

Topic Challenges Week 4th May. – Being Healthy

The project this week aims to provide you with opportunities to learn more about a healthy lifestyle and different types of food.

Being Healthy & Active:

- Explore the book: What's on My Plate? Choosing from the Five Food Groups (GetEpic!)
- Challenge yourself to the tasks on Education City
- Create a meal plan for 3 days. What will you eat? Have you included the different food groups?
- Talk with your adult(s) and see if you can cook a meal together. This could be something like cheese on toast or spaghetti bolognese.
- Aspens our meal provider have produced an activity booklet **PDF** with lots of activities and delicious recipes – don't forget to share your cooking skills with us.



How well did you do last week? Can you improve your '**Home Pentathlon**' score? If it's new to you- have a look at the **PDF** with the different activities on it.

Being a Manager: A Healthy Mind.

Self Management is something that we can all do to help us manage with different situations. Learn how to become a self manager and how to deal with different situations. These skills will help us to deal with different things we encounter while home learning and help us to cope with things in different ways. Look through the **PDF** slides and have a go at some of the tasks.

Can you create strategies to help you? Don't forget that your strategies will be different to others as you are unique.

Producers, Predators and Prey.

What are producers, predators and prey? What are food chains and how do they actually work? Where does it all start? Is this the same as the circle of life?

Use the link to find out more. <https://www.youtube.com/watch?v=MUKs9o1s8h8>

Have a go at creating different food chains. Who belongs at the top? How do you know that they belong at the top?

Can you research a deadly predator. Draw a picture of it and label them with information that you find. Where does the predator live? Why does it live there? What does it eat? How does it capture its prey? What special qualities do these predators have?

There are also some tasks on **Education City** to get your teeth into.



Reflect: 75th Anniversary of VE Day.

At the moment, people up and down the country are fighting to keep us safe & healthy. **You are part of this: You Are Heroes.** You are doing schoolwork at home, looking after your families and making sure we are staying safe and healthy.



This Friday (8th of May 2020) we will celebrate and remember VE DAY (Victory in Europe Day). VE day was a day during World War Two when fighting against Nazi Germany came to an end in Europe. The end of World War Two came 3 months later 14th August 1945.

We celebrate the end to fighting, remembering those that gave us our freedom and remember what we are so lucky to have. Think about what you are grateful for and have a go at some of the **VE Day Activities (PDF)**

You may want to plan your own little celebration.

Let's create: Upcycling

Can you find an item within the house that you do not really use anymore - this could be an old item of clothing, accessory or household item. Your challenge is to upcycle this item to make a new item that you will use. I have found an old jumper and am going to make it into a dog toy or bed. What will you make?

You may want to write a set of instructions so that other people can upcycle the same item too.

Texture Texture Everywhere:

Max Ernst & Frottage – This week explore a new artist. This artist used lots of different textures to create his work. Follow the link to learn how to create a unique piece of art that is specific to your home.

<https://www.thenational.academy/year-6/foundation/texture-treasure-hunt-year-6-wk1-5/#>

Some of the clips have been copied into the **PDF Frottage**.



Spanish:

Here is our opportunity to learn another language from another amazing teacher. We will be looking at numbers, the alphabet and learning about the different countries that speak Spanish.

Don't panic! I didn't understand the first 10seconds of the video – but hopefully I will after a couple of lessons. <https://www.thenational.academy/year-6/foundation/el-alfabeto-y-los-numeros-year-6-wk1-2/#>

Have a go at some of the Spanish Number activities **PDF**



Singing & Pulse

On your advice, Mr Cockerill has been practicing his singing – much to the delight of his dogs!

This week, one of the teachers at Oak National Academy has created a video for you have a go at. It has some singing and some learning about pulse – ideal for those of who want to be musicians.

<https://www.thenational.academy/year-4/foundation/pulse-year-4-wk1-5/#>

You could even set up a concert using hairbrushes and your instruments.

Or spend time singing-a-long to the radio and your favourite tunes.



to
you

Coding:

It's time to harvest the crops – It must be all of that lovely weather we've been having.

Can you help collect the crops in by having a go at Lesson 14.

Not got to Lesson 14 yet? Don't worry just carry on from where you have got to.

Oak National Academy.

You may have heard about the new Oak National Academy that has been set up. It's recommended by The Government and DfE and has a variety of different lessons online. There are some very helpful videos and tasks that we will be using to help us with our learning. If you click on the blue underlined text above (next to each task) it should take you to the correct page.

However, if you are struggling please go to:

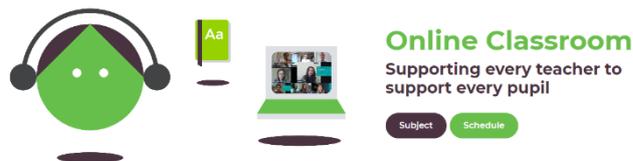
<https://www.thenational.academy/online-classroom>

Here are the details of the resources we are using this week.

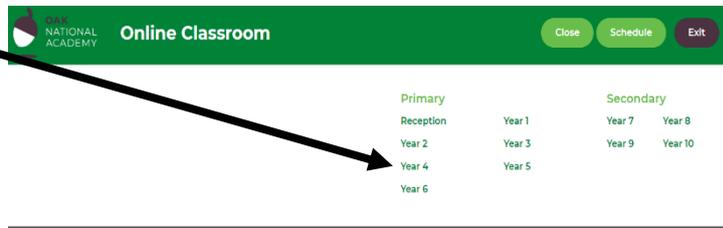
Year 4	Pulse	Music – Singing & Pulse
Year 6	Texture Treasure Hunt	Art - Max Ernst & Frottage
Year 6	El alfabeto y los números	Language – Spanish letters & numbers

To find these resources follow the instructions below.

Click on: **Subject**



- **Year Group** (detailed in table)



- **Foundation**

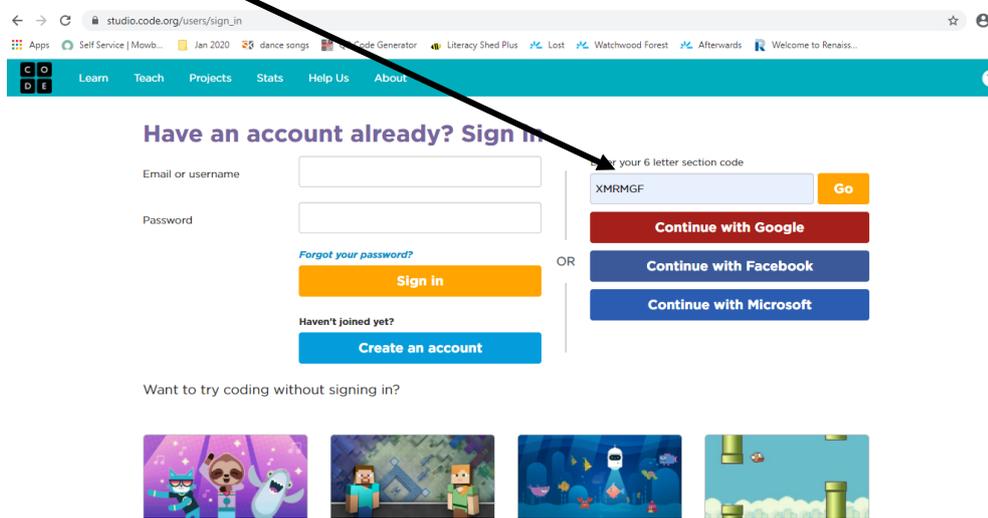


Coding Instructions

1. www.code.org and click the 'Sign in' button.



2. Enter **XMRMGF** into the '6 letter section code' box.



3. Select your name and enter your secret words (these are in your reading planners).

