**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 NoodleFor kidsYoutube  | 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 CentreChoose an experiment to do with an adult.Youtube  | Outdoor or indoor Fun Challenge Time yourself and try to beat your personal best each day10 star jumps10 squats10 push ups10 sit upsRecord your timings each day! |
| Gla. Science CentreChoose an experiment to do with an adult.Youtube  |  ScienceInvestigate 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 JonnyYoutube | ScienceResearch/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 kidsYoutube | Gla. Science CentreChoose an experiment to do with an adult.Youtube  | ScienceKnee Jerk ReflexWatch 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:SeeTouchSmellHear |
| ScienceFind out what a Stroop Test is and get everyone in your family to try it. | PE with Joe WicksYouTube | Gla. Science CentreChoose an experiment to do with an adult.Youtube | Cosmic Yoga For kidsYoutube |