

Week beginning: 29/06/20

Year 6

Weekly Creative Home Learning



Alexandra
Primary School
Aspire, Perform, Succeed

Hello Year 6 legends,

Every **Tuesday** you will see a new chart of some activities that you can do to keep yourself busy and keep your brain active! Please remember to balance your online home learning with activities that promote your well being too! Just like you would at school, make sure you take breaks every so often.

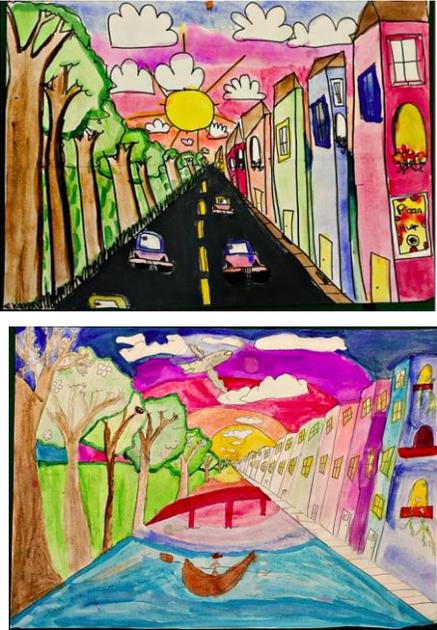
Well done for all of your hard work every week – you are all doing so well and we are very proud of you. Remember to send some work into apsallstars@alexandra.hounslow.sch.uk so that we can see what you have been doing.

We miss you!

Mrs Carrasco, Miss Carberry and Miss King

Reading	Writing	Maths	PE
<p>Read different text genres: a biography, classic novel, adventure story, poems, newspaper, cultural story.</p> <p>Audible: In the wake of the novel coronavirus pandemic, Audible is offering hundreds of titles children ages 0-18 completely free of charge. These are available in different languages.</p> <p>Reading Plus, Doodle English, Pixl Unlock: continue logging in and completing your usual activities.</p> <p>Vocabulary Ninja: take a look at this week's words at the bottom of this file. Find the definitions of these words, try to use them in a sentence and then create your own word search for a family member.</p>	<p><u>Publishing and editing:</u> Read and edit your plan independently. Do you have any new ideas or changes? Read it to a family member and see if they have any ideas.</p> <p>Remember to include:</p> <ul style="list-style-type: none">- Hook the reader with an exclamation or rhetorical question- Use imperative verbs (be bossy)- Address the reader directly using the 2nd person (you...)- Use boastful adjectives and exaggeration to show your product is the best!- Include a quote from a well-known person <p>Don't forget you have lots of things to help you – the original model for the multi-functional mobile phone, your diagram and your plan.</p> <p>Remember to send your writing to apsallstars@alexandra.hounslow.sch.uk</p>	<p>Online learning: Doodle Maths, Mathletics, MyMaths, Times Table Rockstars. Links are available on the website.</p> <p>White Rose Maths: follow the link below and complete the learning under Summer Term, Week 10.</p> <p>https://whiterosemaths.com/homelearning/year-6/</p> <p>There are daily worksheets for you to complete on the BBC Bitesize website that link to the White Rose lessons.</p>	<ul style="list-style-type: none">• Joe Wicks PE sessions online – Monday, Wednesday and Saturday https://www.thebodycoach.com/blog/pe-with-joe-1254.html You can look back on past workouts if you are in a daily routine.• Cosmic Kids Yoga and Mindfulness (YouTube)

Weekly Creative Home Learning

Science	Geography	Art
<p><u>Healthy lifestyle:</u> What do you need to have a healthy lifestyle? Watch the video below and make a note of the 5 things you need to stay healthy. https://www.youtube.com/watch?v=UxnEuj1c0sw</p> <p>What is the impact of these things on a person? Research the benefits and then find out more about the nutrients below:</p> <ul style="list-style-type: none"> - Carbohydrates - Minerals - Vitamins - Water - Fats - Protein - Fibre <p>Next: Using all the information you have collected about how to stay healthy, create an information leaflet. You can use a blank piece of paper or the template provided.</p> <p>The leaflet should explain the all the ways we can stay healthy and the benefits of each of these things. Remember to include a heading, sub-headings, plenty of information and diagrams.</p>	<p><u>The Water Cycle:</u> Ever wondered where water comes from and how rivers exist?</p> <p>Watch the video: https://www.youtube.com/watch?v=ncORPosDrjl</p> <p><u>Evaporation:</u> This happens when bodies of water like lakes, rivers and oceans heat up. When the water becomes hot, it forms vapours that go into the air.</p> <p><u>Condensation:</u> When the vapour gets cold, it gets transformed back into liquid form; this is what makes clouds.</p> <p><u>Precipitation:</u> Precipitation happens when the water that went into the sky gets released. Depending on the temperature, the water comes down as liquid or solid.</p> <p><u>Accumulation/Collection:</u> This happens when the water collects in one place and forms a river, lake or any other body of water.</p> <p>Have a look at the pictures attached and create your own poster that explains how the water cycle works. Remember to use colour, labels and lots of information.</p>	<p><u>One-point Perspective Drawing:</u> Following on from last week, we will continue to practice our one-point perspective drawing. Watch the video below: https://www.bbc.co.uk/bitesize/clips/zvq6sbk</p> <p>You will be creating something that may look like this:</p>  <p>Use the instructions and pictures attached to help guide you through the process.</p> <p>Remember to send your artwork to apsallstars@alexandra.hounslow.sch.uk</p>

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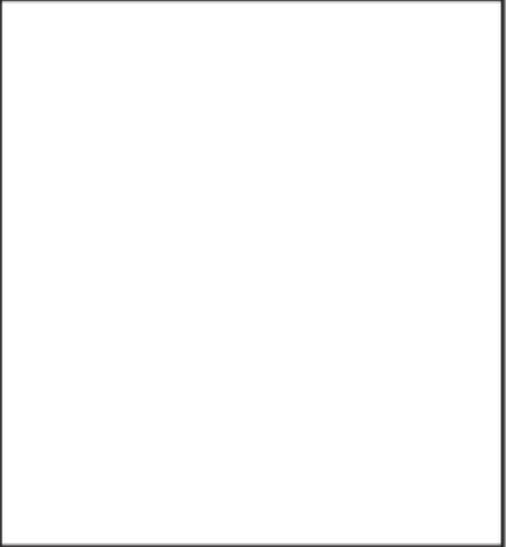
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PSHE	Spanish	Music	DT
<p>As you know we are currently a Silver Rights Respecting school. We would like you to know your rights even more than you do so already. Each week there will be an Article of the Week with your Home Learning Grid, where you can choose some activities to do to show your understanding of the United Nations Convention on the Rights of the Child.</p> <p>Here you will find all of the Articles for you to remind yourselves again: Rights of the Child</p> <p>You do not have to do all of the activities but we would like you to select one or more to complete and show us your fabulous work on APS Allstars so it can be put in pride of place in the gallery!</p>	<p>Log in to Language Angels and complete the tasks that have been assigned to you.</p> <p>Remember to finish each task fully.</p>	<p>Choose a period of music history to research and create a fact file about it:</p> <ul style="list-style-type: none">- Renaissance 1400-1600- Baroque 1600-1750- Classical 1750-1820- Romantic 1820-1900- Modern 1890-1960- Contemporary 1960-present	<p>N/A</p>

RE	Spelling	Grammar	Wellbeing
<p>What is the relationship between moral choices and religion?</p> <p>Consider the moral dilemma: You see your friend cheating in a Maths test.</p> <ol style="list-style-type: none">1) Talk about and consider all the possibilities.2) Establish the facts and consider the evidence.3) What would you do and why?4) What impact would that have? <p>Does your religion affect your choices? How so?</p>	<p>Look at this week's Vocabulary Ninja words. Ask an adult to test you on the spelling of these words.</p> <p>Think of some ideas and tricks to help you spell these words.</p>	<p><u>Direct and Indirect Speech</u></p> <p>Use a newspaper or a book and find 10 examples of direct speech and write them down.</p> <p>Next turn them into indirect speech. There is an example below.</p> <p>Direct: He said, "I'm going out."</p> <p>Indirect: He said he was going out.</p>	<p>Look at the wellbeing calendar attached and try to follow it each day. Remember to check in with yourself every day and get your family involved too!</p> <p>Make sure you are getting enough sleep, drinking plenty of water and eating healthy food. Ensure you are taking time away from screens and getting some exercise as well.</p> <p>Remember to talk to your family and friends about how you are feeling at this time.</p>

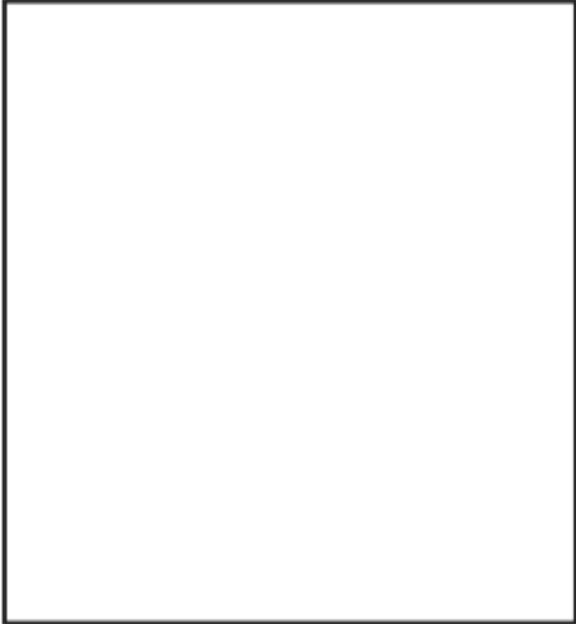
Science: Healthy Lifestyle

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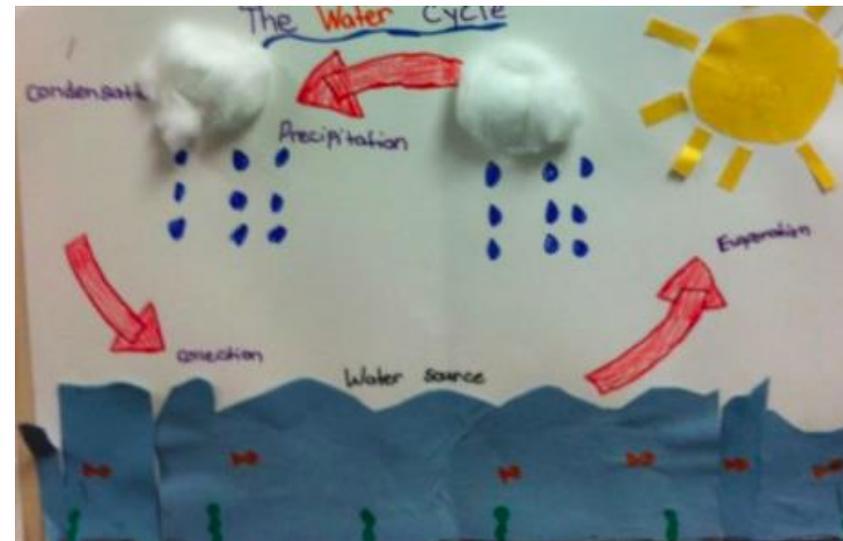
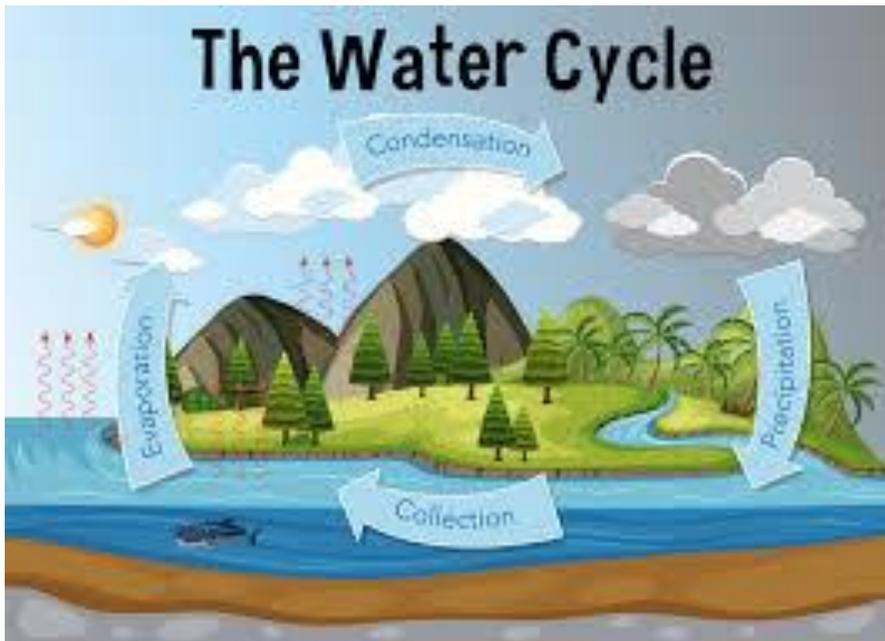
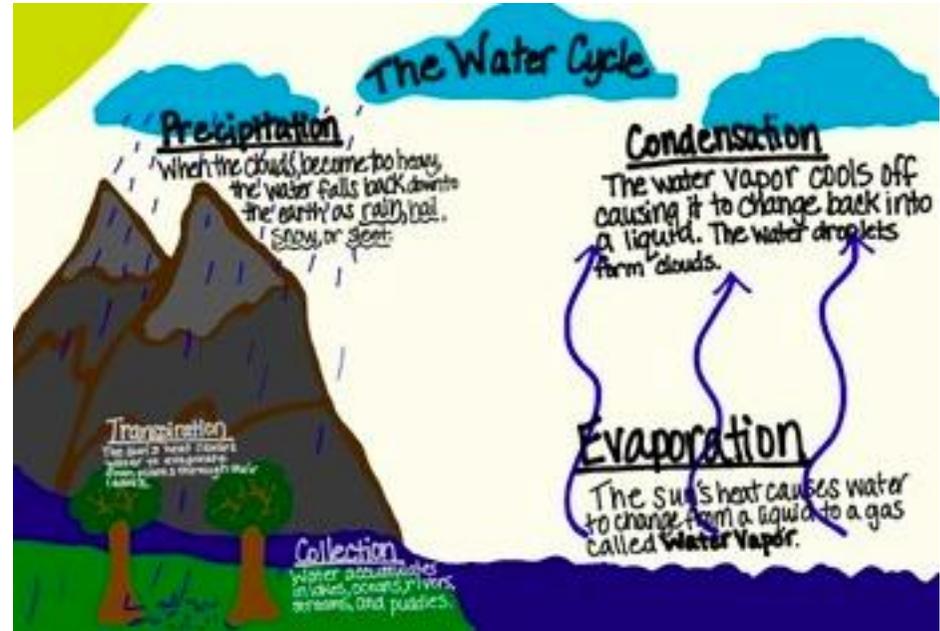
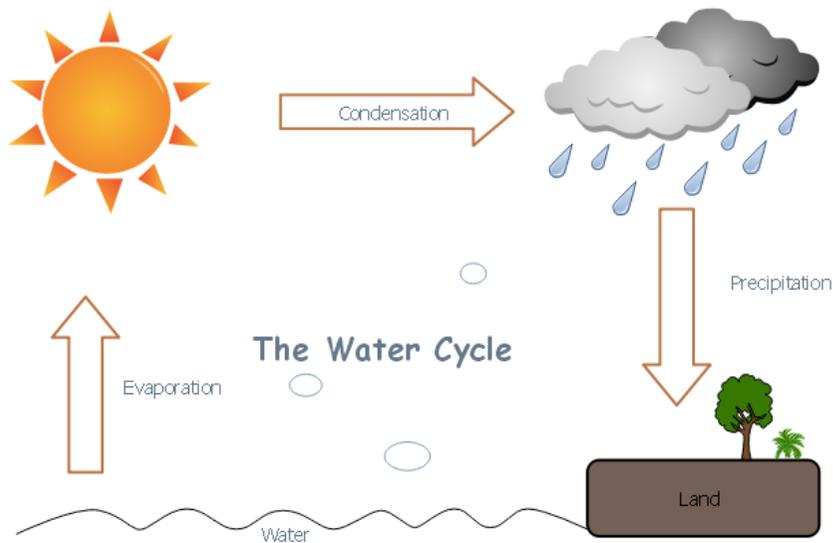
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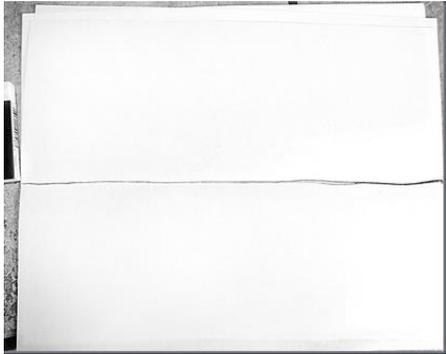
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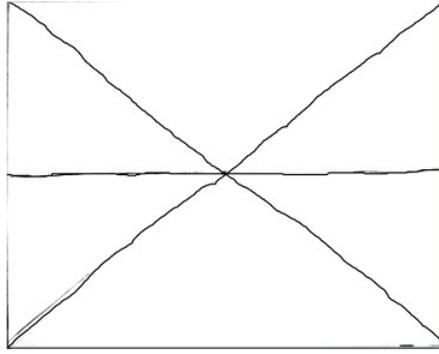
Geography: The Water Cycle



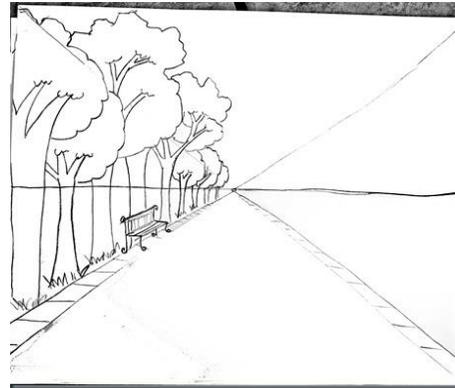
Art: One-point Perspective Drawing



1. Begin with the horizon line in the middle.

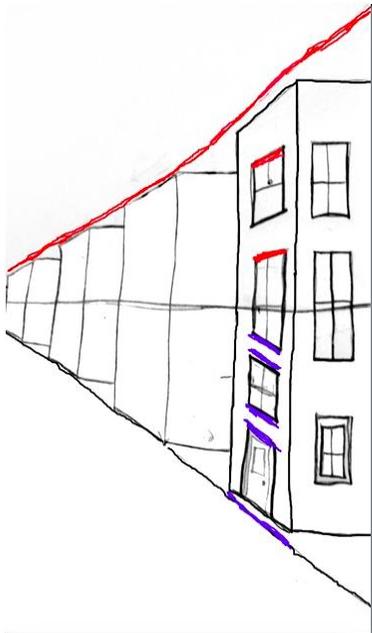
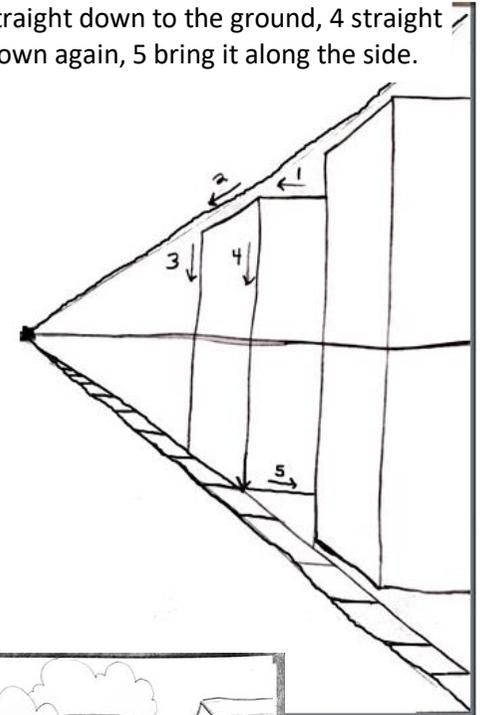


2. Draw a dot in the middle (vanishing point) and make an X from corner to corner



3. Draw the sidewalks first from the vanishing point.

4. Follow the numbers for the buildings: 1 straight, 2 diagonal, 3 straight down to the ground, 4 straight down again, 5 bring it along the side.



5. Add doors and windows.



6. Erase the X and the parts of the horizon line that overlap the trees and buildings.



7. Add any details you can see in the final image.



Grasshopper

spread

froze

shake

broken

snatch

Shinobi

slam

rickety

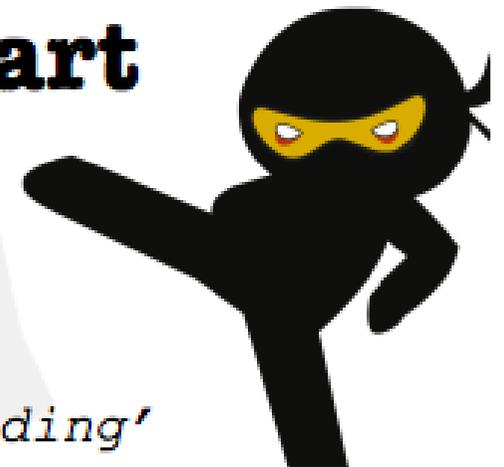
duel

loom

outsmart

Vocabulary Ninja

'Words unlock the doors to a world of understanding'



Well being: Jump Back July Calendar




RESILIENCE CALENDAR: JUMP BACK JULY 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>We can't control what happens to us, but we can choose how we respond</p>			<p>1 Be willing to ask for help when you need it today (and always)</p>	<p>2 Make a list of things that you're looking forward to</p>	<p>3 Adopt a growth mindset. Change "I can't" into "I can't... yet"</p>	<p>4 Find an action you can take to overcome a problem or worry</p>
<p>5 Avoid saying "must" or "should" to yourself today</p>	<p>6 Put a problem in perspective and see the bigger picture</p>	<p>7 Shift your mood by doing something you really enjoy</p>	<p>8 Get the basics right: eat well, exercise and go to bed on time</p>	<p>9 Help someone in need and notice how that gives you a boost too</p>	<p>10 Don't be so hard on yourself. It's ok not to be ok</p>	<p>11 Reach out to someone you trust and share your feelings with them</p>
<p>12 When things go wrong, be compassionate to yourself</p>	<p>13 Challenge negative thoughts. Find an alternative interpretation</p>	<p>14 Set yourself an achievable goal and make it happen</p>	<p>15 Go for a walk to clear your head when you feel overwhelmed</p>	<p>16 When things get tough, say to yourself "this too shall pass"</p>	<p>17 Write your worries down and save them for a specific 'worry time'</p>	<p>18 Let go of the small stuff and focus on the things that matter</p>
<p>19 Notice something positive to come out of a difficult situation</p>	<p>20 Ask yourself: What's the best thing that can happen?</p>	<p>21 If you can't change it, change the way you think about it</p>	<p>22 Make a list of 3 things that you can feel hopeful about</p>	<p>23 Remember that all feelings and situations pass in time</p>	<p>24 Choose to see something good about what has gone wrong</p>	<p>25 Notice when you are feeling judgemental and be kind instead</p>
<p>26 Get back in touch with a supportive friend and have a chat</p>	<p>27 Write down 3 things you're grateful for (even if today was hard)</p>	<p>28 Catch yourself over-reacting and take a deep breath</p>	<p>29 Think about what you can learn from a recent challenge</p>	<p>30 Ask for help from a loved one or colleague. Be specific</p>	<p>31 Remember that you are not alone. We all struggle at times</p>	

ACTION FOR HAPPINESS







actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Daily actions to look after ourselves and each other as we face this global crisis together