

## PSED

V.E. day was all about celebrating that the war was over. For children it meant having a day of fun, games, food and time with family. Why not play some games that you enjoy. They could be board games, hopscotch, or make a puzzle. Choose an activity you enjoy either to do on your own, or with those you live with.

*You are doing an amazing job, enjoy time to celebrate how well you are doing, and have fun family time too. Although if anyone is very competitive playing, you may need to choose the game carefully!*

## Art/DT - Design your own flag

Our flag has the colours red, white and blue. Can you design your own flag using these colours? Perhaps you could put your name or family name in the design. Use what resources you have, pens, crayons, buttons, see how creative you can be. ☺ *Encourage the children to use their creative ideas to make a flag of their design. They can look at different countries flags to get ideas of what they could do.*

## Topic Activities

**Date:** 04.05.20

**Focus:** V.E. day

If we had been in school, this would have been the focus this week, so we have planned activities that you may like to carry out with the children, at an appropriate level for them.

## P.E -Using our bodies to make letters

Use the warm up first. We are going to use our bodies in different ways. Can you make your body into a letter. Can you make a V and an E, what about the letters of your name. Have a look at the resource on the second page, if you have someone who can help you, you can do it together. At the end remember to cool down, there is an idea on the sheet below.

*Encourage your child to think about the shape of the letters, being safe in how they do this. You may need others to join in to make the letters clear.*

## Science

## Wartime Recipes

One of the things that people remember about the war was the food. There was not a lot of food, or too much choice, so people had to experiment with different ways of cooking. Eggs were something people were only allowed to have 1 of each week! So this meant that cooking was very limited. People were very good at making different things out of what food they could find, spam was a new meat introduced which was sometimes served as fritters! On the second page, there are some wartime recipes, why not have a go and see what they are like ☺

*You could look at the different recipes, if you have the ingredients and time you could make them with your child. Other recipes are available, these looked edible!*

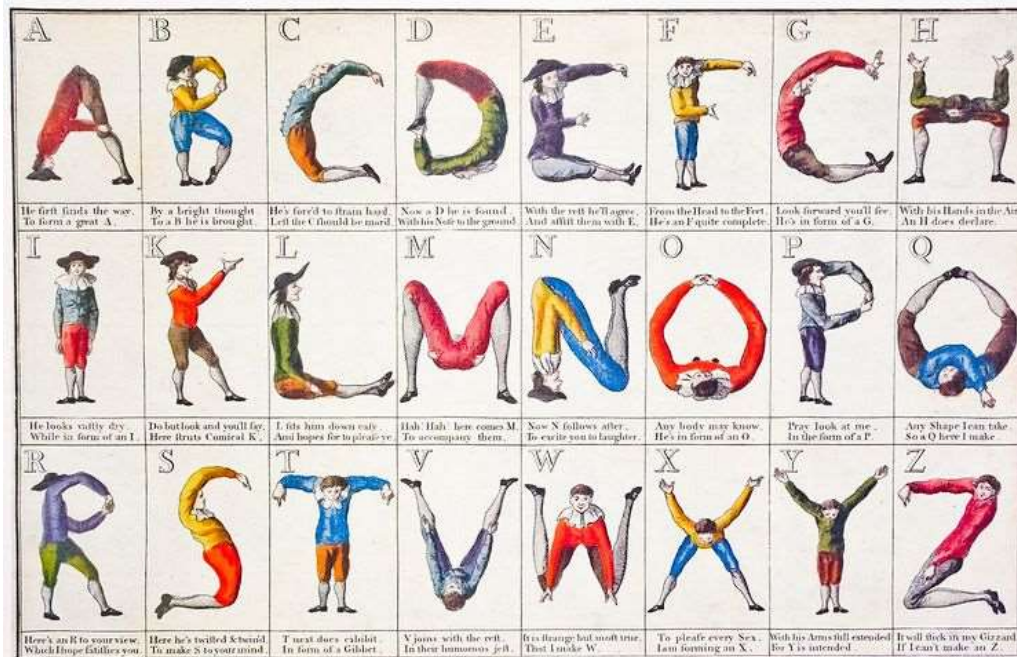
## Geography/History

Do you know who the Prime Minister is at the moment? See if you can find out who was the Prime Minister on V.E. day - 8<sup>th</sup> May 1945. It was a day of celebration, lots of street parties and celebrations. Lots of people went to places like Trafalgar Square in London to celebrate this special day. There are some songs that people remember singing at this time and Dame Vera Lynn is famous for singing a popular song at this time. See if you can find out what it was called.

*Although this time was a celebration, we are aware that it was not a celebration for all families. You can choose to look at what information you feel is right for your child, what they will understand. They will learn to investigate details in later years, but just knowing about the celebration is enough at this stage.*

## Huff and Puff

- Make sure all the children have a see-through scarf each.
- Ask the children to walk sensibly around the space with the scarf on their heads.
- Shout out: **'Huff and Puff'**  
The children should stop and try to blow the scarf off of their face.
- Give the children about 30 seconds to practise this, then ask them to continue moving around the space.
- Repeat this process a few times.
- The cool-down activity should last a couple of minutes.



## WARTIME RECIPES

### ★ Spam Hash ★

#### Ingredients

2 large potatoes  
1/2 onion  
1/4 can of spam  
tablespoon of butter/margarine



#### Method

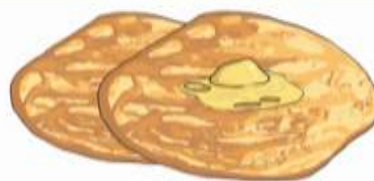
Wash the potatoes.  
Cut them into quarters and boil until they are firm. Remove from the water and let them cool.  
Chop up the onion.  
Chop the spam up into chunks.  
Add the butter to a large frying pan.  
Add the onions and cook gently until nice and soft.  
Take the potatoes and chop them into even smaller chunks.  
Add the potatoes and spam chunks into the pan with the onions and continue to fry and stir them.  
Turn down the heat and cover the frying pan if possible. Continue to cook for a further 5-10 minutes, if the texture is too sticky add a little bit of water and stir.  
Once cooked, serve with your favourite vegetables.  
Serve and Enjoy.  
Serves 1

## WARTIME RECIPES

### ★ Pancakes ★

#### Ingredients

1 egg  
4 oz of wholewheat flour  
pinch salt  
1/2 pint of milk and water mixed



#### Method

Mix all the wet ingredients together.  
Mix all the dry ingredients together.  
Once you have mixed the ingredients, slowly add the wet ingredients to the dry ingredients to create a stiff batter then continue add the rest. Beat it well until it's smooth.  
Add a little bit of margarine into the pan and wait until it is bubbling.  
Pour in the batter and cook until both sides of the batter are brown.  
Serve with either syrup, jam or sprinkle a little bit of sugar.  
Enjoy.  
Makes 6-10 pancakes.

## WARTIME RECIPES

### ★ Cheese and Potato Dumplings ★

#### Ingredients

2 lbs of potatoes  
2 reconstituted dried eggs (or 2 fresh)  
3 to 4 oz grated cheese  
salt and pepper  
dried herbs such as thyme (optional)



#### Method

Peel the potatoes.  
Cook the potatoes in boiling salted water.  
Once the potatoes have boiled, set them aside for 10 minutes to drain in a colander.  
Mash the potatoes.  
Turn the heat low and add the mash potatoes into the saucepan. Add seasoning and herbs, mix well.  
Add the cheese and eggs and mix well again until the potatoes firm up.  
Once they have cooled a little, form them into 10 balls and add in the remainder of the cheese.  
Place them on a greased baking tray and bake in a hot oven for 20 minutes or so until they have become brown and crusty.  
Serve and Enjoy!