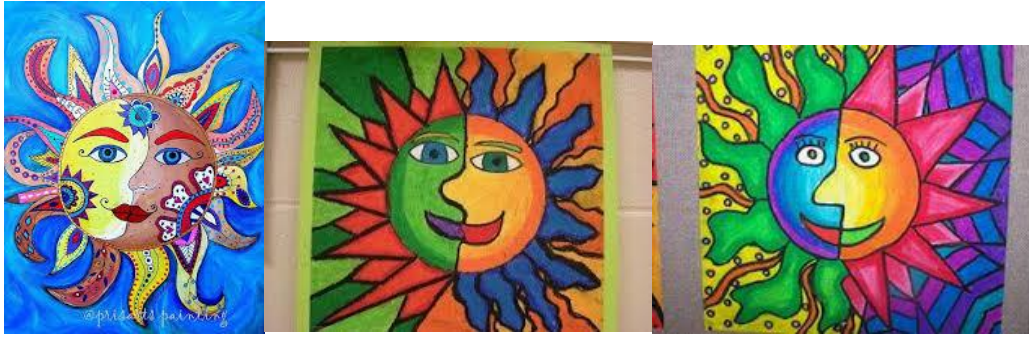


## Art

### Aztec suns:



Look at the PowerPoint attached and using any materials you have in your house, create your own Aztec sun to celebrate summer.

## Music

Have a go at the musical instruments PowerPoint on the website.

## P.E.

We have been having lots of fun in school by exercising daily in different ways. This is something we hope to continue in September. Please join in by having a go at some or these different dances.

They certainly get your body pumping.

We would love to see your mini dance work-outs, so feel free for your adults to send us videos or pictures of your efforts.



<https://www.youtube.com/watch?v=KUmkKPcf71Q>



<https://www.youtube.com/watch?v=q0U1A7ovy3I>



<https://www.youtube.com/watch?v=ymigWt5TOV8&list=RDymigWt5TOV8&index=1>

If you enjoyed these, have a go at making one of your own. Find a good beat and make up your own Zumba or Bollywood dance.

### Science

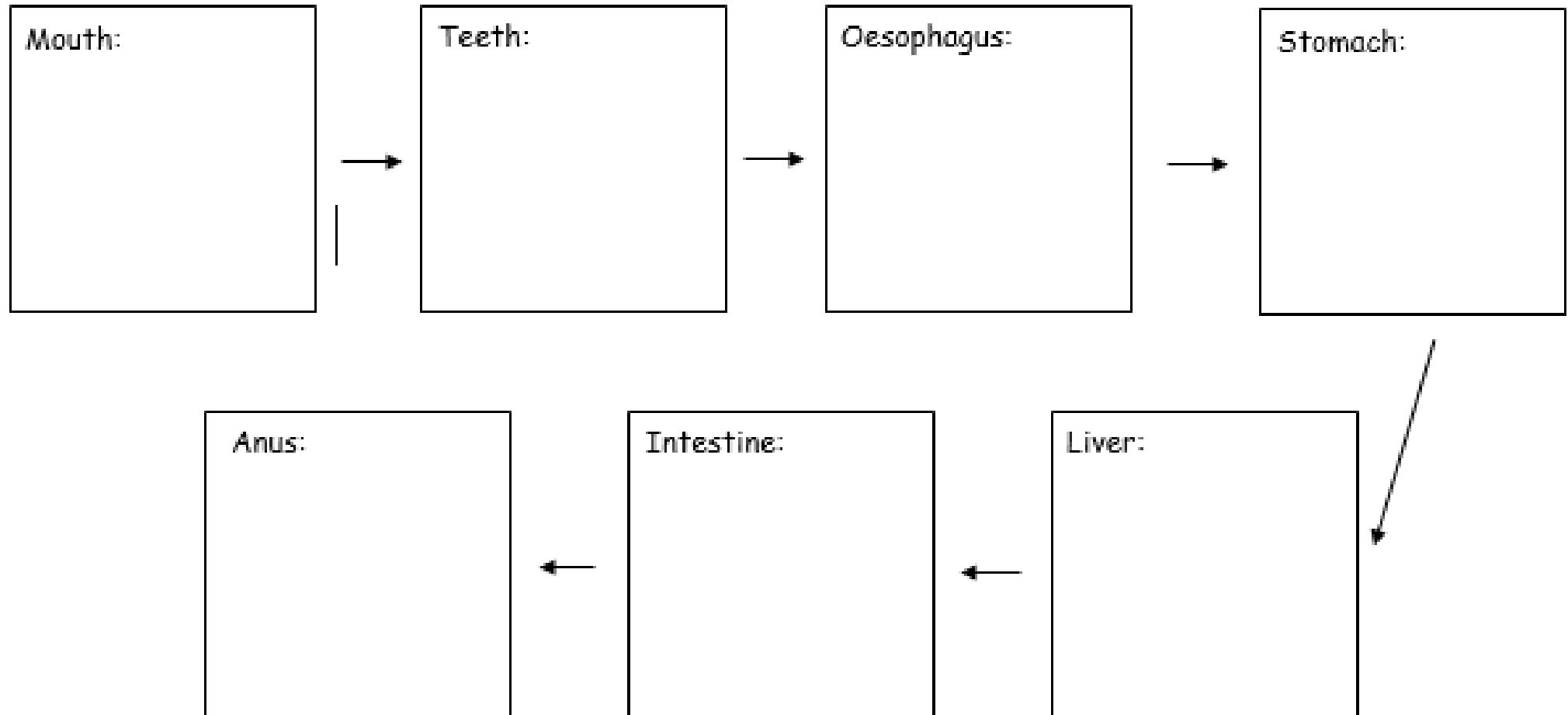
Complete the attached worksheets about digestion.

### Facts about digestion

- Food is chewed by the teeth and rolled into a ball by the tongue.
- It is mixed with saliva and swallowed.
- Swallowed food is pushed into the oesophagus, which connects the throat above with the stomach below.
- The oesophagus pushes the food down and down.
- At the end of the oesophagus there is a muscle called a sphincter, which is like a ring that can open and close.
- As food approaches the closed sphincter, the sphincter relaxes and allows the food to pass through to the stomach.
- The stomach has three tasks.
- First, it stores the swallowed food and liquid.
- The second job is to mix up the food, liquid, and digestive juice produced by the stomach.
- The third task of the stomach is to empty its contents slowly into the small intestine.
- As the food dissolves into the juices from the pancreas, liver, and intestine, the contents of the intestine are mixed and pushed forward to allow further digestion.
- Finally, the digested nutrients (the useful stuff) are absorbed through the intestinal walls and transported throughout the body.
- The waste products of this process include undigested parts of the food, known as fibre, and older cells that need to be got rid of.
- These materials are pushed into the colon, where they remain until they are pushed out by our body from the anus.

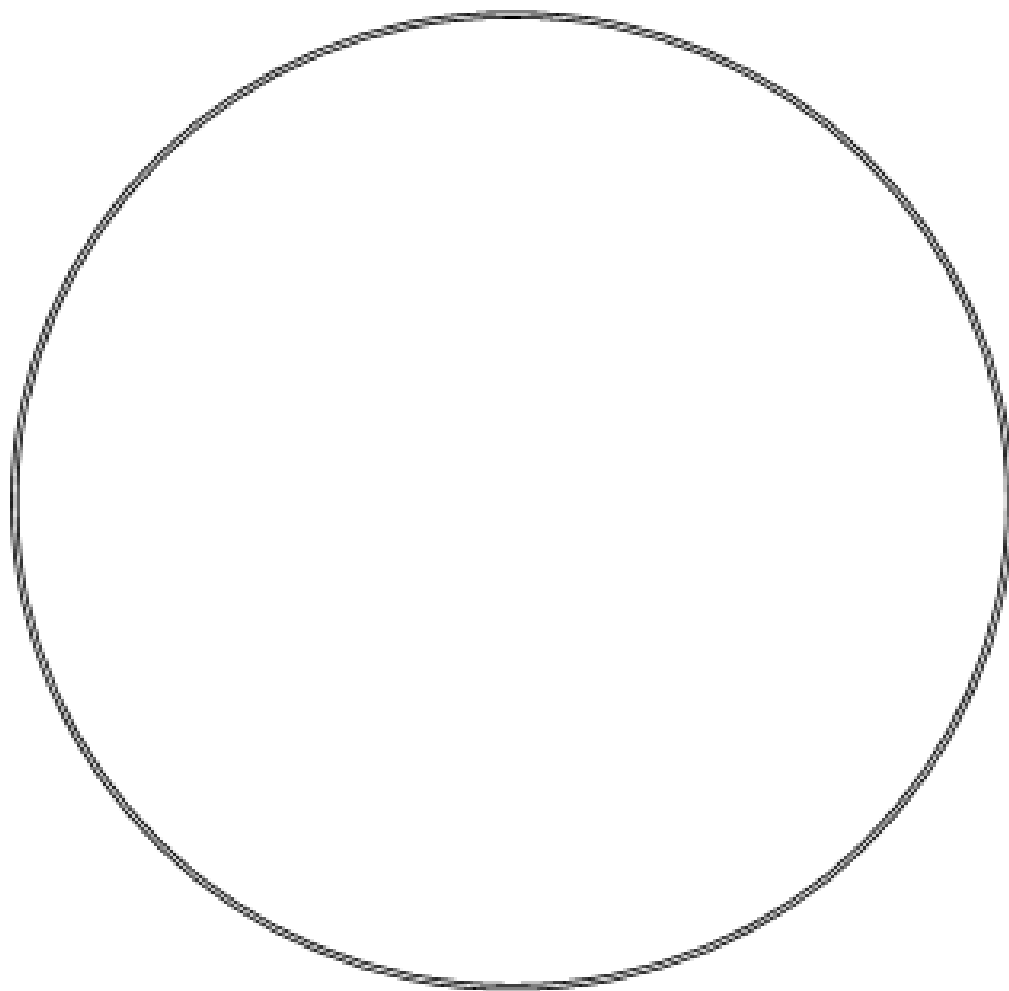
## The journey of food

Find out some facts about digestion and write them in the boxes.

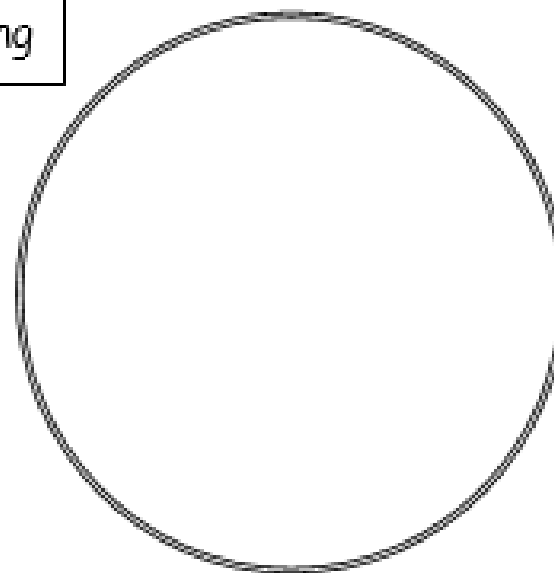


## My Favourite Healthy Meal

Main course



Pudding



Drink

