

W/C 13.7.20 Year 5 Week 12 Topic Tasks

Making Ice Cream

Feeling hot? Why not make some instant ice cream to cool you down?



Follow these steps...



- 1** Pour half a cup of flavoured milk into the small zip-lock bag and seal it tight.



- 2** Put a generous amount of ice into the large zip-lock bag, then add 6 tablespoons of salt. The salt lowers the freezing point of the ice, and you will see the ice begin to melt.



- 3** Place the small zip-lock bag inside the large bag with the ice and salt, and seal the large bag.



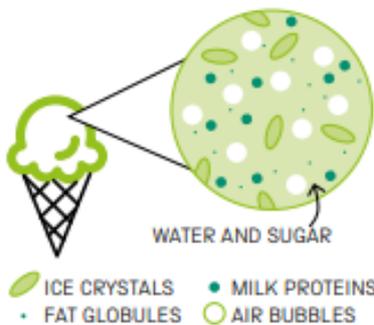
- 4** Put on some gloves (so your hands don't get cold) and start to gently shake and squeeze the bag.

5 After five minutes of shaking, carefully take the small bag out and taste your ice cream!

Top tip: Be careful not to spill any of the salty ice water or mix it with your ice cream as you get it out of the bag.



What's the science?



Pure water freezes at 0 degrees Celsius. Add salt and the freezing point drops by a few degrees. When you add salt to the ice in the outer bag, the ice (at 0°C) is now above its freezing point – so it begins to melt. Melting requires energy, and in this case that energy comes from the flavoured milk mixture in the inner bag. Ice crystals start to grow in-between the tiny globules of fat in the milk and bubbles of air, causing the milk to freeze and change state from a liquid to a solid.

[Enjoy your ice cream!](#)

[P.E.](#)

Stay at home Sport's Day

Choose your favourite activities from the ideas below and take part in our Stay at Home Sport's Day!

With an adult's permission, you can record some of the events you do and tweet them to @CoppiceB75.

You could make some events into a competition with your friends or family.

See the events below:



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| <p>Create and complete your own obstacle course</p> | <p>Egg and Spoon – how many lengths of the garden/room can you do in a minute?</p> | <p>Can you sprint non-stop for 30 seconds? This can be on the spot. If you have enough space, why not make it into a race?</p> | <p>How many feet keepy uppies can you do?</p> |
| <p>How many hand keepy uppies can you do? Scrunch up some paper or use a soft ball.</p> | <p>Water Race – Fill a cup with water and race to a bowl. How full can you make the bowl in a minute?</p> | <p>How many claps can you do when you throw a ball up into the air?</p> | <p>Speed Bounce – how many jumps can you do over an object in a minute?</p> |
| <p>How many sit ups can you do in a minute?</p> | <p>Rubbish bin Basketball shootout – how many bits of scrunched up paper can you get into the bin in a minute?</p> | <p>Long Jump - How far can you jump?</p> | <p>How long can you hold your balance for? It is up to you how creative you want to be with your pose.</p> |
| <p>How many times can you skip in a minute?</p> | <p>Three-Legged Race Choose a partner and time how long it takes you to get from one side of the room/garden and back. If there is enough of you, and space, have a race at the same time.</p> | <p>Target Challenge – Create a target and throw/kick a ball or scrunched up paper to see who gets the closest to it. You have got 3 attempts each.</p> | <p>Water balloon toss – Fill up some water balloons and find a partner. Begin tossing your water balloon to each other – the key to winning is to catch it successfully. Every time it is caught, take a step backwards. The game continues until the balloon bursts.</p> |

