

# Year 5/6 - Week 3 and 4

## 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 3

Maths	<p>Think of a number...</p> <p>With your sibling/parent, ask them to think of a number between __ and ____.</p> <p>You now need to ask them as many questions as possible so you can guess their number. They can only ask yes or no!</p>	<p>Dots and lines/Squares. You need the dotted paper!</p> <p><i>Step 1:</i> The first player draws a line to join one of the dots to another of the dots, the next player then does the same.</p> <p><i>Step 2:</i> This continues until one player manages to join the lines to make a box. They write their initial in the box and get to take another go. Once they are no longer able to complete a full box, it goes back to the other player.</p> <p><i>Step 3:</i> The winner is the person who has their initial in the most boxes at the end of the game.</p>	<p>What patterns can you see around your house? What shapes can you see? What are the properties of these shapes? Are there any repeating patterns? Can you describe the patterns?</p>
English	<p>Think about the 'product of the future' you designed last week in topic. Write an advert to persuade people to buy or use it. Your advert could be for radio, TV or a poster/leaflet.. Try using powerful/emotive vocabulary; rhetorical questions; groups of 3 adjectives; persuasive facts; alliteration;</p>	<p>Sit still for 2 minutes. Write down everything you can see, hear, smell and feel.</p> <p>Now write a poem using these ideas.</p> <p>Your poem does not need to rhyme.</p> <p>Try using: powerful vocabulary; alliteration; similes or metaphors; personification; show not tell.</p>	<p>Read your poem aloud to members of your family. Practise first—think about speaking clearly, volume, speed, expression, hand gestures.</p>
Topic	<p>Take a look at some old family photographs. Create a timeline for your family showing important events such as births, marriages or house moves</p>	<p>Create portraits of members of your family. Will you draw, paint, take photographs or use computer software?</p>	<p>Describe the world through two different peoples eyes e.g. a baby and a grandma. How might they see the world differently? What might their emotions be? What memories might they recall on?</p>
P.E	<p>Joe Wicks: 5 minute movement workout</p> <p>Complete each movement on the card for 1 minute: ski jump; touch the floor, touch the sky; slow motion burpees; mountain star jump sprints; lunges.</p>	<p>Create a dance routine to your favourite song.</p> <p>Try to include a range of movements at different levels and speeds.</p>	<p>Sock challenge .</p> <p>Place 4 socks around you at north, east, south and west. Balance on one leg and try to pick up each sock in order, then go back and put them down in the correct place. How many times can you pick up and put down the socks in 1 minute?</p>
Family Activities	<p>Play indoor hide and seek.</p>	<p>Make Ice cream in a bag. How to make this is on the following page.</p>	<p>Create your own bingo cards and have a bingo tournament.</p>

This takes 7 minutes to make and serves 2.

### Ingredients

2 zip lock bags

1 cup of milk

1 tablespoon of sugar

1/3 cup of salt

Ice

Something to flavour it, vanilla or anything of your choice

### How to make:

- Pour the milk, sugar and vanilla into the smaller, quart sized bag.
- Fill the larger, gallon sized bag 3/4 full of ice, then add the salt to the ice.
- Place the smaller bag inside the larger bag and close the seal. make sure you close them both tightly!
- Now shake the bag good and hard for 5 minutes.

Rinse the small bag off with cold water before opening to keep the salt water from getting into your ice cream.

**B I N G O**


## Ski Jump

1. Tuck your arms into your chest.
2. Crouch forward.
3. Pretend there is a line on the floor.
4. Jump to the side over this line.
5. Jump back to the other side.



## Star Jump Sprint

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.
5. If you hear "Sprint", run as fast as you can on the spot!



## Touch the Foot, Touch the Sky

1. Place your feet out wide.
2. Reach to your toes with a straight arm.
3. Stretch your arms up high.
4. Pretend to touch the sky!



## Lunge

1. Start with your feet together.
2. Step back with one leg.
3. Touch your front foot with your hand.
4. Stand up straight.
5. Repeat with your other leg.
6. Keep going!



## Slow Motion Burpees

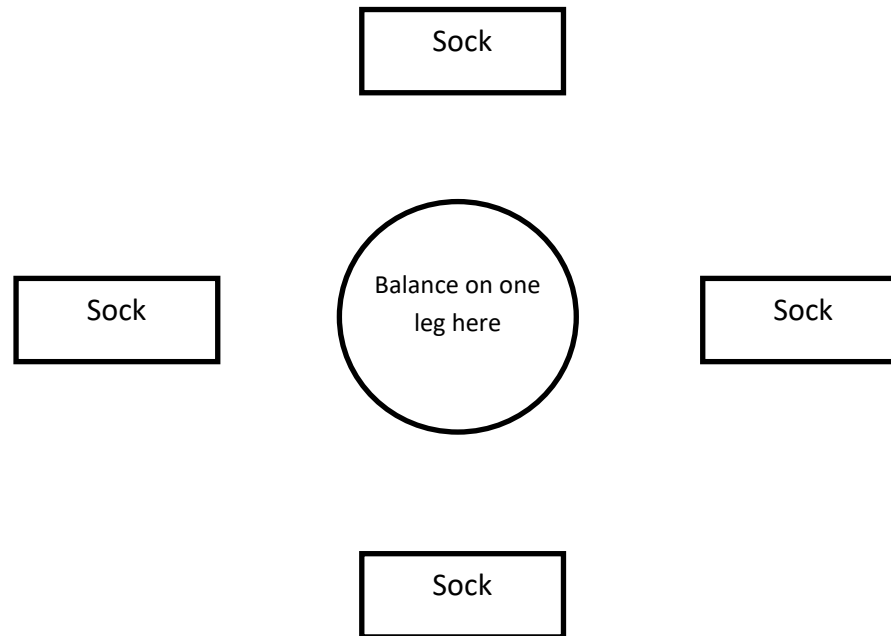
1. Bend to put your hands on the floor.
2. Walk your feet backwards.
3. Walk your feet to your hands.
4. Stand up with your arms up above your head.



### **Sock Challenge**

How many times can you pick up the socks and put them down whilst standing on one leg in one minute?

Can you improve your score?



# Year 5/6 Summer 1 Week 4

Maths	Time yourself doing different activities at home. Create a pie chart to show the proportion of time each day you spend eating, sleeping, or at school. Are there any activities you would like to do more or less? What would the pie chart of your perfect day look like?	Make your own maths board game!	Create your own maths revision booklet of everything you have learnt this year! Or create a 'How to' guide for teaching people how to do different question types in maths.
English	Think about the portrait you created for topic work last week. Imagine it is going to hang in an art gallery. Write a description to go on its label.	Write 3 nouns (people, places or things), 3 adjectives (describe nouns), 3 verbs (doing, being or having words) and 3 adverbs (describe verbs).  Write a short story using all of these.	Choose 5 words from the Year 5 and 6 spelling list. Practise them using one or more of the methods on the sheet.
Topic	What is your earliest memory? Video yourself talking about it or write it down as a class blog post. Compare your earliest memory with other people in your house.	Create a board game that is all about time travel. Maybe the players of your game get to visit the past or even the future! Your board game could even include quiz questions!	Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.' Mother Teresa. Finally, we arrive home. What do you think this quote by Mother Teresa means? What can you do today that will make your life better tomorrow?
P.E	Joe Wicks: 5 minute movement workout  Complete each movement on the card for 1 minute: squat hold with lunges; walkouts; knee to elbow; side lunges; lateral squats.	Plank challenge  Balance on your elbows and stretch legs out straight. Push body up onto toes. (See card).  How long can you hold the plank for? Try to improve your time throughout the week.	Play a game of knee tag with someone at home.
Family Activities	Make mug cakes.	Build a fort together using cushions and blankets.	Have a picnic on the living room floor.

# Verbs

Movement	Voice	Objects	Emotion	Sense	Thought
bounce carry collapse crawl dance dash drive hit hop hurry jump leap live pull push roll rotate run shake	giggle hum laugh rap scream shout sigh sing sob talk whisper yawn	bend break burn control fold melt mend mould open repair smash snap stretch throw twist	admire bawl blubber cry despair frown grin laugh love sigh smile smirk tremble weep wince	caress eat feel hear lick listen observe smell sniff taste touch	comprehend conceive contemplate daydream dream evaluate lament meditate ponder reflect speculate think visualise wonder

**More Useful Verbs:**

change	suggest	locate	design	select
identify	collect	search	plan	focus

# Adverbs

How?	When?	How often?	Where?	How much?
angrily anxiously cautiously cheerfully courageously crossly cruelly defiantly doubtfully elegantly enthusiastically foolishly frantically gently gladly gracefully happily hungrily loudly	afterwards again beforehand early late never now often punctually recently soon then today tomorrow yesterday	always annually constantly daily hourly monthly never occasionally often once regularly repeatedly sometimes usually yearly	above around away below down downstairs everywhere here inside outside there up upstairs wherever	almost completely entirely little much rather totally very

**More Useful Adverbs:**

additionally	insufficiently	hence	consequently
fittingly	appropriately	suitably	however



# Nouns

Collective	Abstract	Concrete	Compound	Pronoun	Proper
team family group herd pack swarm bunch pile collection	love hate fear imagination longing despair excitement confusion peace leadership	table door plane book banana snow cloud friend teacher chimney	hockey stick toothpaste underground haircut output armchair headphones suntan childhood iceberg	he she it they them her him his ours I	London Jane Friday December Australia Taj Mahal Mr. Smith Mount Kilimanjaro Titanic Romeo and Juliet

# Adjectives

People	Objects	Good Feelings	Bad Feelings	Size	Time
adorable adventurous aggressive annoying beautiful caring clumsy confident considerate excitable glamorous grumpy happy helpful important intimidating obnoxious odd talented	bright clear distinct drab elegant filthy gleaming grotesque long magnificent precious sparkling spotless strange unsightly unusual valuable	brave calm cheerful comfortable courageous determined eager elated encouraged energetic enthusiastic excited exuberant fantastic fine healthy joyful pleasant relieved	angry annoyed anxious ashamed awful bewildered bored confused defeated defiant depressed disgusted disturbed dizzy embarrassed envious frightened hungry lonely	big colossal enormous gigantic great huge immense large little long mammoth massive meagre mighty mini minuscule petite puny short	ancient brief early fast late modern old quick rapid short slow swift young

## How to make a mug cake

### Ingredients

---

4 tbsp self-raising flour

4 tbsp caster sugar

2 tbsp cocoa powder

1 medium egg

3 tbsp milk

3 tbsp vegetable oil or sunflower oil

a few drops of vanilla essence or other essence (orange or peppermint work well)

2 tbsp chocolate chips, nuts, or raisins etc (optional)

**1.** Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the [microwave](#)) and mix.

---

**2.** Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.

---

**3.** Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.

---

**4.** Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.

## Squat Hold with Punches

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Hold the position and punch forwards with your arms one at a time.

**Can you feel it in your legs?**



## Lateral Squats

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat.
3. Take a step to the right, staying low and squat again.
4. If there's space, repeat this - going the same way a few times.
5. Then squat and step to the left a few times.



## Walkouts

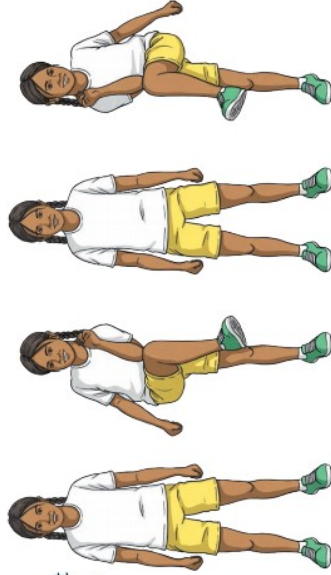
1. Start standing tall.
2. Place both hands on the floor and walk them out into a press-up position.
3. Tap each shoulder with the opposite hand one at a time.
4. Walk your hands back and stand up tall.

**You can take out the shoulder-taps to make this less challenging.**



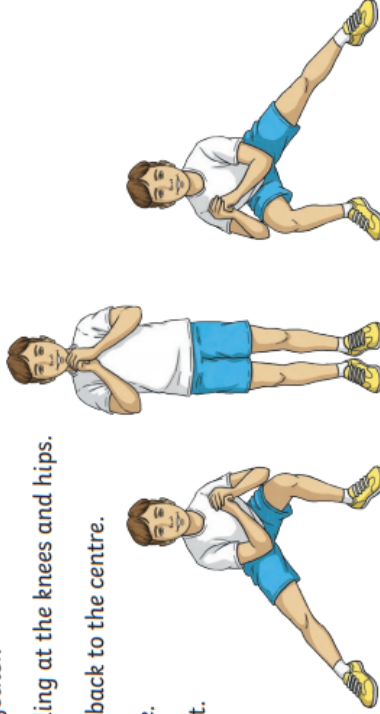
## Knee to Elbow

1. Imagine you are marching on the spot.
2. Lift up one knee and bring it towards the opposite elbow.
3. Repeat with the other knee and the opposite elbow.
4. Keep a straight back.



## Side Lunges

1. Start with your feet together.
2. Lunge to one side, bending at the knees and hips.
3. Step your lunging foot back to the centre.
4. Lunge to the other side.
5. Keep your back straight.



**Remember to keep low and to have a straight back.  
This exercise will strengthen your quadriceps.**

## Plank Challenge



## 4

## Chicken Knee Tag

Play a game of 'Knee Tag' with a friend or family member. Face your partner and try to touch each other's knees while trying to avoid having your own knees touched. Each knee touch is worth a point. How many points can you score in one minute? This game encourages you to stay light on your feet with your knees bent, which is a similar stance used by defenders when marking and attackers when dodging to get free from their marker.

Every time you are tagged on the knee you must squawk out loud like a chicken!

