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| Learning Project Week 4: Healthy Me! | |
| Class: Obama Year 5/6  Please complete at least 3 of the tasks below during the week:  We love to see what you are doing on our private Facebook Page or Twitter Feed: [www.facebook.com/groups/heatherprimaryschoolcolaville](http://www.facebook.com/groups/heatherprimaryschoolcolaville)  [@HeatherPrimary](https://twitter.com/HeatherPrimary?lang=en) | |
| Weekly Maths Tasks | Weekly Reading Tasks |
| **Daily**   * Participate in daily Maths lesson- Week 2- from government home learning website: <https://www.thenational.academy/> * MyMaths – try to complete one task everyday   **Weekly**   * Participate in Gareth Metcalfe’s Live Lesson once a week * Choose three 10minute sessions (please use a range throughout the week) on either: * Times Tables Rock Stars. * Hit the Button * Practise telling the time – you could even design a weekly learning timetable * Try to play a Maths-related game with your family for example: * Uno * Monopoly (be the banker) * Lots of free Maths games on <http://www.iseemaths.com/> * If there is an area of Maths that you are struggling with try checking out <https://mathantics.com/> – this website has lots of free Maths tutorials and you can select them by topic. | **Daily**  Participate in daily English lesson – Week 2 - from the government learning website: <https://www.thenational.academy/>  Read for 20 minutes every day. Let me know what you are reading. What is your favourite part and why?  **Weekly**  If possible, try to be heard read aloud by an adult 3 times per week.  Look up any new words from your reading book in a dictionary or use <https://www.dictionary.com/> to look up the meaning. Try to write 3 different sentences using this new word.  Join read theory <https://readtheory.org/> and try to do at least a 20 minute session per week. This is a great site to support reading.  Watch Newsround and discuss what is happening in the wider world. Then write up your own news story – perform it to the rest of your family. |
| Weekly Spelling Tasks (1 per day) | Weekly Writing Tasks (3 per week) |
| Back to homophones this week. Find as many different pairs you can and write a sentence in the correct context for both. You could challenge yourself and try and put them in the same sentence – a bit trickier but fun! Get creative - these could be practised in the mud, sand, shaving foam etc...  Practise your spelling on Spelling Shed  Choose 5 Common Exception words. Look up the meaning in a dictionary. Use these words in sentences. | Imagine you are a soldier during World War 2, write a letter home to your parents telling them about your daily routines, your friends on the frontline, etc... but remember to shield them from how you are really feeling about the war.  Now as the same soldier, write a diary entry of what you see around you daily, how you’re really feeling, about missing home, wanting the war to end etc...  Listen to Churchill’s famous VE victory speech: <https://winstonchurchill.org/resources/speeches/1941-1945-war-leader/to-v-e-crowds/>  If you had to make a speech what would it include? If you were the Prime Minister, what would you want to tell your people? Write your own VE speech. Record it and then send it in to school. I would love to hear them!  Keeping healthy is so important. You are a reporter for a sports magazine, and you have been asked to interview a sportsperson of your choice. Prepare a set of questions to ask them about their healthy lifestyle and fitness schedule.  Write a balanced argument about one of the following areas: why people (children) should eat healthily, sugar tax on fizzy drinks, exercise, junk food, etc.. Remember to introduce your topic, then write a for and against, finally write a conclusion. |

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| Learning Project – ongoing throughout the week.  Choose from the selection below. |
| Art  Create a piece of artwork entitled VE Day – this could be a drawing, painting, model etc. You could do this in the style of a famous artist. What materials did you use and why?  PE  Remember it is important to stay active. Set up a circuit class with three – five stations for you and another family member.  Science   * Research about the different food groups. What foods are needed for a health balanced diet? See if you can produce a food wheel. Why not keep a food diary for the day. What food groups did your diet fall into? Were you missing any of the food groups? Did your portion sizes match the daily recommended portions? * Carry out one of the experiments on the website below to learn more about food contents: <https://www.extendednotes.com/after-school-activities/7-food-science-experiments-to-promote-healthy-eating> * Exercise and a balanced diet are vital for a healthy body. Find out about the different parts of the human body including: Where they are located in the body, Their functions, What they need to work effectively and how they benefit from exercise and healthy food   Geography  Diets will vary around the world. Find out which countries have the best diets, why is that? Compare your diet with a school child’s diet in another country. Find out where all our food comes from. In order we can have a variety of fresh fruit and vegetables, we must import them from other countries, why is that?  DT  Ready, Steady, Cook!  Prepare a healthy meal for yourself or your family. Using the food wheel, think about the different food groups that you will need to include to make it a balanced and healthy meal.  Science   * Research about the different food groups. What foods are needed for a health balanced diet? See if you can produce a food wheel. Why not keep a food diary for the day. What food groups did your diet fall into? Were you missing any of the food groups? Did your portion sizes match the daily recommended portions? * Carry out one of the experiments on the website below to learn more about food contents: <https://www.extendednotes.com/after-school-activities/7-food-science-experiments-to-promote-healthy-eating> * Exercise and a balanced diet are vital for a healthy body. Find out about the different parts of the human body including: Where they are located in the body, Their functions, What they need to work effectively and how they benefit from exercise and healthy food   Geography  What countries in the world have the healthiest diet? Why is that?  Compared to the rest of the world, what fruit and vegetables do we grow in the UK? What do we have to import, and why?  DT  Using the food wheel to help you, plan and make a healthy meal for yourself or your family. What food groups should you include to make it a balanced diet? After you have eaten your meal, evaluate it  PE  Based on your research of a sportsperson, can you plan a circuit training class, this could include a range of different activities, some indoor and some outdoor.  Don’t forget to include warm-up and cool-down activities. Why are these important?  VE Day Celebration  This week we will be celebrating a very special moment in British history. On Friday 8th May 2020, it will be 75 years since the end of World War 2 in Europe, known as Victory in Europe Day. Below is a list of activities that you could complete to commemorate the occasion.   * Find out about VE Day. Using your home earning pack below to help you research: <https://www.mrtdoeshistory.com/75th-anniversary-ve-day?fbclid=IwAR0WFmVmOsYq5e5cDaqbcPDoZU_MZh6gyi24YHrnVjdwRgYSjDaK4G7LJSg> * Make war-time party decorations from materials around the house such as paperchains, bunting and party hats using old newspapers/ magazines. * If you have an older relative/ family friend interview them (via phone or video call) about their memories of this day. * Listen to some 1940s music that would have been played during the celebrations. * Have a celebratory tea party – research some of the foods that would have been used to celebrate 75 years ago whilst the country was still on rations and perhaps use one of these dishes. * Enter the Queen’s Head Pub drawing competition and draw a picture to commemorate VE Day to be displayed in the village – post your competition through their door. |
| Useful Websites:  [http://www.snappymaths.com](http://www.snappymaths.com/)  You Tube Music  <https://www.firstnews.co.uk/>  <https://www.worldofdavidwalliams.com/elevenses/>  <https://www.bbc.co.uk/newsround>  <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/a-z-of-british-trees/>  <https://kidzone.ws/plants/trees.htm>  [https://topmarks.co.uk](https://topmarks.co.uk/)  <https://www.worldofdavidwalliams.com/elevenses/>  <http://www.iseemaths.com/home-lessons/>  <https://whiterosemaths.com/homelearning/>  <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/natures-calendar/?utm_source=notes_on_nature_bitesize_22April&utm_medium=email&utm_content=14&utm_campaign=covid-19>  <https://www.the> national.academy  <https://www.bbc.co.uk/food> |