

W/C 29.6.2020 Staying Healthy

Classes 6, 7 & 8	
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Weekly Reading Tasks	
1	Read the first chapter of the book.
2	Read the second chapter of the book.
3	Read the third chapter of the book.
4	Read the fourth chapter of the book.
5	Read the fifth chapter of the book.
6	Read the sixth chapter of the book.
7	Read the seventh chapter of the book.
8	Read the eighth chapter of the book.
9	Read the ninth chapter of the book.
10	Read the tenth chapter of the book.

Monday-

Read together the (attached) recipe for making a strawberry smoothie. Can you make the smoothie? How does it taste?

Strawberry Smoothie
Makes 6 small servings

Ingredients:
1 1/2 cups strawberries, stems removed
1/2 cup plain yogurt
1/2 cup milk
1/2 cup ice cubes
1/2 cup strawberry juice
1/2 cup strawberry puree

Directions:
1. Wash the strawberries and remove the stems.
2. Cut the strawberries into small pieces.
3. Place the strawberries, yogurt, milk, ice cubes, strawberry juice, and strawberry puree in a blender.
4. Blend until smooth.
5. Pour the smoothie into small cups and serve.

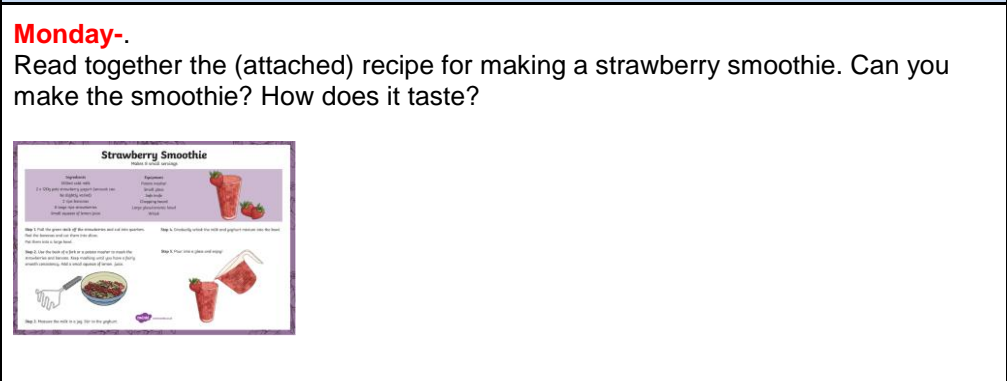
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Read a book to a grown up, sibling, pet or toy. You could read your school book or choose one from home. You can also find levelled reading books here <https://www.oxfordowl.co.uk/> (sign up for free)

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Wednesday- Listen and enjoy some popular books being read online. There are lots out there to choose from. Here are a couple to get you started.

<https://www.youtube.com/watch?v=cfiPrA8E3qE>
The smartest giant in town

<https://www.youtube.com/watch?v=UGqFxN0V-CA>
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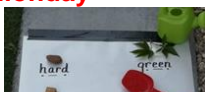
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Play Tricky Word Trucks <https://www.phonicsplay.co.uk/member-only/TrickyWordTrucks.htm> | (membership is free at the moment)

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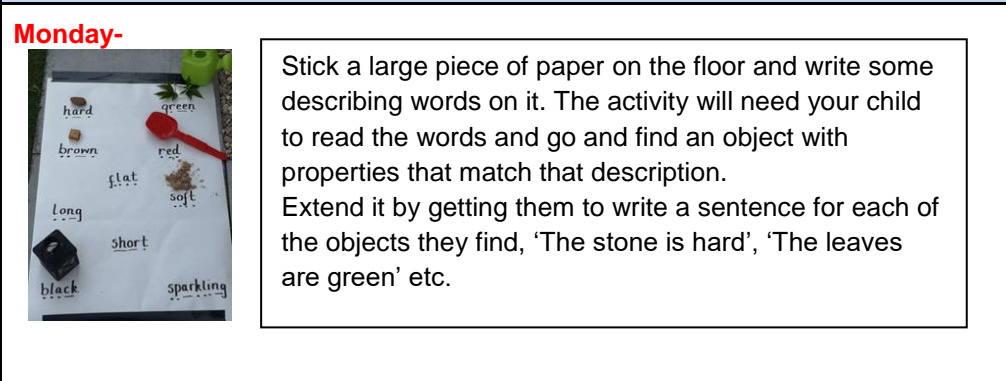
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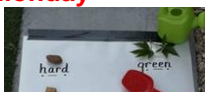


Stick a large piece of paper on the floor and write some describing words on it. The activity will need your child to read the words and go and find an object with properties that match that description.

Extend it by getting them to write a sentence for each of the objects they find, 'The stone is hard', 'The leaves are green' etc.



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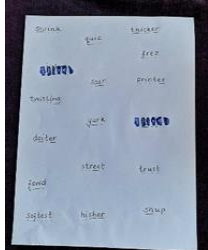
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Tuesday-
Use your sound cards to recap all the sounds you have learnt so far (single, digraphs and trigraphs). Don't worry if you've forgotten any sounds- find some great phonic videos here. These will help you practise and maybe even teach you a new sound.
<https://www.youtube.com/channel/UCTcZnvuTeovIznioLRo0GOA>

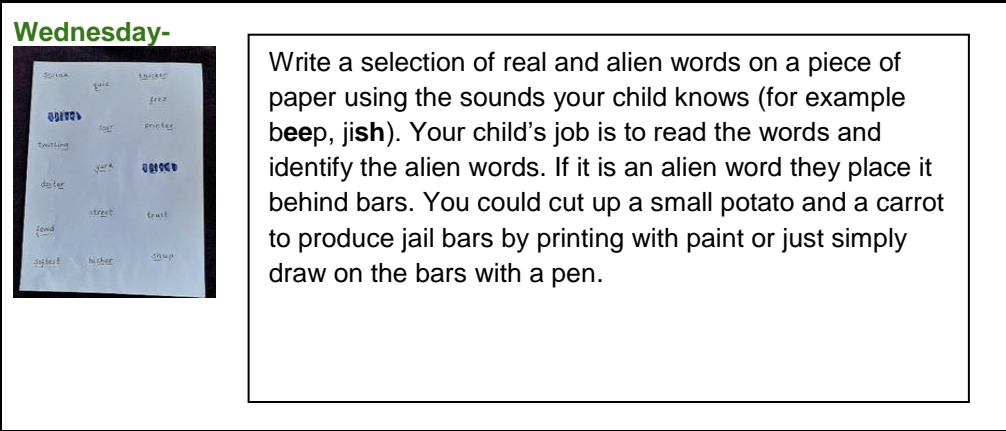
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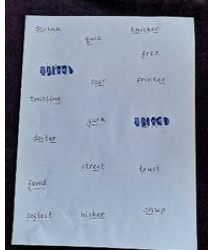
Wednesday-



Write a selection of real and alien words on a piece of paper using the sounds your child knows (for example **beep**, **jish**). Your child's job is to read the words and identify the alien words. If it is an alien word they place it behind bars. You could cut up a small potato and a carrot to produce jail bars by printing with paint or just simply draw on the bars with a pen.



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Friday-

Put out lots of different books not just children's) for your child to explore. You could also have magazines, leaflets or takeaways menus that they have to search for the tricky words in. Create a list of tricky words that the children already know or ones they need more practise with. Once they've spotted a word in the books, menus etc, they tick the sheet

Friday-

This activity is a pretty easy activity to set up. All you need is a small tray, small cut up bits of paper or card, tweezers and a couple of sandwich bags. Your child uses the tweezers to pick up a card. They segment and blend the word and decide if it is a real word or a non-word and then place it in the appropriate 'evidence bag'. For children learning to recognise the initial sounds and letters they could use the tweezers and sort the letters from the numbers or symbols and put them into the appropriate 'evidence bags'.

Weekly Writing Tasks

Monday- Start an exercise diary. Keep track of the physical activities you do each day. Take a look at how busy you have been at the end of the week.

For example,

Monday: bike ride, scooter, jumped on the trampoline

Tuesday: played in the garden

Tuesday- Write a list of as many different fruits as you can think of. Choose 3 of these fruits to make a smoothie. When you make the smoothie try to remember which fruits went in first and how you made the smoothie.

Wednesday- Write the instructions to make your fruit smoothie. These can be in simple numbered points, for example

- 1) Peel and add the banana.
- 2) Put in the strawberries.
- 3) Throw in some blueberries.
- 4) Add juice and mix it all up.

Thursday- Think about all the handwashing we have to do at the moment. Design a poster to show younger children how to wash their hands properly. There are lots of examples on the internet to look at.

Weekly Maths Tasks-Subtraction

Monday- Watch number blocks

<https://www.youtube.com/watch?v=qyNwQq1Jkas&t=1s>

Tuesday- Count back from 20 to 0.

Collect 20 things from around the house to help you count. These might be coins, teddies, bottle tops. Ask your grown up to write some simple subtractions for you. Solve the number sentences by using your counting objects to represent the big number and take away the small number by physically moving the counting objects. For example $12-6=$, collect 12 objects and take 6 of them away from the group of 12. Encourage the children to write the answers.

Wednesday –

Set up a target on the floor outside using chalk. In each section write a different number to subtract (for example, -5, -2). Each player to start with 20 points (or a bigger or smaller number). Take turns to throw a ball or similar at the target. Whichever subtraction the ball lands on use this to formulate a subtraction number sentence to solve. For example $20-2=$ 18. You can extend the game by using the answer totals from your sums for each new throw. The person to get to zero the quickest is the winner.

Thursday- Play the subtraction bus game that we have attached. You will need a dice and counters (you could use bottle tops, coins, toys etc if you don't have any counters)

Friday- Practise writing your tricky key words. You could look at the key word, turn it over and then try to write it or ask somebody to read you a word and you write it. This can be extended to writing simple sentences (dictation).

Friday - The Box Game <https://nrich.maths.org/12745>

Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about keeping healthy.

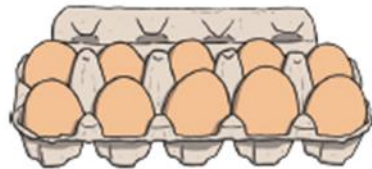
- Sort some food from your kitchen into healthy and unhealthy. Talk about each one. Can you say why it is healthy or unhealthy? You may talk about things being fruit or vegetables or other things being full of fat or sugar.
- Help your grown up prepare and cook a healthy meal.
- Grow your own food. Children can learn a lot about food simply by growing it themselves. It's great if you have space for a dedicated vegetable patch outside, but even just growing some plants in pots inside can be very rewarding. Get the children involved in planting the seeds/plants, watering them, harvesting them and preparing/eating the produce. Some of the easiest things to grow include wild strawberries, cherry tomatoes, radishes, runner beans, lettuce, chives, carrots and potatoes.
- Try a new form of exercise- this maybe anything from jogging or climbing trees to rolling down hills and kite flying. Send your teachers a photograph of what you did.

STEM Learning Opportunities

STEM Challenge Cards

Make a safety container for a fresh egg to be dropped from 2 metres high in without breaking.

Competition – Which container can be dropped from the highest height without the egg breaking?



Additional learning resources parents may wish to engage with

Access lots of physical activity opportunities on www.imoves.com

There are additional maths opportunities at <https://whiterosemaths.com/homelearning/early-years/>

A bit of fun: Did you know if your child writes a letter to their favourite Disney character, they will send them an autographed picture. The address is:

F.A.O Disney character's name
Walt Disney World Communications
PO Box 10040
Lake Buena Vista, FL
32830-0040