

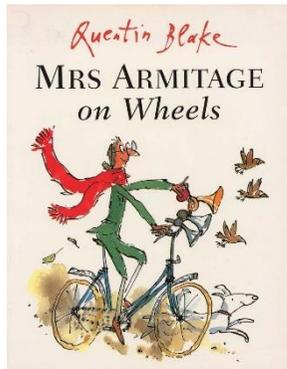
W/C 29.6.2020 Staying Healthy

Classes 3, 4 & 5

Weekly Reading Tasks

Weekly Phonics Tasks

Monday- Mrs Armitage on Wheels – look at the front cover of the book. How is Mrs Armitage staying healthy? What is she doing? What does it mean to be healthy? Can your child write a prediction about what they think the story will be about?
In what ways do your children stay healthy? (Ride their bike, eat fruit etc...)



Monday- Learn your weekly spellings.
This week is the last week on the homophone red words. Can your child get 10 out of 10 when they spell them?

Tuesday- Read Mrs Armitage on Wheels.
<https://www.youtube.com/watch?v=Fe9GVITbu9g>
Mrs Armitage adds different things to her bike. Can your child list in order all the items she adds and why? Use the template sent in the email with this planner or write it in your book.

Tuesday- Learn your weekly spellings.
Choose one of the homophones and ask your child to put it into a sentence. For example, The wind **blew** fiercely. Are the using the correct homophone?

Wednesday- Read Mrs Armitage on Wheels.
<https://www.youtube.com/watch?v=Fe9GVITbu9g>
With someone in their family, your child pretends to be Mrs Armitage and someone else is Breakspear. Breakspear has a problem and Mrs Armitage needs to fix it using the language in the story.
For example, Breakspear notices the breaks don't work.
Mrs Armitage says 'What this bike needs is...' and your child finishes it off. Share your problems on Seesaw.

Wednesday- Learn your weekly spellings.
Using a word from your child's spelling word list, say a sentence out loud. Can your child write the sentence you are saying?

Thursday- What does Mrs Armitage do at the end of the story? How is this still staying healthy? Discuss with your child how she is still being healthy and the other transport she could have used that isn't so healthy.

Thursday- Learn your weekly spellings.
If your child is group 1, can they list any other words that have 'ear' in them?
If your child is group 2-3, can they list any other words that have or making 'ur' in them?

Friday- Read Mrs Armitage on Wheels (if needed) – can your child draw a story map to retell the story? Share your story maps on Seesaw.

Friday- Learn your weekly spellings.
Play a different game on phonics play this week and revise all phase 5 sounds.

	Don't forget to use your free login!
Weekly Writing Tasks	Weekly Maths Tasks
<p>Monday- https://en.wikipedia.org/wiki/File:Portr%C3%A4tt,_Rudolf_II_som_Vertumnus._Giuseppe_Arcimboldo_-_Skoklosters_slott_-_87582.jpg Write some sentences about it. What can you see? What do you like/not like about it? Try to use 'because' in your sentence to explain your answer. If you would like to know more about Arcimboldo then there is a children's powerpoint on twinkl https://www.twinkl.co.uk/resource/t-t-14187-food-ks1-giuseppe-arcimboldo-information-powerpoint-presentation</p>	<p>Monday- Ask your child to find a book in your house. Can they find three items which are longer than the book and three items which are shorter? Order the items from longest to shortest. Measure the items to work out the difference in lengths.</p>
<p>Tuesday- Draw your own portrait of a person with fruit. List all the fruits you used in your picture in alphabetical order. Give your portrait a title.</p>	<p>Tuesday- Can your child write down the name of each family in order from tallest to shortest? Is the tallest person the oldest person or not? Discuss why this might not be true. They could measure family members using a measuring tape.</p>
<p>Wednesday- Using your portrait from yesterday or the portrait from the link on Monday if you prefer, imagine it is a real character from a story. Write some adjectives to describe your character. You could also think of some verbs and adverbs that might describe how it moves. E.g. He stamps heavily.</p>	<p>Wednesday- Play level 1 of this game to practise measuring things with a ruler. Write handy hints for using a ruler e.g. start at 0.</p>
<p>Thursday- Think about the place where your character might live. Draw and label it if it helps. Now write a description of it. You could write about your character moving around and seeing different things if you liked, using your verbs and adverbs from yesterday.</p>	<p>Thursday- Look outside, in your garden or on your walk, can your child find things that are taller than they are and things that are shorter than they are?</p>
<p>Friday- Think of a sport/activity that you really enjoy that keeps you healthy. Can you make up an acrostic using the letters from your activity? E.g. Speedy Careful Over ramps Outdoors To school Exciting Riding Or maybe you could write a poem about it if you are feeling really creative?</p>	<p>Friday (investigation)- Can your child have a go at these challenges/investigations from NRICH?</p>

Learning Projects - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about ways to keep safe and healthy. This could be a focus on different fun ways of exercising as well as thinking carefully about the foods we eat. We can also make links to previous weeks around how to keep safe by washing our hands and thinking about how germs can pass from one to another:

- Have a go at a daily [Boogie beebies](#) or yoga <https://www.youtube.com/user/CosmicKidsYoga> – can you think of your own exercise routine?
- Share a Day with [Dr Ranj](#) and find out more about [germs](#) – can you create an informative poster to help others stay healthy and safe?
- Relaxing – doodling, pattern making. Draw a range of 2D shapes (between 6 and 8 perhaps) on your paper fill each section with a mark making type. Use A5 paper. Children can either draw free hand or with their own shape set. Link to maths naming shapes and talking about properties.
- Can you have a go at creating your own game at home for others to play? Remember to write down the rules and instructions.
- Choose a piece of fruit or a vegetable. If possible cut it open then cut or paint it. You could even use different fruits/veg to print with paint.



- Perhaps you could make a fruit and veg face or sculpt an animal? <https://www.youtube.com/watch?v=YapDBQ0egBA>
- Research a famous person who achieved highly in a sport that you are interested in.

STEM Learning Opportunities

- **Astronaut Aerobics- (linking to our work on Space X)**
Astronauts have to be fit and agile for their missions into space. Ask your child to design a home workout and put your agility to the test! You could even use [Mr Garcia's](#) video to help.
- Then, your child can plan a day of healthy eating for the aspiring astronauts thinking carefully about each food group. Try [twinkl's](#) range of healthy food group activities using your free login.

Mission X – Astro Food

- Collect a variety of plant foods from home or download the cards from [this](#) resource.
- Group the food/cards e.g. fruits, seeds, vegetables. Which parts are edible?
- Sign up and access all of the Mission X resources [here](#).

- Make a meal/snack/picnic for yourself or your family. Which food groups did you eat? Can you include them all?

Additional learning resources parents may wish to engage with

- Daily activities to choose from on the [Oak National Academy](#).
- [White Rose Maths](#) online maths lessons. Watch a lesson video and complete the worksheet (Week 10 w/c 29th June).
- IXL- Click here for [Year 1](#) or here for [Year 2](#) . There are interactive games to play and guides for parents.
- [Mastery Mathematics Learning Packs](#) Learning packs with different activities and lessons. Includes notes on how to do these activities with your children.
- Daily activities to choose from on [BBC Bitesize](#)