

Year 5/6

What have you already been sent home?

Remember when school first closed every child was sent home with a work pack, this included a range of activities and textbooks. You can:

Read your accelerated reader book (every day for 20minutes).

Complete your CGP reading comprehension book.

Complete your maths no problem book.

What do you have access to online?

Learning platform - you can mail each other and your teacher with any questions. There are also lots of games and learning activities for you to complete.

The school website - look on your class page to find the previous unit of work, along with lots of other websites you can visit for activities. We will still be uploading work to the website for you to complete if you can access this.

Myon—lots of books that you can read online!

School Toolkit - up to date information including links to different resources

Duolingo - continue with learning Russian/Spanish, mail your class teacher if you would like a login.

Yumu (Charanga) - continue learning music! Your parents were sent a text with your login information over Easter.

How do you contact your class teacher?

If you have a question for your class teacher or would like to share what you've been doing with them, you can contact them by mailing them on the learning platform.

If your parent needs to ask your class teacher a question, they can contact them on class dojo.

Year 5/6

Summer 1 Week 1

Maths

Make the dice using the template. Use this to make up your own short and long multiplication questions!

Get some food items or toiletries from around the house. How much do they weigh? How much liquid can they hold? Can you convert them in to different units of measure?

1L = 1000ml 1kg = 1000g

Using a TV guide from the newspaper or on the TV, plan out what you might want to watch on TV in a day. How many hours and minutes will you spend watching TV? How long will you spend doing other things? Create a timetable and write down how long things will last/take in hours and minutes.

English

If you've not started one yet, write a diary of your time since school closed. Include what you have done to keep busy, how you are feeling, what you miss. If you've already started a diary, add to it.

Write instructions for using a piece of technology such as—How to play a video game; How to make a video call; How to play music. Remember the instructions we wrote for making cars—think about what makes good instructions.

Choose an item from your house or garden, you could take a photo of it or draw it. Write a description. Try using expanded noun phrases, wow vocabulary and conjunctions to add detail.

Topic

Talk to members of your family to find out what has changed since they were 10 years old. What things have changed and what has stayed the same? Is the world a better place now?

Find out about some of the most important technological inventions of the last century, such as mobile phones, GPS, microwave ovens, MRI scans, video games and the World Wide Web. Can you imagine life without them now? Conduct a survey to find out which aspect of technology your family and friends would miss if they had to do without it.

P.E

Joe Wicks: 5 minute movement workout
Complete each movement on the card for 1 minute: march on the spot; star jumps; low sprint shuffle; squats; climb the rope.

Yoga

Find a quiet and relaxing place in your house and copy the yoga poses on the cards. How long can you hold each pose for? You could try putting on some relaxing music.

Complete the table by writing down any exercise you have done and the food you have had each day. Remember to think about ways to keep yourself healthy!

There are 5 copies to complete each week.

Family
Activities

Talk to members of your family, create a family tree.

Have a scavenger hunt
Put together a list of household objects and see who can be the first to find everything on the list!

Make a time capsule, collect small items around the house that mean something to each of your family or even photo or drawings. Put these in a box and decorate it.

Subordinating Conjunctions

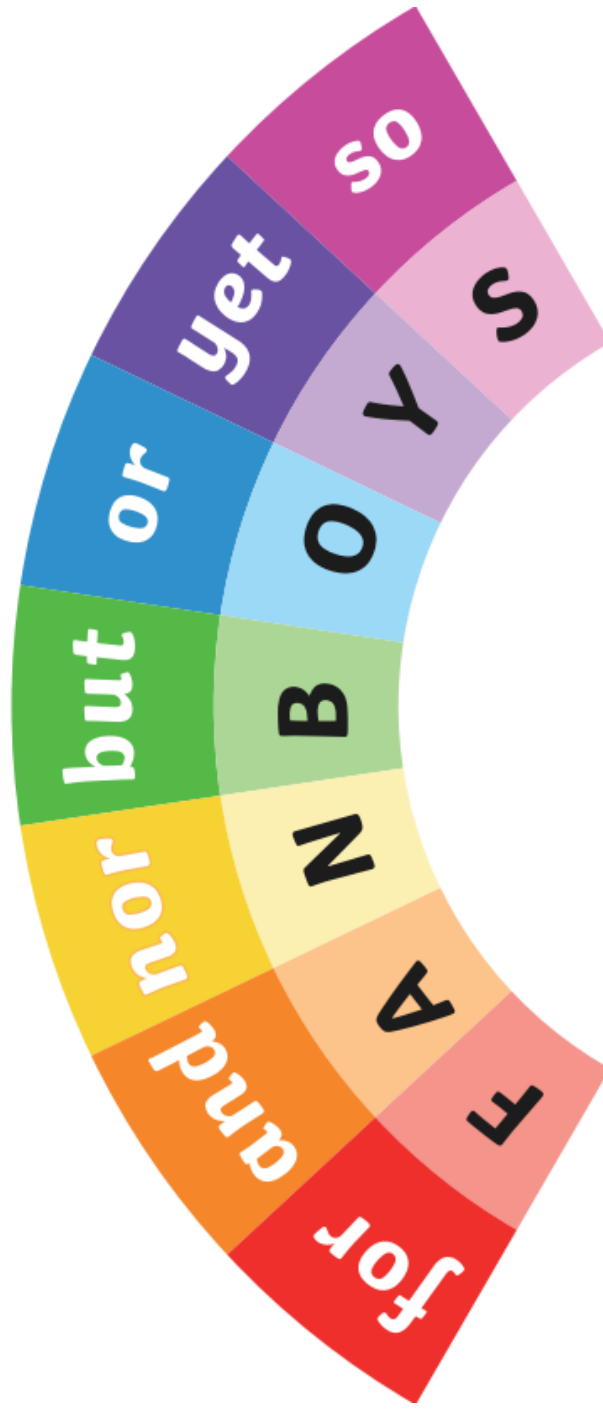
Here are 10 of the most common subordinating conjunctions. They are used at the beginning of a subordinating clause which is a clause that doesn't make sense on its own.

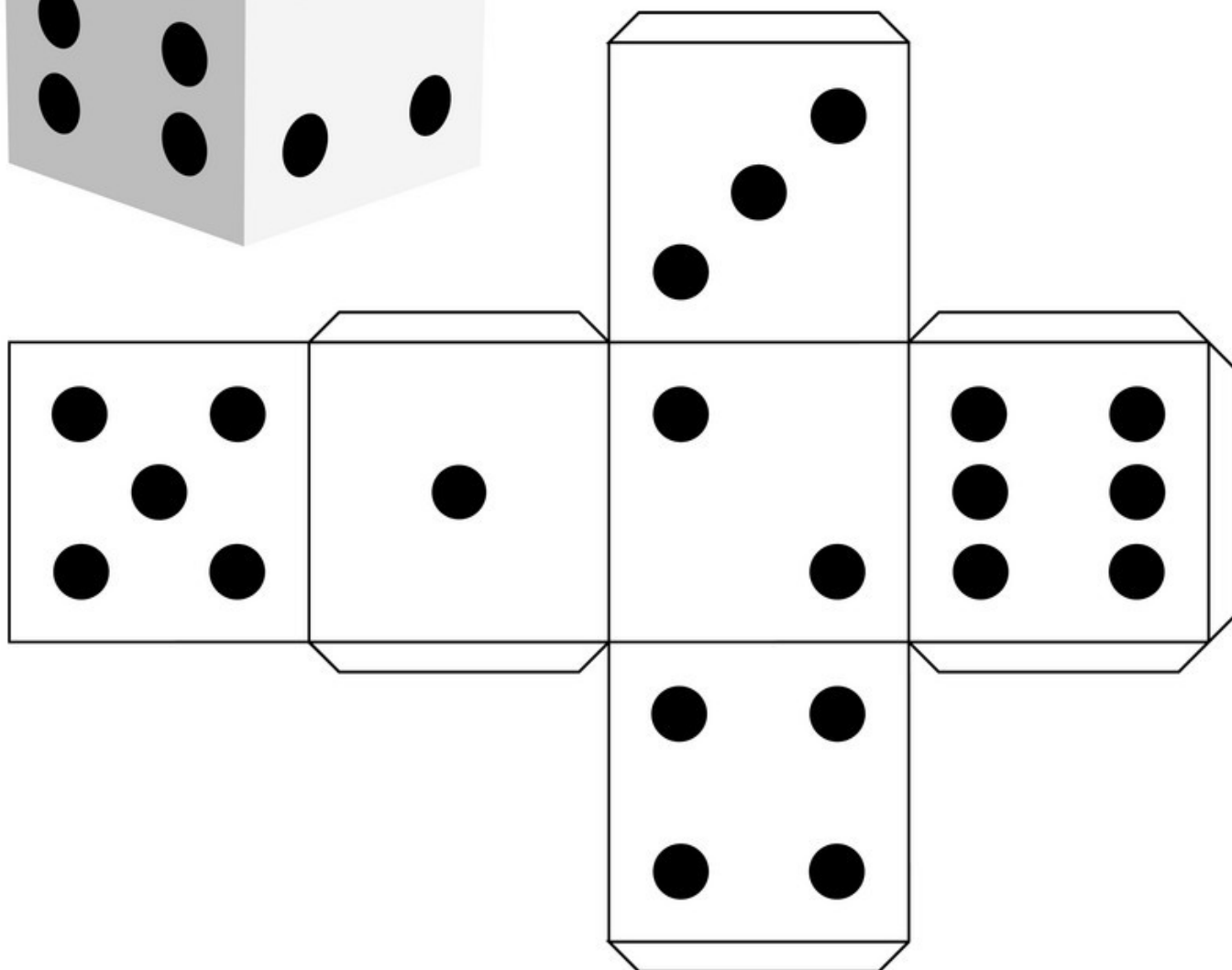
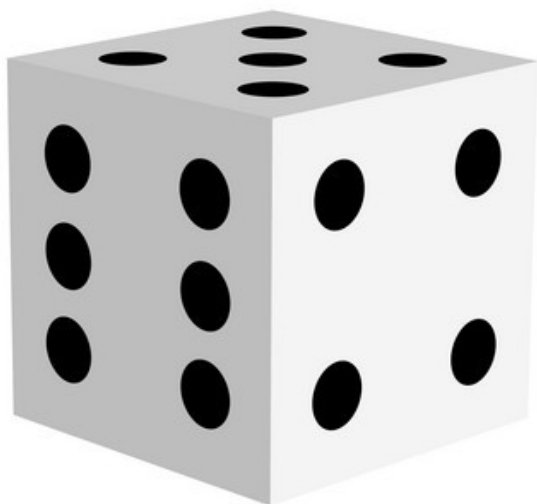


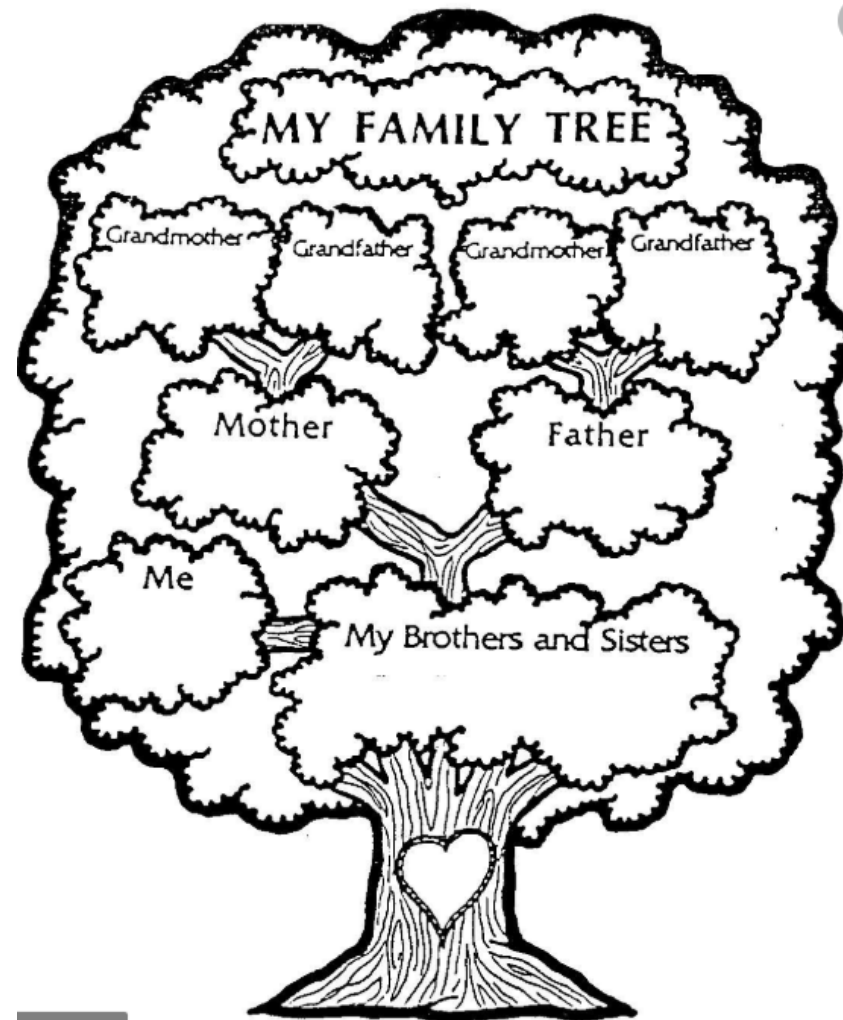
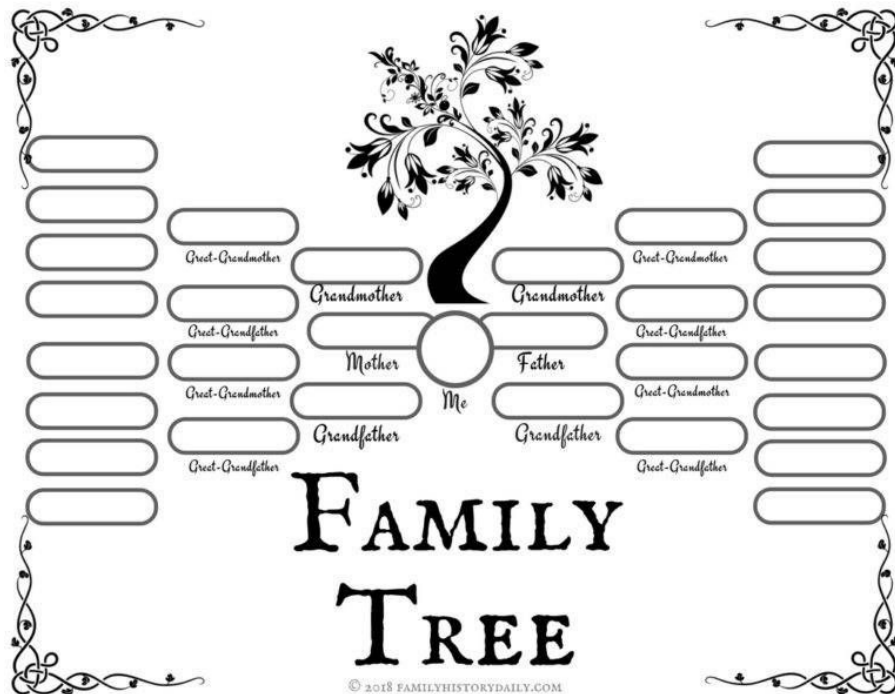
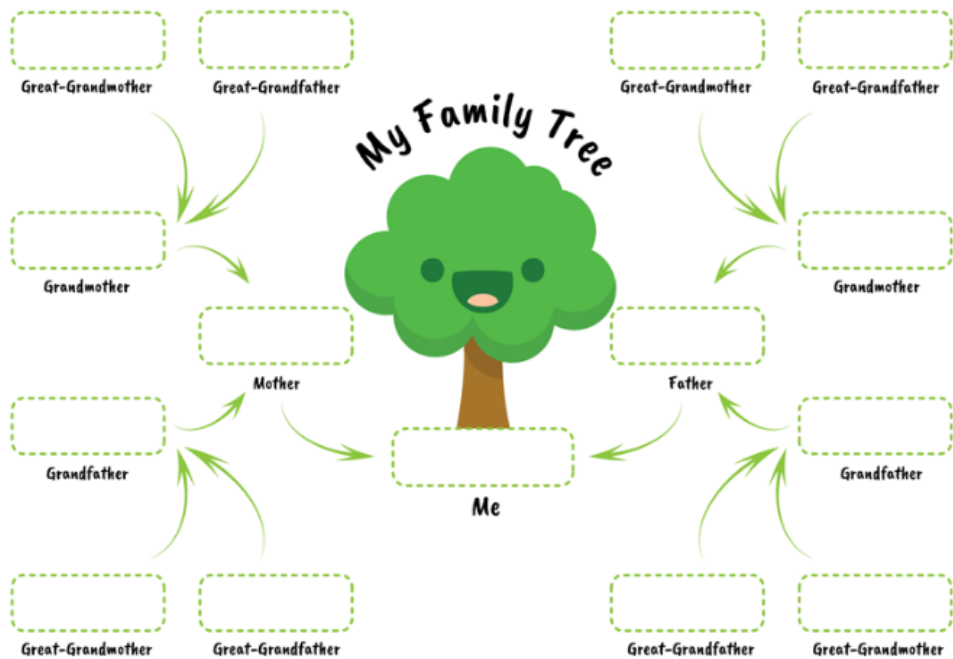
Co-ordinating Conjunctions

There are seven co-ordinating conjunctions.

They give equal importance to the words or sentences they connect.







Marching on the Spot

1. Stand with your feet hip-width apart.
2. Lift one foot and then the other.
3. Stay on the same spot.
4. Lift your knees up high, keeping your back straight.
5. Pump your arms as well.



Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.



Low Sprint Shuffle

1. Crouch your body down.
2. Run quickly on the spot.
3. Pump your arms.
4. Turn to the middle and the side.
5. Make sure you have fast feet.



Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.



Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.



Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.

2 Inhale, and lift your arms parallel to floor.

3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.

4 Keep your torso tall, turn your head, and look out over your fingertips.

5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



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Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

1 Start in mountain pose.

2 Exhale, and bend your knees as if you were sitting in a chair.

3 Reach your arms towards the ceiling, with your palms facing each other.

4 Hold this pose and breathe.



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Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

1 Begin on hands and knees with toes tucked under.

2 Exhale, straighten knees and lift hips, so you are in an upside-down V.

3 Hold this position for as long as you like. Let your head hang down and breathe.

4 To release, exhale and bring knees to the floor.



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Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

1 Stand tall with your weight balanced evenly on your feet.

2 Firm your thigh muscles and pull in your tummy.

3 Press your shoulders back and hold your arms out straight, a little way from your body.

4 Breathe deeply and hold as long as needed (at least two long breaths).



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Tree Pose - Vrikshasana

Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

1 Begin in mountain pose.

2 Lift your right foot, turning your knee out; place your foot below your left knee.

3 Press your hands together.

4 Raise arms overhead, and look up to your hands if possible.

5 Return hands to your chest, and lower your right leg.

6 Repeat with left leg.



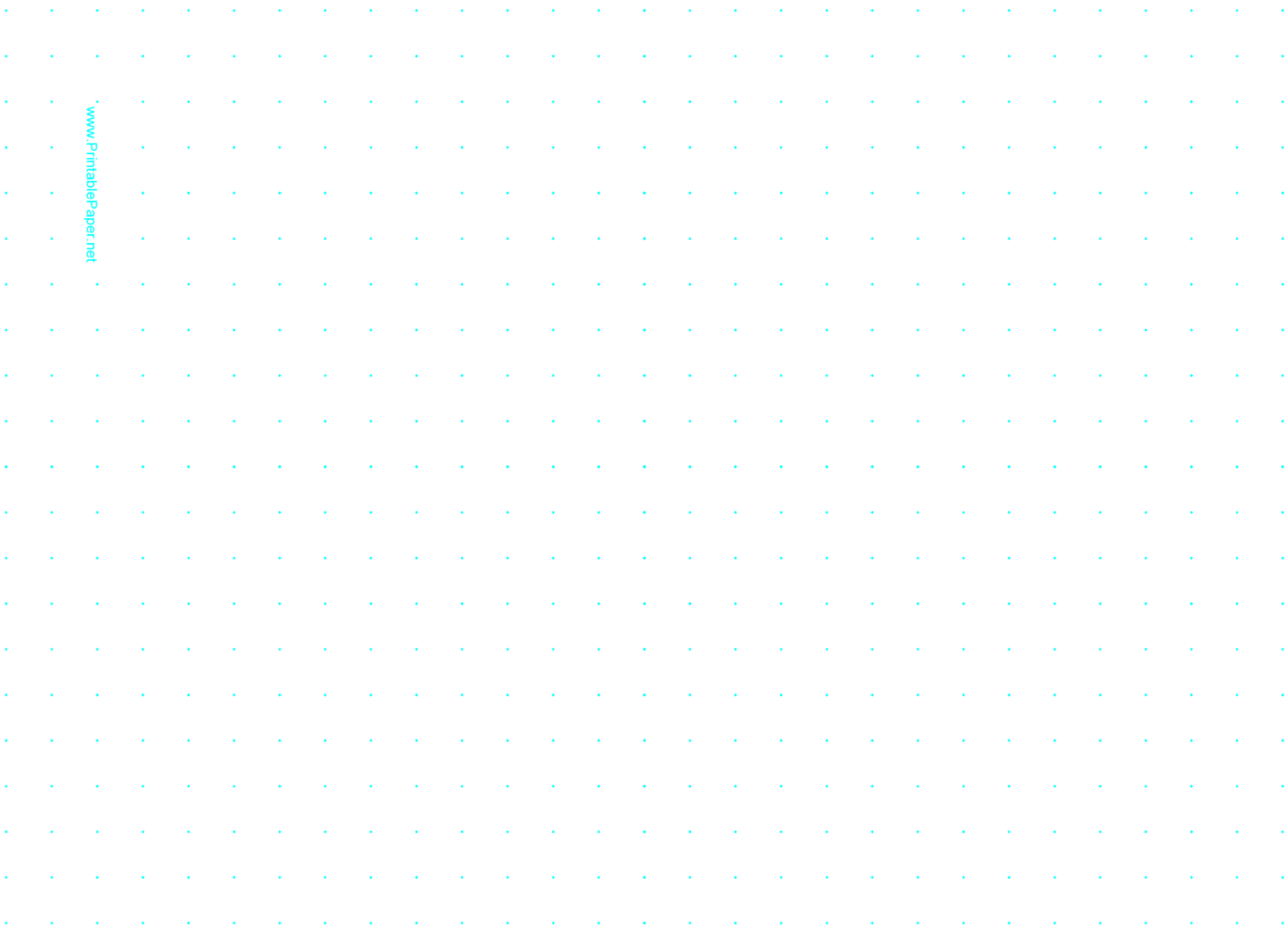
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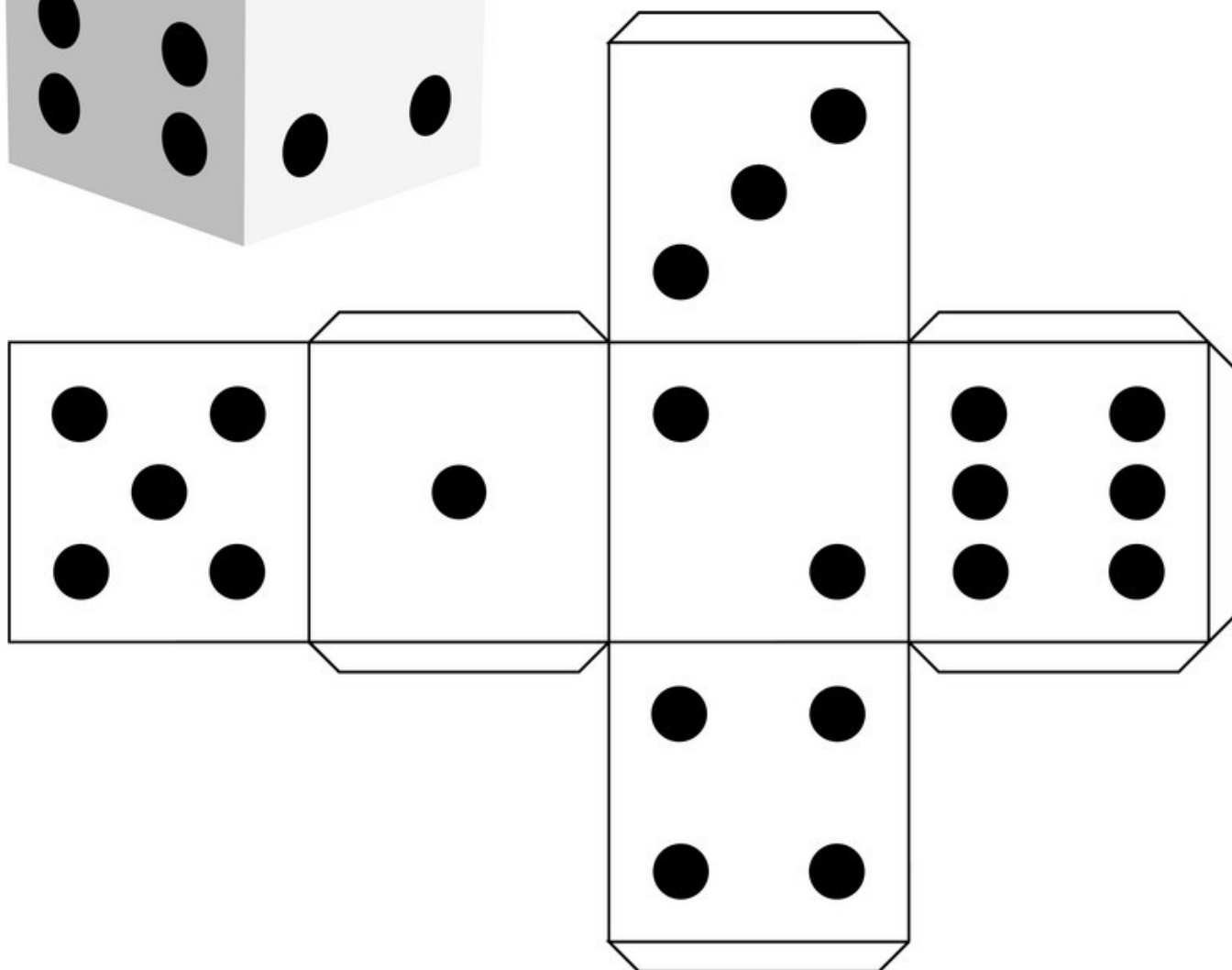
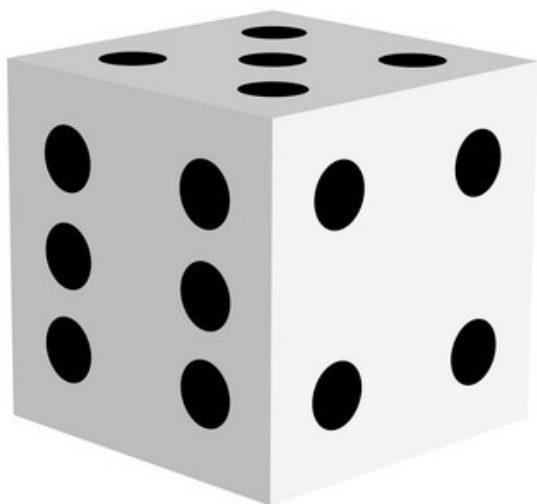
Weekly Exercise and Food Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise							
Food							
How healthy have I been today?							

Year 5/6 Summer 1 Week 2

Maths	Make the dice (you need two) using the template. Roll the dice and see how fast you can multiply them.	<p>Play countdown!</p> <p>Step 1: Set out 4 large number cards (25, 50, 75 and 100) face down and mixed up.</p> <p>Step 2: Do the same with the 1 – 10 cards, making sure you have at least 2 cards for each number.</p> <p>Step 3: Players take it in turns to select one of the big number cards or one of the small number cards, until there are 6 cards laid out all together.</p> <p>Step 4: Someone who is playing the game needs to generate a 3-digit number. This can be by throwing a dice, or selecting cards from a pile of 0 to 9 cards.</p> <p>Step 5: Once the number has been generated, turn over the six cards and players have to try and get to that total using any of the six number cards and any of the four operations. Each card can only be used once and the winner is the first person to reach the total, or the player who is closest after a set length of time.</p>	
English	Write a biography of someone in your family (a description of their life). You could include facts, background information and stories about their life. The questions you asked them last week for topic work may help you.	Write a list of objects in your house. Put them in alphabetical order. Write a sentence for each word. Challenge—use a subordinating conjunction (ISAWAWABUB—see sheet)	<p>Choose 5 words from the Year 5 and 6 spelling list. Practise them using one or more of the methods on the sheet.</p> <p>This activity could be repeated weekly (or more often!) to improve your spelling.</p>
Topic	Write an autobiography of your life so far	Draw and label a design for a product of the future. What would it do? How would it make life easier?	What is the lifecycle of a human? How do we change overtime? Is there anything else you can draw/write the lifecycle of? E.g. caterpillar
P.E	<p>Joe Wicks: 5 minute movement workout</p> <p>Complete each movement on the card for 1 minute: running and punching; marching high knees; frog jump; mountain climbers; squat knee up.</p>	<p>Fitness circuits</p> <p>Follow the order of the activities on the cards. Try to do each exercise for 30 seconds.</p>	<p>Toilet roll kick up challenge.</p> <p>How many kick ups can you do with a new toilet roll? Try to beat your score by the end of the week.</p>
Activities	Choose some of your kids' favourite songs and turn up the volume. Ask them to dance until the music stops. When it does, they have to freeze in whatever position they find themselves in – even if they have one leg up. To make the game more challenging, ask the kids to freeze in specific poses: animals, shapes and letters.	Make edible playdough (instructions on one of the following sheets)	No, there are no clouds on the living room ceiling, but this is an imagination game. Lie down with your kiddo and whisper, "Wow, look at the beautiful clouds." You can take turns pointing out what you "see".





How-to:

You'll need: 2 cups flour, 2 cups warm water, 1 cup salt, 2 tbsp vegetable oil, 1 tbsp cream of tartar, medium-sized pot, large spoon, bowls, assorted fruit and vegetables, and a strainer.

1. Mix together flour, water, salt, oil and cream of tartar in a pot over low heat and stir until dough starts to pull away from the sides. Tip: If the dough is sticky, continue to cook until it is dry.
2. Remove dough from heat and divide among smaller bowls (one for each colour you are making).
3. Add the juices from fruits and vegetables to colour. You can use berries such as raspberries and blueberries (see instructions for each below) for the pink, red and purple dough, respectively. To avoid any chance of staining, play with dough on a plate or something easily wiped down.

Raspberries and blueberries

Put 1 cup blueberries or raspberries and 1 cup water in a large microwave-safe bowl and heat until mushy. Mash with a fork and then pour the contents through a strainer to separate the juice. Work the juice into the dough and repeat process until desired shade is achieved.

Year 5 and 6 Spelling List

accommodate	communicate	environment	identity	opportunity	secretary
accompany	community	equip	immediate	parliament	shoulder
according	competition	equipped	immediately	persuade	signature
achieve	conscience	equipment	individual	physical	sincere
aggressive	conscious	especially	interfere	prejudice	sincerely
ancient	controversy	exaggerate	interrupt	privilege	soldier
apparent	convenience	excellent	language	profession	stomach
appreciate	correspond	existence	leisure	programme	sufficient
attached	criticise	explanation	lightning	pronunciation	suggest
available	curiosity	familiar	marvellous	queue	symbol
average	definite	foreign	mischievous	recognise	temperature
awkward	desperate	forty	muscle	recommend	thorough
bargain	determined	frequently	necessary	relevant	twelfth
bruise	develop	government	neighbour	restaurant	variety
category	dictionary	guarantee	nuisance	rhyme	vegetable
cemetery	disastrous	harass	occupy	rhythm	vehicle
committee	embarrass	hindrance	occur	Sacrifice	yacht

Spelling Practise

Below is a selection of methods to choose from when practising your spellings

Look, say, cover, write, check.

Look: first look at the whole word carefully and if there is one part of the word that is difficult, look at that part in more detail.

Say: say the word as you look at it, using different ways of pronouncing it if that will make it more memorable.

Cover: cover the word.

Write: write the word from memory, saying the word as you do so.

heck: Have you got it right? If yes, try writing it again and again! If not, start again – look, say, cover, write, check.

Draw an image around the word



Segment the Word.

Split the word into it's syllables or phonemes.

Pyramid

p
py
pyr
pyra
pyram
pyrami
pyramid

Missing vowels

Write the word with spaces for vowels (A, E, I, O, U).

For example: word = field

f__ld

Quick Write

Write the word as many times as possible in one minute.

Visualise

Imagine screwing the word up into a ball. Now imagine throwing it at a wall. Can you still picture it in your mind?

Running and Punching

1. Run on the spot.
2. Punch your hands forwards at shoulder height.
3. Keep your knees high.
4. Stretch your arms and punch your hands.



Marching High Knees

1. March on the spot.
2. Lift your knees high.
3. Touch your elbow to your knee.
4. Keep your back straight.



Frog Jump

1. Bend your knees.
2. Touch the ground.
3. Jump up high.
4. Stretch your arms above your head.
5. Keep going!



Mountain Climbers

1. Get on your hands and feet.
2. Keep your back and legs in a straight line.
3. Bend one knee and bring it to your chest.
4. Return your foot to the floor.
5. Move nice and slowly.
6. Repeat with your other knee.



Squat Knee-Up

1. Start with your feet a bit wider than your shoulders.
2. Bend your knees as if sitting in a chair.
3. Stand up straight.
4. Lift one knee high.
5. Bring your elbow to your knee.
6. Repeat, this time using the other knee.



Backwards Lunges



Climb the Rope



Upwards Punches



Sumo Squats



Frog Jumps



Shoulder Taps



Twist and Jump



Front Kicks



Side Lunges



Marching on the Spot



Star Jumps



Squats



Forward Punches



Elbow to Knee



Box Push-Ups



High Knees with
Punches



Squat with Punches



Upper Cuts



Mummy Kicks



Running on the Spot



Aim to do each exercise for 30 seconds.