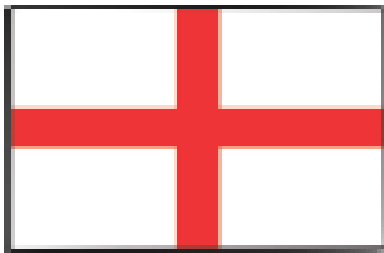
2.

b.



3.

c.



4.

d.



5.

e.



6.

f.



7.

g.



8.

h.



9.

i.

European Flags

Match up the flag with the country. Write the names under the flags.



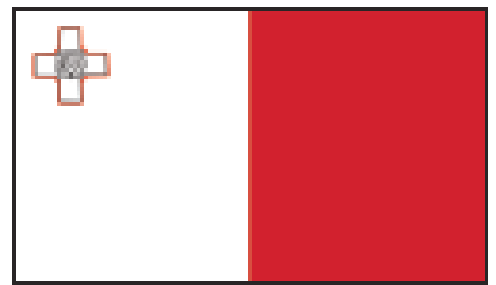
1.

a.



2.

b.



3.

c.



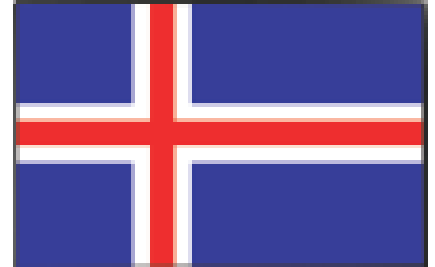
4.

d.



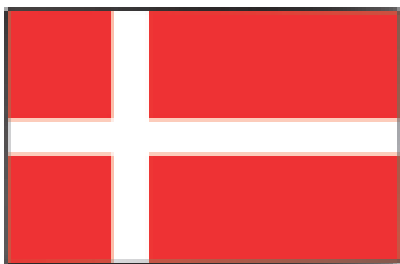
5.

e.



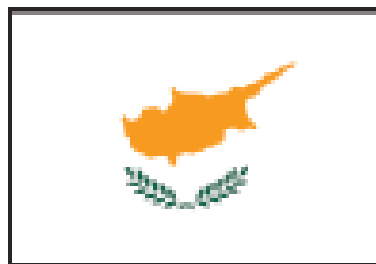
6.

f.



7.

g.



8.

h.



9.

i.

Answers

European Flags Sheet 1:	European Flags Sheet 2:	European Flags Sheet 3:	European Flags Sheet 4:
1. France	1. Estonia	1. Albania	1. Poland
2. Spain	2. Romania	2. Czech Republic	2. Greece
3. Germany	3. Austria	3. Republic of Ireland	3. Malta
4. Norway	4. Belgium	4. England	4. Ukraine
5. Finland	5. Netherlands	5. Slovakia	5. Portugal
6. Sweden	6. Slovenia	6. Wales	6. Iceland
7. Russia	7. Bulgaria	7. Latvia	7. Denmark
8. Hungary	8. Italy	8. Croatia	8. Cyprus
9. Switzerland	9. Lithuania	9. Scotland	9. Luxembourg

Mountain Ranges of Europe

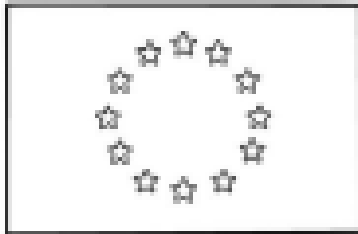
Use a map or atlas to label the following mountain ranges in Europe:

Pyrenees , Alps , Carpathians , Apennines , Urals , Balkan Mountains



Extension Task 1: research where the highest peaks are located and label your own map.

Extension Task 2: research the major rivers within Europe and add them to your own map.



Which countries are part of the European Union?

tw

Colour in the 28 countries which make up the EU.



Extension: Why might some European countries not want to be part of the E

Which Countries Use the Euro?

Colour in the countries that use the Euro as a currency.



Extension: Find out the currency belonging to the other European countries.

European Countries and Capital Cities

Write down the capital cities of the countries below.

Don't forget capital letters!



France - P_____

Germany - _____

Spain - M_____

Italy - _____

Portugal - L_____

Sweden - S_____

Norway - O_____

Finland - _____

Hungary - B_____

Ireland - D_____

Iceland - R_____

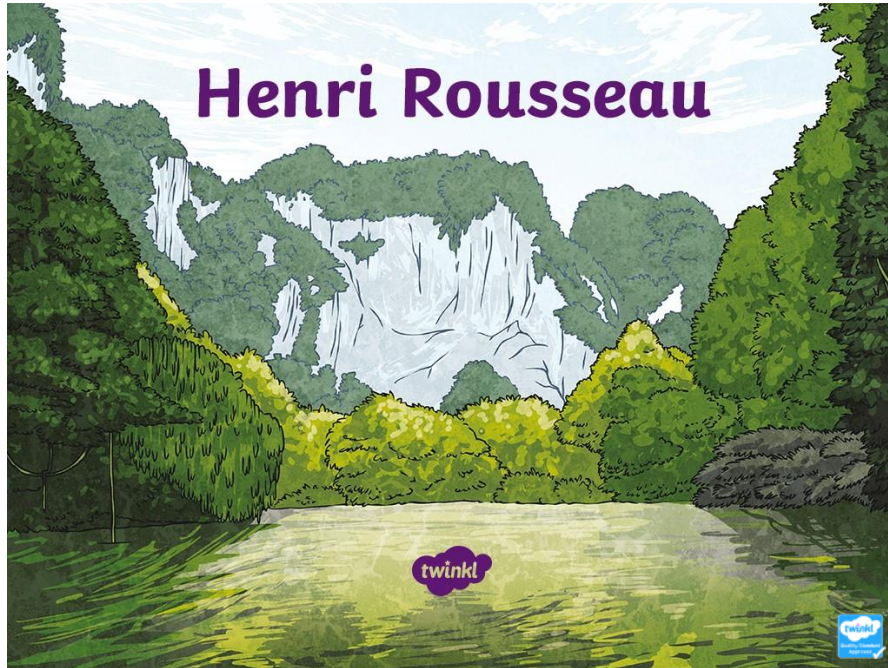
Poland - _____

Czech Republic - P_____

Latvia - _____

Belarus - _____

Henri Rousseau



Henri Rousseau

Henri Rousseau was a famous French painter.

He was born in 1844 in Western France, and attended boarding school.

At school, Henri Rousseau won prizes for drawing and music.



Henri Rousseau

After he finished school, he spent his early life working as a tax collector.

He taught himself to paint in his spare time, and started displaying his work at galleries in 1886.

He is best known for his jungle scenes, such as *Tiger in a Tropical Storm* (Surprised!)



Tiger in a Tropical Storm (Surprised!) 1891

by Henri Rousseau



Henri Rousseau



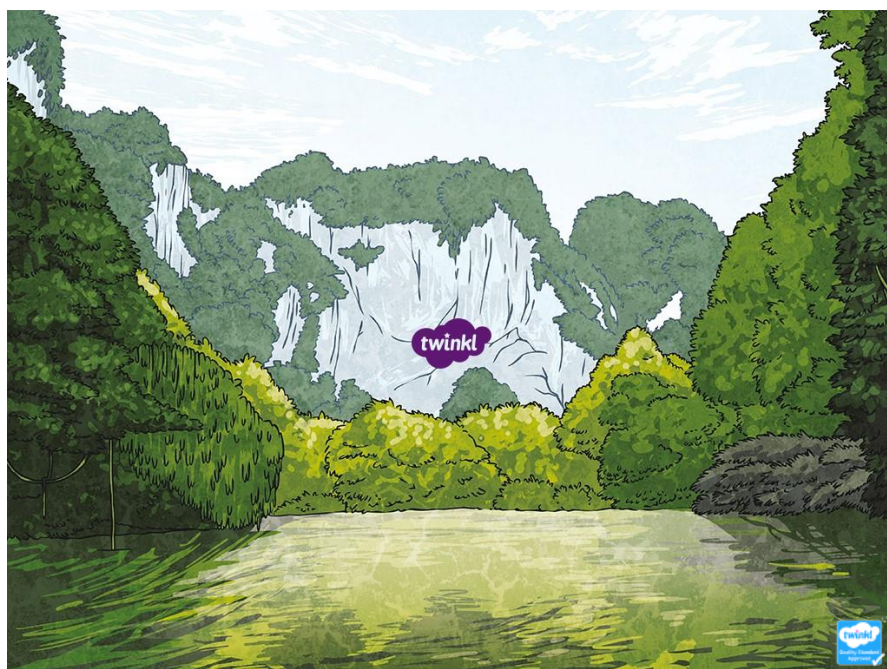
His art was called 'Post-Impressionism'.

This was an abstract style of art, which means that he didn't try to paint things exactly as they look in real life.

Henri Rousseau

Henri Rousseau was heavily criticised by lots of artists because they thought his painting was not very clever.

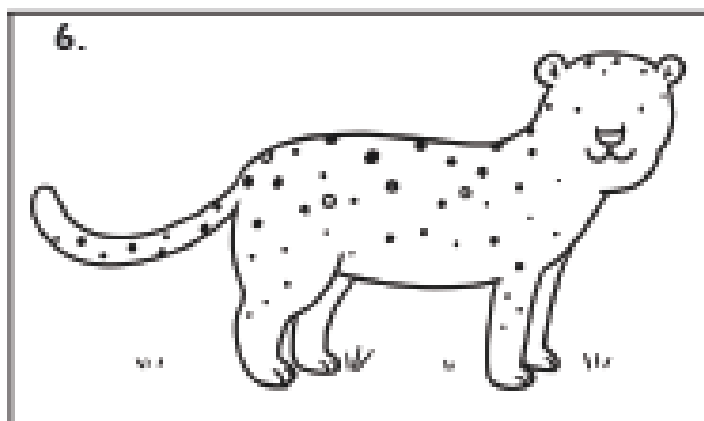
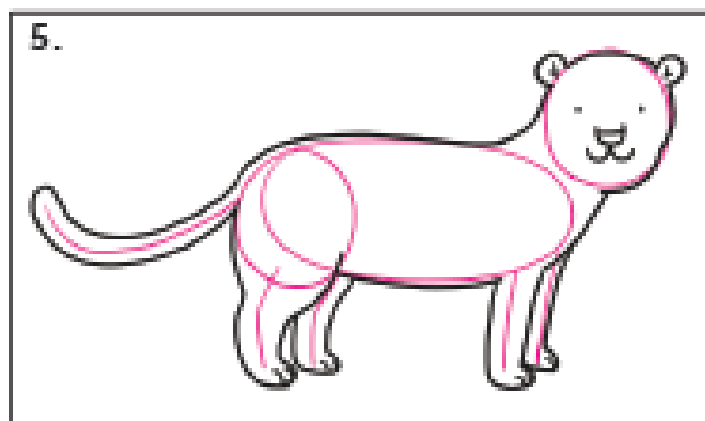
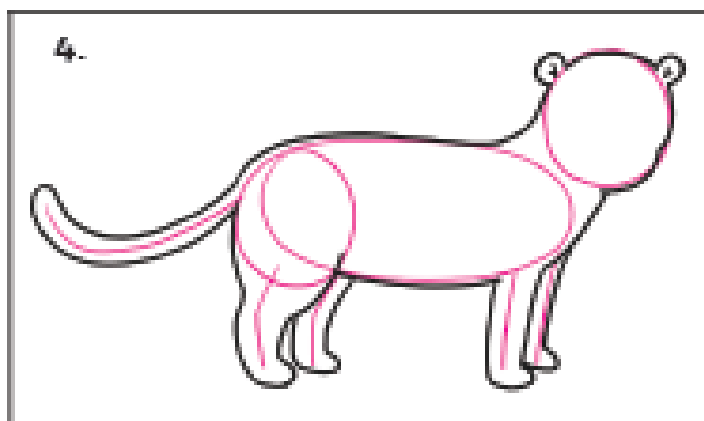
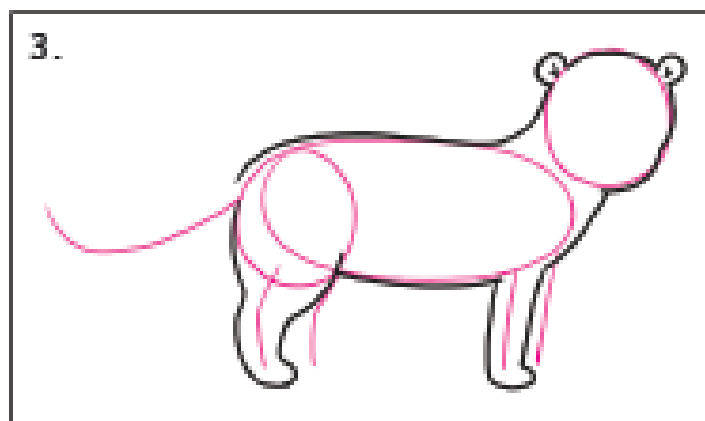
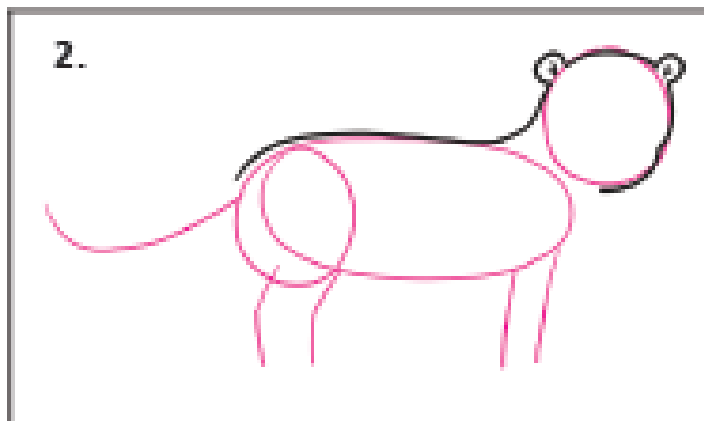
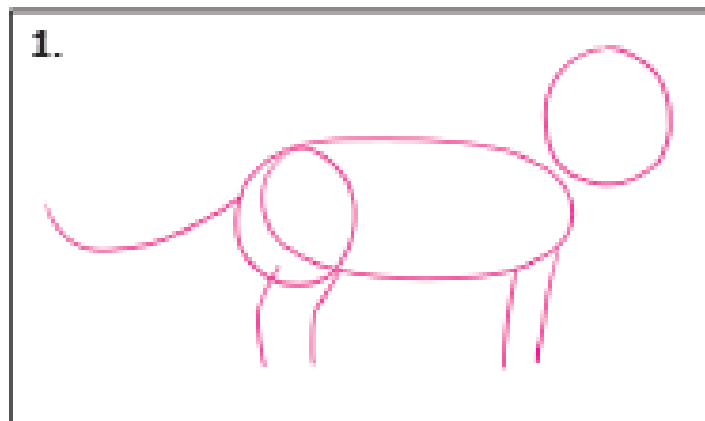
However, lots of other artists, such as Pablo Picasso, liked his work.



Step by Step Guide

Drawing Characters from Ronald the Rhino

The Leopard

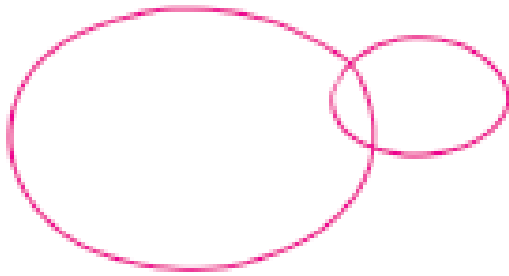


Step by Step Guide

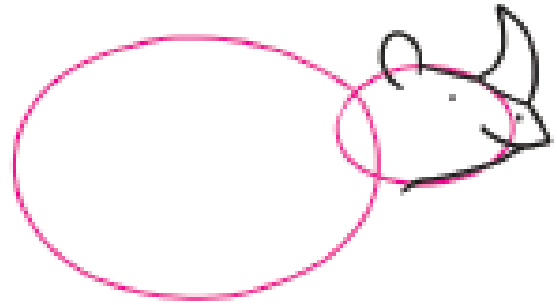
Drawing Characters from Ronald the Rhino

Ronald the Rhino

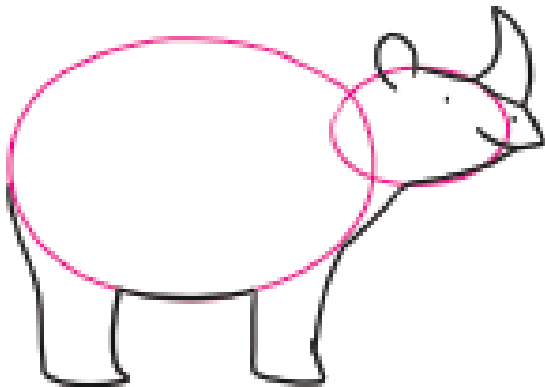
1.



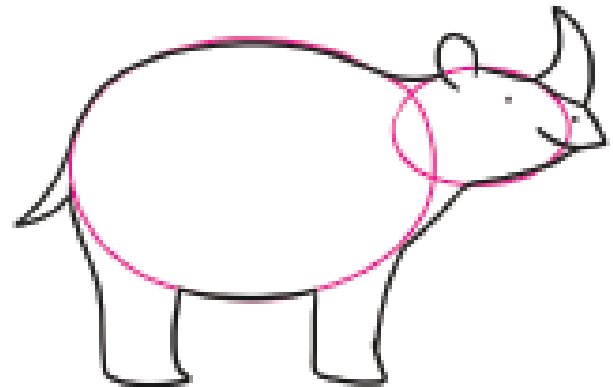
2.



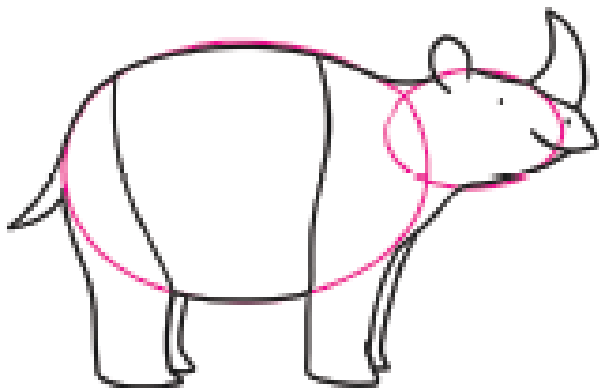
3.



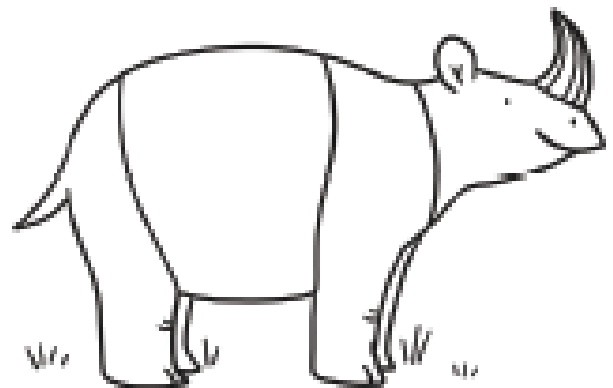
4.



5.



6.



Step by Step Guide

Drawing Characters from Ronald the Rhino

The Python

1.



2.



3.



4.



5.



6.





Detective



Name _____



Find a fact you didn't know before
(Remember to make sure it's reliable!)

Think about how being online is making you feel and tell someone you trust

Check 3 sources to see if something is reliable/true

Find an article or video online where a person is giving their opinion

Share something useful online to friends/family

Use a search engine and spot the sponsored results

Laugh out loud at something online

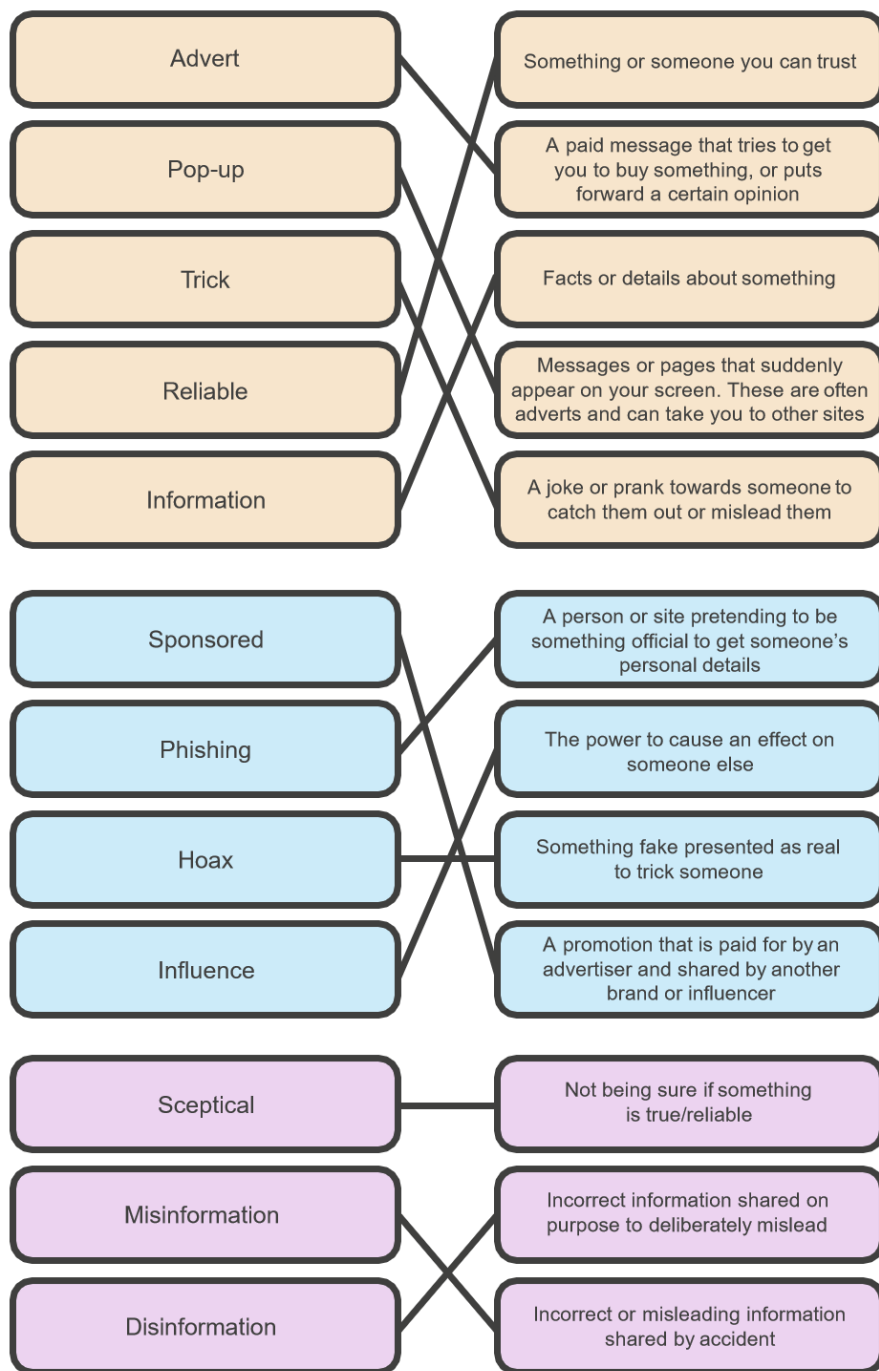
Find an image which has been edited

Spend some time researching a topic you're interested in with an adult you trust

Advert	Something or someone you can trust
Pop-up	A paid message that tries to get you to buy something, or put forward a certain opinion
Trick	Facts or details about something
Reliable	Messages or pages that suddenly appear on your screen. These are often adverts and can take you to other sites
Information	A joke or prank towards someone to catch them out or mislead them
Sponsored	A person or site pretending to be something official to get someone's personal details
Phishing	The power to cause an effect on someone else
Hoax	Something fake presented as real to trick someone
Influence	A promotion that is paid for by an advertiser and shared by another brand or influencer
Sceptical	Not being sure if something is true/reliable
Misinformation	Incorrect information shared on purpose to deliberately mislead
Disinformation	Incorrect or misleading information shared by accident

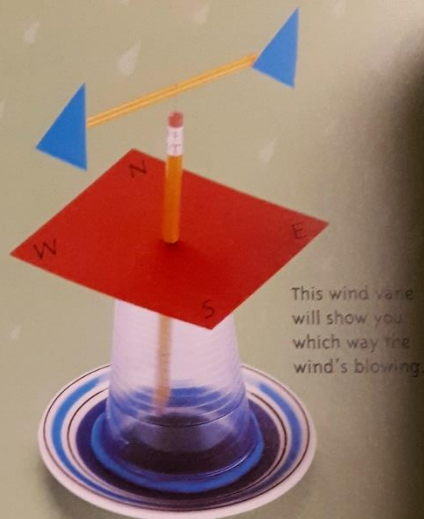


Jargon Buster (Answers)



Weather watch

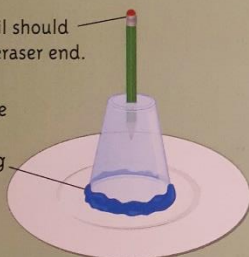
Weather forecasters record changes in the weather to make predictions about what it will be like. In these experiments, you can record the direction of the wind, measure rainfall and air pressure, and make a model of an extreme weather condition.



Make a wind vane

The pencil should have an eraser end.

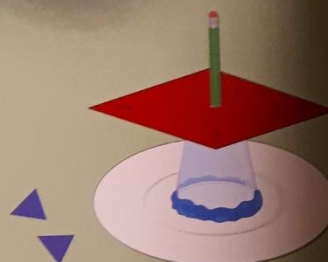
Secure the cup with modelling clay.



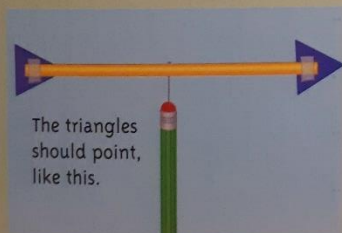
1. Make a hole in the top of a plastic cup with a drawing pin. Push a pencil through it. Secure the cup to a plate.



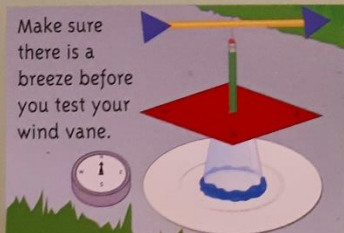
2. Cut out a square of coloured card and mark the corners, North, South, East and West, like this.



3. Cut a hole in the middle of the card and push it over the pencil. Then cut two small triangles from card.



4. Tape the triangles to the ends of a straw. Push a pin through the middle of the straw and then into the eraser.



5. Put the vane outside and point it so that N matches North on a compass. Which way does the wind turn it?

What's going on?

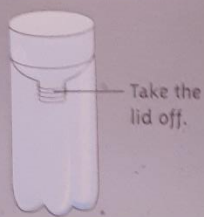
The wind blows on the wind vane and turns it until the arrows point in the direction the wind is coming from. You could make a chart to show which way the wind is coming from each day. The direction of the wind helps weather forecasters predict changes in the weather.



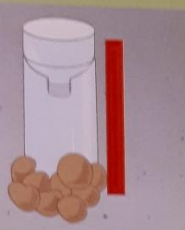
For a link to a website where you can have a go at predicting the weather, go to www.usborne-quicklinks.com

Make a rain gauge

Choose a rainy day to try your rain gauge.



To stop it from blowing over, support it with stones, or sink it into the soil.



1. Cut the top third off a large plastic bottle. Upturn the top part and put it inside the bottom part. Stand it outside.

2. Use a ruler to measure how much rain has fallen each day. Empty the bottle every day and record your results.

What's going on?

Measuring and recording the amount of rainfall is important because water is essential for life. Scientists compare rainfall in different countries and at different times of year, to see if, and how, the climate is changing.

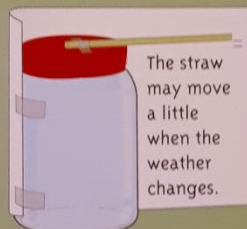
Measure air pressure

Secure the balloon with an elastic band.



1. Cut the neck off a balloon and stretch the balloon tightly over a jar. Tape one end of a straw to the middle, like this.

2. Tape some card behind the jar. Mark the end of the straw on it. Leave it for a day or two. Has the straw moved?



What's going on?

The change may not be very marked. But if the straw tilts up, it means the air pressure is high because air pushes down on the balloon. Lower air pressure makes the air in the jar push up on the balloon, so the straw points down.

Tornado in a jar



1. Fill a jar three-quarters full of water. Add a teaspoon of washing-up liquid and a teaspoon of vinegar.

The technique for swirling the jar can take a couple of attempts.



2. Put the lid on and shake the jar. Now swirl it in a circular motion. A tornado-like shape will form in the jar.

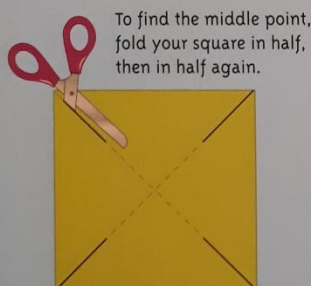
What's going on?

The liquids form a swirling motion, called a vortex. This looks very like a real tornado in a violent storm. A tornado is a swirling column of air, caused by changing temperatures and wind directions.

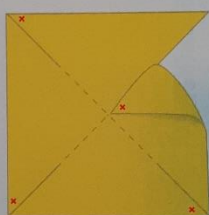
Wind and water power

Most of the energy we use to produce electricity comes from coal, gas and oil. But, one day, the Earth's supplies of these fuels will run out. Before that happens, scientists will have to find alternative sources of energy, such as wind or water, that will always be available. These experiments show how wind and water can be used to provide energy.

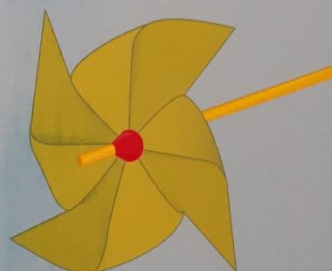
Wind power



1. Cut out a square of bright paper, 10x10cm (4in). Cut halfway down from each corner to the middle, like this.



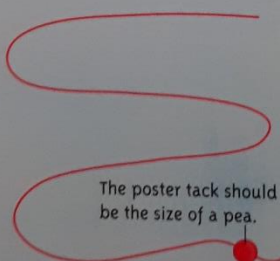
2. Fold the corners marked x to the middle and glue them down. The folds should curve and not lie flat.



3. Make a hole in the middle with a pencil and push a straw through. Secure it in position with poster tack.

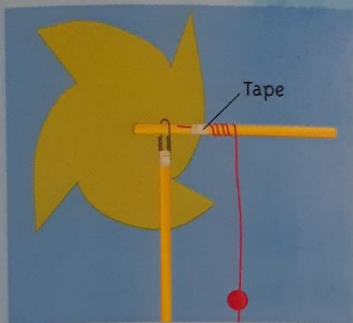


4. Now tape a paperclip to a second straw, like this. Then push the windmill straw through the paperclip.



5. Cut a piece of cotton thread about the length of two straws. Stick a small lump of poster tack to one end.





6. Tape the thread to the windmill straw. Wind the thread around it, leaving some hanging down.

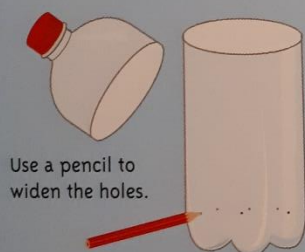


7. Hold the other straw and blow to the side of the windmill. It will spin around, making the thread roll up.

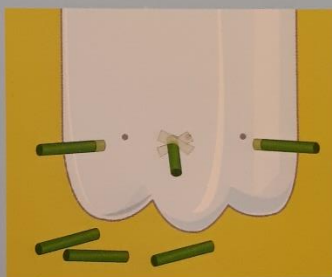
What's going on?

Your breath acts like wind and turns the windmill. This provides enough energy to pull up your small load of poster tack. Wind farms use much bigger windmills in the same way. The windmills turn machines and supply energy to generators to make electricity.

Water power



1. Cut the top off a large plastic bottle. Use a drawing pin and a pencil to make six holes around the base.



2. Cut a straw into six pieces about 2cm (1in) long and push them into the holes. Secure them with tape.

3. Make three holes at the top of the bottle and tie a piece of string through each hole. Then tie the strings to a fourth piece of string.



The strings should be about the same length.

4. Over the sink or outdoors, pour a jug of water into the bottle. As water pours out of the bottom, the bottle will spin around.



What's going on?

The energy from the water pouring out of the holes, makes the bottle spin around. Falling water and its energy is used on a much larger scale at hydro-electric power stations. The water turns enormous wheels, called turbines. These drive machines called generators that produce electricity.



For a link to a website where you can play an energy-hungry mice game, go to www.usborne-quicklinks.com