**Second Level**

**PE & Science activities**

*Colour in the box as you complete the fun activity. You can choose to do the activities in any order. The experiments must be completed with an adult.*

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| Go Noodle  For kids  Youtube | Science: Research  \*a list of diseases  \*the cause of each disease  \*what organ(s) it affects  \*simple things we can do to prevent these diseases | Gla. Science Centre  Choose an experiment to do with an adult.  Youtube | Outdoor or indoor fun Challenge  Time yourself and try to beat your personal best each day  10 star jumps  10 squats  10 push ups  10 sit ups  Record your timings each day! |
| Gla. Science Centre  Choose an experiment to do with an adult.  Youtube | Science  Investigate the skin on your body:  \*watch Youtube video ‘structure of the skin’  \*investigate your own skin and ask others in your family what areas of your skin is more/less sensitive to pain/heat/cold | Jumpstart Jonny  Youtube | Science  Research/investigate the action of the eye:  \*in response to a change in brightness  \*the blink reaction  \*optical illusions (try some if you can find or watch a video on YT on them) |
| Just Dance for kids  Youtube | Gla. Science Centre  Choose an experiment to do with an adult.  Youtube | Science  Knee Jerk Reflex  Watch the Youtube video on the above.  Investigate the knee reaction of everyone’s knees in your family | Go for a long walk with an adults and talk about what you can:  See  Touch  Smell  Hear |
| Science  Find out what a Stroop Test is and get everyone in your family to try it. | PE with  Joe Wicks  YouTube | Gla. Science Centre  Choose an experiment to do with an adult.  Youtube | Cosmic Yoga  For kids  Youtube |