

## Mountains Home learning - Oak

Over the term, I challenge you to complete 4 of the activities below - you can choose!

2 pieces will be due in the last week of the half term and the next 2 at the end of the term - this should remind those children who rushed to finish last terms home learning.

### **Mountain Medical Matters**

There are many dangers that you must be prepared for when climbing. Find out about one of the following medical problems climbers may encounter and how to avoid or cure them: Hypothermia; Altitude or Mountain Sickness; Dehydration and Frostbite.

### **Story Time**

Write a story that is based in a mountain range, a story that is about explorers or people who live in that environment. You could include the animals that are found in these places, the people who live there or the mythical Yeti.

### **Survival Bag**

Decide what you would include in your survival bag for a trek up the Himalayan Mountain Range. You may only take 10 items for you to carry personally. What will you need? Explain your choices and why you feel they will help you to survive.

### **Masterchef**

Create a meal that would provide the essential energy required for a mountain hike. Or why not make a fruit and nut energy bar? Bring it in for us to taste (if nut free) or take a photo and ask your friends and family to comment on your creation.

### **Compare and Contrast**

Choose two different mountain ranges to research and compare. Your findings can be presented in any way you wish; use a model, a painting, an information booklet or even a PowerPoint presentation.

### **How Good Is My Equipment?**

If you travel to mountains, you need to know that you can trust your equipment. How good are your shoes? How reliable is your rucksack? Carry out some experiments to test these pieces of equipment. Record the results and the tests you do. Think scientifically! You could compare different rucksacks and boots.....

### **Mountain Design**

Make your very own mountain in whichever form you wish; it may be a papier-mâché model, a mountain cake or biscuits or even something you have created using fabric.

### **Diary Entry**

Write a diary entry as if you were a mountain explorer. What amazing things would you see and discover?