



SUMMER



Make and create Art & Craft and Music

It's time for the summer holidays and for many, that means moving into a new classroom with a new teacher, up into a new year group or into a new school. We have got lots of activities for you to enjoy with your family at home or your friends if it is safe to do so. We don't know if the sun will shine or the rain will fall so we've created things to do indoors and out and about: we hope you stay safe and take care now that... Summer's Here!

So, let us begin with a map to take us on our adventure:

Could you create a map of a journey you have taken – maybe begin with the one from home to your school, or the route you are going to take to your new school? What about a map of your street, or the park, or somewhere you have visited on holiday?





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Artists have found ways to create new pieces of work from maps: the artist Matthew Cusick uses a map to create a roadway which returns to a map



Another artist, Shannon Rankin, uses little discs of maps to create installations, collages and drawings:



Maybe you could create an imaginary world when you are on the beach, using sandcastles, stones, seaweed and shells? Or in the garden using leaves, sticks and soil? Who – or what – might live there?



Look further down our activities for a story, Paddle-to-the-Sea, which shares the adventures of a boat carved by a boy who wanted to travel the world but had to stay at home...





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Task 1:

Time for some listening!

Listen to ['The Little Train of the Caipira'](#) by Heitor Villa-Lobos. Can you draw the type of train which is being described in the music? Is it an old-fashioned steam train, a modern locomotive or even a futuristic train? Is it moving fast or slow? Does the train stay the same speed and movement throughout the piece of music, or does it change? Listen out for what happens at 2.15 mins in the music.

How can you tell that the music is describing a train journey? On this journey the train is carrying the 'Caipira' (people of the Brazilian countryside) off to pick berries in the field.

Listen out for: clarinets and trombones representing train whistles; percussion recreating the clattering, hissing engine; rhythms of the wheels and Brazilian folk-tune melodies.

Whilst listening to the music, draw the train journey including the landscape which the train is travelling through and the people on board.

If you enjoyed listening to this piece of music, you may wish to listen to further pieces of music to describe journeys using different modes of transport. Can you draw the vehicle which is being described in the music and the journey which it takes showing its speed and movement?

Listen to:

- ['Short Ride in a Fast Machine'](#) by John Adams
- ['Scheherazade Movement 1: Sinbad's Ship'](#) by Rimsky-Korsakov
- ['Night Ferry'](#) by Anna Clyne

Task 2:

Some more listening!

Listen to songs to describe a journey:

- [On the Road Again](#) by Willie Nelson
- [Africa](#) by Toto
- [Proud Mary](#) by Creedence Clearwater Revival

Do you have a favourite song which you like to listen to when you go on a journey? Ask your family to make a list of your top ten favourite songs to listen to when they go on a journey including: from home to school; visiting the park; to the beach or on holiday.

Listen to your favourite song and draw a map (graphic score) guiding you through the journey of how the music makes you feel as you listen to it. In your graphic score you could include: swirls and loops to represent a long, continuous sound (with symbols rising as music moves higher in pitch and falling as moves to a lower pitch) and dots drawn close together for the shorter, faster parts of the music.

Examples of how your sound map (graphic score) might look:





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Task 3:

Now let's make some music!

Using your journey map which you created in the Art and Craft section above, you can create a piece of music to describe the journey which you took.

Draw a route on your map from start to finish of the journey to represent the order in which you will follow the map.

To begin your journey, start by stamping a pulse (steady beat) with your feet.

Next, create a rhythmic ostinato (short, repeated rhythmic pattern) to describe your journey e.g. 'I'm ri-ding on a train' or 'I'm go-ing on a bike ride.' Clap the syllables of each word. Try clapping the rhythm at the same time as stamping the pulse (it's tricky to do!) and repeat your rhythmic ostinato several times.

Choose 3 or 4 landmarks to pass on your journey around the map. Choose an ostinato rhythm to play to represent the syllables of the words of each of the landmarks which you pass. You could play the rhythm using different body percussion e.g. Che-ster Zoo (pat knees, pat knees, click fingers); New Brigh-ton beach (clap hands, pat chest, pat chest, clap hands) or even using objects found inside or outside your house.

When you have chosen each of your ostinato rhythms, practise performing your musical journey from start to finish around your map beginning with your rhythmic ostinato e.g. 'I'm ri-ding on a train' interspersed with playing each of the landmark rhythms passed along the way (represented by rhythmic ostinato) then ending your piece with your original ostinato rhythm or pulse.

Additional ideas:

- You could include sound effects heard during your journey (using voice, body percussion or play objects found inside and outside your house) e.g. to represent a train journey sounds include a whistle, horn, hissing sound.
- Decide on the tempo (speed) of your music- will you be moving at a constant speed throughout the journey or might you travel at different speeds? e.g. slowly starting to move at the beginning; reaching a constant speed then slowing down at the end.
- Once you have performed your piece, you could have fun playing each of your ostinato rhythms at the same time with each member of your family performing one of your chosen rhythms. Listen to the texture (layers of sound) created.

Have lots of fun performing your sound journey to your family.

Task 4:

Now let's sing!

Song 1

[I Like Books](#) – Out of the Ark - Conduct a survey to discover everyone's favourite books. See if you can find out: the oldest book; the longest book; the funniest book; the most popular book; the scariest book. Ask your friends and wider family by email or video chat too.

Song 2

[The Bonkers Song](#) – Out of the Ark - Can you try and learn all the different parts to this song? Maybe you could try to learn it with friends or family and each sing a different part at the same time?! Part 2 in this song is a real tongue-twisting challenge. Look up some other tongue twisters to try. Here's one to get you started: *Yellow butter, purple jelly, red jam, black bread. Spread it thick, say it quick! Yellow butter, purple jelly, red jam, black bread. Spread it thicker, say it quicker! Yellow butter, purple jelly, red jam, black bread. Don't talk with your mouth full!*

As always, we would love to see and hear your musical performances – please share with us on Twitter @MusicalRoutes and Facebook @EdsentialUK.



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Time to move
PE, Dance and Healthy Eating

Daily

Take part in #EdsentialAtHome Daily Challenge against a member of the Health and Wellbeing Team. Challenges are posted daily on Twitter [@EdsentialUKH_WB](https://twitter.com/EdsentialUKH_WB) and Edsential Facebook.

Weekly Skills

Our weekly skill this week is 'shooting' in football.

Watch our video and have a go! Do not worry if you don't have a goal, you can create your own with two tins from the cupboard to use as posts!

[Watch our 'Shooting skills video' here.](#)

Once you have mastered the skills, try to create your own challenge. For example, how many steps away from the goal can you take but still score? Or try giving yourself a smaller target to hit.

Working Together

Have a go at this great game together!

[Flat Target Game](#)

There are also lots of other great challenges on there which require adults and children to work together! Give them a go!

Health and Fitness

Have a go at [this 'Fitness Circuit'](#). Can you do it every day for a whole week?

After a couple of days, try to add in your own activities at one of the stations.

Resources

Try the following games using these free resources. Choose two cards that you have not used yet and give them a go! [Energy Club Cards](#) for KS1 and [Energy Club Cards](#) for KS2

Eat well to stay active

As the weather starts to get warmer over the summer, we all love a sweet treat! Instead of the usual ice lollies or ice cream (which often have LOTS of sugar in) try making your own 'Granita'. It is like a crushed ice lolly and is super easy to make.

Have a look at the recipes on this [link for some ideas.](#)



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Let's go outside

Using the natural world to learn and play together

Summer's here so why don't you...

- **Search the sky for shapes**

Choose a day when you will be relaxed... lying on the ground looking up at the sky.

Find a comfortable spot, maybe in the garden, in the park, at the beach...

Look at the clouds in the sky... What can you see? A unicorn? A face? A castle? An animal? Can you make up stories to link the different things you can see amongst the clouds?



- **Upcycle clothes to create something new to wear in the summer** – ask a grown-up to help with this!

Visit <https://www.therealisticmama.com/upcycled-clothing-ideas/> for some ideas!

- **Make bread on a stick to cook on the barbecue**

Ingredients for 12 twists

500g self-raising flour

3 tbsp sugar

300 -500ml water or milk

Spoon

Pot

Wooden spoons or clean branches

Campfire or barbecue

Instructions:

1. Mix all the ingredients thoroughly in a bowl with a spoon to create smooth
2. dough.
3. Knead the dough to work and stretch it.
4. Take a small handful of dough and roll it into a long sausage.
5. Twist the dough around the end of wooden spoon or a stripped branch.
6. Position the stick over the embers of a campfire (not in a direct flame) and turn it occasionally.
7. When it is golden brown after about 10min it is ready to enjoy.



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- **Make a tent or tepee for your toys...**

Using three sticks, tied together at the top and spread out at the bottom: now you have the tripod structure needed to create a simple den. You can use grass, leaves, smaller sticks or fabric as a covering for your tepee and use something like clothes pegs to hold it in place.



- **Explore a new space or place** – lots of buildings and outdoor spaces have reopened now so ask a grown-up to see where you can visit... maybe you could create a map of your favourite building. Try the Library, the park, the playing fields... but make sure you stay safe!



- **Read!** It's the [Summer Reading Challenge](#) – can you reread your favourite story, swap books with a friend, find a new book in the library...

And now Summer's here...

Edsential CIC and Partners have been successful in accessing funding to coordinate Holiday Activity and Food provision over the summer holiday period in West Cheshire, Halton and Wirral for 2020. Please visit

www.edsential.com/holidayactivityfund2020/ to find out about provision where you live!



Amazon Audible

Our top literary picks to extend their learning even further
<https://stories.audible.com/start-listen>

You might enjoy:

- [The First Music](#)
- [Paddle-to-the-Sea](#)
- [The Enchanted Castle](#)
- [Robinson Crusoe](#)



Keep in Touch

We would love to see your activities and you can upload images, sound and video recordings of your creative responses to our Twitter [@EdsentialUK](#) and Edsential Facebook – please ask an adult to do this for you.

