

# Year 5/6 - Week 5

## 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 5

Maths

Draw, colour or paint a picture. How many shapes can you find in the picture? Could you create a 'shape' hunt for a member of your family?

Create your own holiday business, or even open your own shop! How much will everything cost? Are there any discounts such as buy one get one free? Get a family member to visit your shop or holiday business—how much money will they spend? Could they give you a special offer?

Create an origami pelican! What shapes have you folded it into? What fractions of the paper each is fold? Can you make any other origami animals?

English

Write an acrostic poem . Each line of the poem should begin with a letter of TIME TRAVELLER.

Write a letter to someone you miss seeing. This could be a family member, friend or even your teacher!

Write instructions for the board game you created last week.

Topic

What kind of character are you now? What kind of a child were you? (Ask your parents!) In the future... perhaps you've turned out like your parents or grandparents! Write a character description of your 'new' self.

Can you build a time machine in your house? What kind of time machine would you like to build? Can you make it big enough to climb in? What materials will you need? How will you construct it?

Draw yourself as baby, draw yourself now and draw what you think you will look like in the future. Will you look like any of your parents? What traits have you inherited?

P.E

Joe Wicks: 5 minute movement workout  
Complete each movement on the card for 1 minute: jumping twists; punches; front kicks; squat, squat, lunge, lunge; kangaroo jumps

Create a gymnastics routine including 3 different balances and 3 ways of travel.

Try to include a range of heights, pathways and speeds of travel.

Play a game of 'bunny in the middle' with two other people at home.

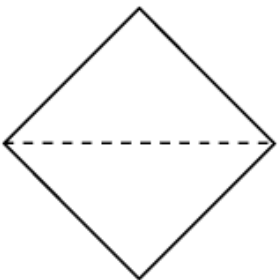
Activities

Family

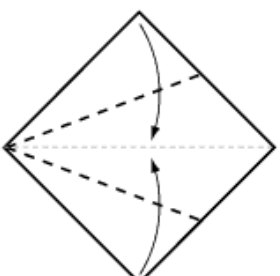
Make a meal together, get your child to help you prepare a meal. Talk about where the food comes from and how to prepare it.

Draw or paint a picture with your child, of your favourite place. Talk to your child about why these are your favourite places. Make a special place in your house to put these pictures.

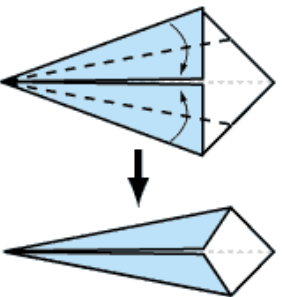
Use up all that scrap paper that was destined for the recycling and build a fleet of paper airplanes. Then you can launch them from an upstairs window, or in the back garden. You could make different kinds and see which one flies the furthest.



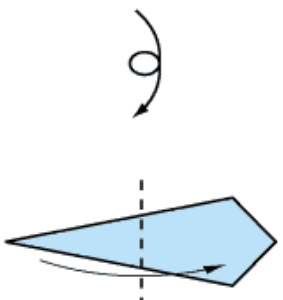
1. Start with your paper white side up. Fold in half, along the line shown, then open out again.



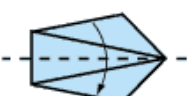
2. Fold the outside corners into the centre line, and create well.



3. Fold the outside edges into the centre once again.



4. Turn model over and fold bottom point up to the top point. Create very well.



5. Fold in half.



6. Rotate model so it is now lying down.



7. Raise the inside triangle upwards slowly, then flatten and create well.



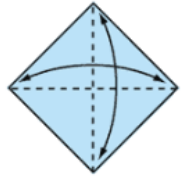
8. Inside Reverse Fold the head along the crease shown.



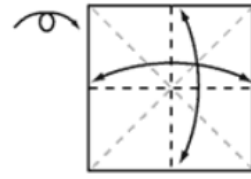
9. Fold each wing upward as shown, then fold it back again slightly. The pelican will now rest on its wings and sit up.



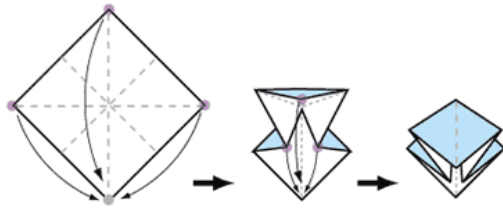
Finished Pelican!



1. Start with a square piece of paper, coloured side up. Fold the paper in half, crease well and open, and then fold again in the other direction.



2. Turn the paper over to the white side. Fold the paper in half, crease well and open, and then fold again in the other direction. Your creases should look like this.



3. Using the creases you have made, bring the top 3 corners of the model down to the bottom corner. Flatten model.



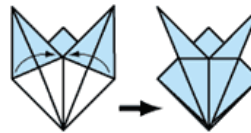
4. Fold upper layer's outside corners toward centre line, then fold the top downward along the crease shown. Unfold.



5. Cut only top layer up to the top crease.



6. Fold the "legs" upwards along the creases shown.



7. Fold these sections in half, toward the centre.



8. Turn model over and repeat steps 4-7 on other side.



9. Rotate model and make creases as shown. Unfold.



10. Inside Reverse Fold the head and the tail. Finished Horse!



Optional Step: Blunt the 4 feet of the horse by folding the tips upward on the inside of the model.



To make the horse do a somersault, sharply tap upwards under his tail.

## Jumping Twists

1. Jump and twist one way, staying on the spot.
2. Jump and twist the other way staying on the spot.
3. Use your arms to help you twist left and right.

**This exercise will work your core muscles.**



## Kangaroo Jumps

1. Imagine you are a kangaroo and jump up and down.

**Can you bounce from left to right?**

**How high can you jump? BOING!**

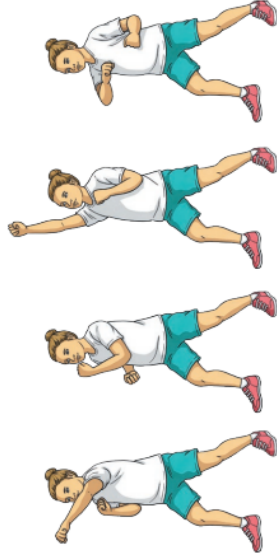
**Can you bounce round in a circle in one direction and then in the other?**



## Punches

1. Stand with a wide stance and slightly bent knees.
2. Try the following punches:

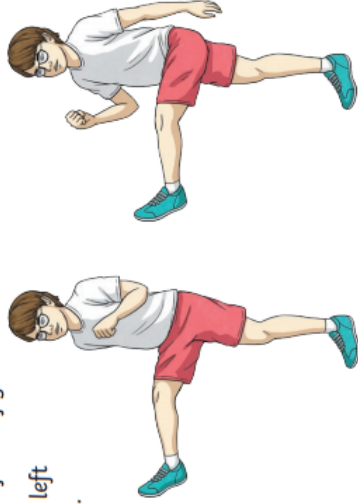
- forward punches;
- upper cuts;
- punching upwards;
- hooks.



## Front Kicks

1. March on the spot with high kicks out in front of you.
2. Use opposite arms and legs: when your left leg is raised, punch with your right fist.

**Make sure there is enough space to kick in front of you. If there is limited space, you can just lift your knees up high.**



## Squat, Lunge, Lunge, Squat

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down twice.
3. Lunge back with one leg, return to standing and then lunge back with the other leg.
4. Repeat.

**Try to stay balanced throughout the exercise.**

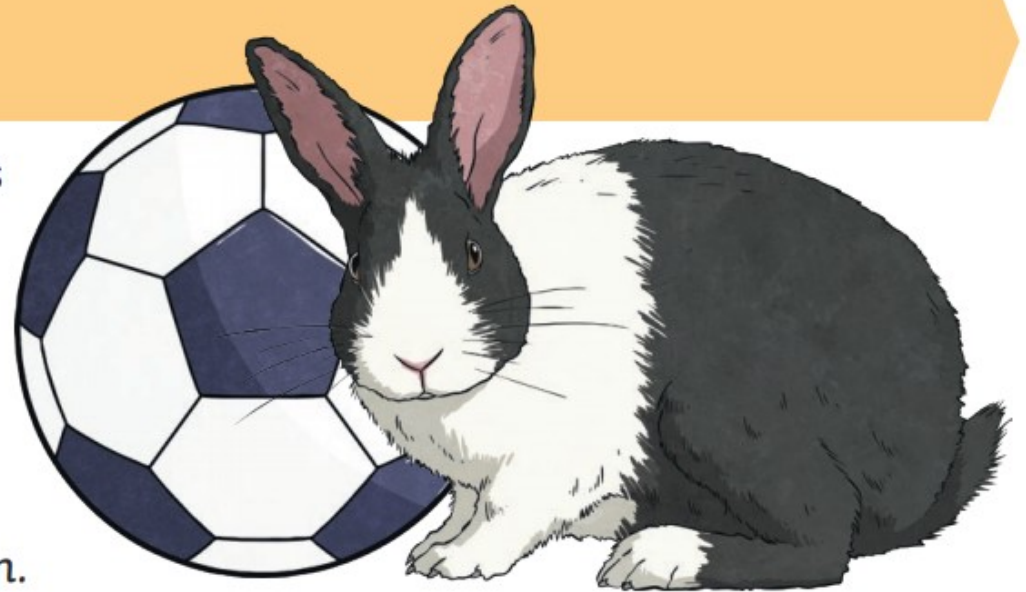




### 3

## Bunny in the Middle

You will need two other players. Two players throw the ball to one another, while the third player (bunny) stands in the middle and tries to intercept the ball. The bunny can only move by bouncing (two-footed jump). If they manage to intercept it, the player who passed it then moves to stand in the middle and the game starts again.



Weekly Exercise and Food Diary

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

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