

Dear Pygora class,

How are you all? I've really missed you all and our wonderful (and weird) conversations but it has been great to see more people on Purple Mash this week - please can we remind you to check your spellings and punctuation before you hand your work in, it should be your final copy that I see! Pygmy are currently Top of the leader board on Spelling Shed! What happened guys? Come on, we want that top spot! Get on there this week and knock them off!

Well done to RB for the ONLY entry for the workout task! The rest of you are lucky though because it's a good one! Have a go at this you lazy couch potatoes and see if you can create one of your own or even improve on hers!

(There are 15 second rests in between each exercise and warmup)

For the warmup everyone has to do twisting with their hips for 30 seconds, 10 toe touches, lunge on each leg for 15 seconds, stretch up high and back down to your toes 5 times, run on the spot for 30 seconds. AND THATS THE WARMUP!!!!!!

#### The workout

10 push ups, jump on the spot for 15 seconds, 30 star jumps, 15 squats, do jumping lunges for 10 seconds, jumping squats (do 12), climb the invisible rope for 30 seconds, do 10 mountain climbers, 5 sit ups, 15 burpees, 5 karate kicks AND FINALLY 30 SECONDS OF CRAZY (or normal) DANCING!!!!!!

#### Cool down

walk on the spot for 30 seconds, stretch your legs out for 12 seconds, sit on the floor and try and reach your toes, 5 arm circles backwards and forwards on each arm and relax.

Next week would be your first full week back in school so hopefully you will be doing some work to keep those brains ticking over. We've put together a timetable which you might want to do but this is only a suggestion and up to your parents - not you!

	Monday	Tuesday	Wednesday	Thursday	Friday
8.30	Make sure you're up, dressed, had some breakfast and brushed your teeth.				
9.00	Do some exercise to start your day in the right way. You might like to try Joe Wicks (or RB's workout) as this is a good workout and can be done in your living room or possibly even your bedroom. <a href="https://www.youtube.com/user/thebodycoach1/videos?app=desktop">https://www.youtube.com/user/thebodycoach1/videos?app=desktop</a>				
9.30	Drink and make sure you have everything you need for the day, learning packs, pencils, pens, rubbers and <u>your brain!</u>				

9.45	<p>Maths</p> <p>Either complete some more of your maths booklet or go on White Rose if you haven't already. There are four weeks of free lessons on here:  <a href="https://whiterosemaths.com/homelearning/year-6/">https://whiterosemaths.com/homelearning/year-6/</a>            You could also go on some of these websites:  <a href="https://aplusclick.org/">https://aplusclick.org/</a> this is good to practise your reasoning skills  <a href="https://www.mathplayground.com/">https://www.mathplayground.com/</a>  <a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a> this is great for new areas or if you can think of an area that was hard, go back and revisit it.  <a href="https://myminimaths.co.uk/">https://myminimaths.co.uk/</a> is great for practice on specific types of arithmetic questions.</p>
10.30	<p>Break and snack perhaps get a bit of fresh air, open a window or go in the garden. Limit any screen time and make sure you come off at 11am.</p>
11.00	<p>Reading, either your own book or you could go on to the home learning tab on the website and read the latest edition of First news. Keep a record of what you read or discuss what you've read with someone at home.            You could always listen to a story instead: <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a></p>
11.30	<p>English</p> <p>Have a look on here: <a href="https://www.pobble365.com/">https://www.pobble365.com/</a> they put up a different task each day and if you do this in word you can email any work to us for marking.  <a href="https://www.literacyshed.com/home.html">https://www.literacyshed.com/home.html</a> this is also great as you can watch an animation and then there's work to complete afterwards. We have used this in school so thought you might enjoy this. You could complete some of the tasks set on Purple Mash too.            Or you could do some of your English paper workbook.            Log on to <a href="https://www.spellingshed.com/en-gb">https://www.spellingshed.com/en-gb</a> and work on your spellings for the week - there will be new ones set EVERY week!</p>
12.30	<p>Lunch break - Eat something healthy not just biscuits...</p>
1.30	<p>Any of these:  <b>Topic:</b> <a href="http://www.primaryhomeworkhelp.co.uk/rivers.html">www.primaryhomeworkhelp.co.uk/rivers.html</a> use this website to find out about how rivers are formed. You could make a leaflet, poster or model to show what you have learnt. Please email work or photos to us through Purple Mash! Well done to RB and WS for completing some work on this topic already and sending it to us!</p> <p><b>Purple Mash</b> - log on and see if we have set you any tasks. There will be some new ones going up midway through the week!</p> <p><b>PSHCE</b> -create a Covid 19 time capsule. You will need a plastic or tin box to put everything in. Fill it with items that symbolise this time, like a roll of toilet paper (if you can spare one!), an empty bottle of hand sanitiser perhaps a set of mask making instructions. Include a list of the movies and TV shows you've binge-watched. Print photos of you and your family wearing masks, playing cards, taking a walk and celebrating special occasions together. You can even print screenshots, or draw your own, of memes (you know we love these) that capture the times. If you have them, add some newspaper or magazine clippings, too. A nice addition is a letter to your future self about what living through this pandemic is really like. Don't forget to reflect on</p>

what you have enjoyed most about this time e.g. spending more time in the woods, playing a game with a family member etc.

**Music** - <https://www.bbc.co.uk/teach/ten-pieces/get-creative-with-classical-music-at-home/z6tqqp3> get creative with classical music at home.

**Art** - If you haven't already, find out about an animal that lives on or in the river and draw it, create a poster about it. Ask someone at home for ideas on how they think you could improve it and have another go. Take a photo and email us - we'd love to see it.

**Computing** - <https://scratch.mit.edu/> have a look at some projects on scratch or even create some of your own. Have a go at some coding with the Hour of Code website <https://hourofcode.com/uk/learn>.

BBC bitesize are also launching a new programme of home learning this week so you might want to have a look at this - we will be checking it out too!

Year 5/ P6 lessons				
Monday 20 April - Friday 24 April				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b> Understanding similes and metaphors	<b>English</b> Understanding and using alliteration	<b>English</b> Writing a newspaper report	<b>English</b> To understand expanded noun phrases	<b>English</b> Reading lesson: To Be a Cat by Matt Haig
<b>Maths</b> Identify and position negative numbers on a number line	<b>Maths</b> Add and subtract numbers with more than 4 digit numbers using	<b>Maths</b> Multistep problems, including estimating and rounding	<b>Maths</b> Multiples and factors	<b>Maths</b> Challenge of the week
<b>History</b> Who were the Ancient Egyptians?	<b>Geography</b> Introduction to settlements	<b>Science</b> The solar system	<b>Music</b> Singing with feeling	<b>Wellbeing</b> Teamwork
Find all this content and more at: <a href="https://bbc.co.uk/bitesize/dailylessons">bbc.co.uk/bitesize/dailylessons</a>				

Finally, remember to try and help out around the house. A few of you have told me about jobs that you've taken on, or what you've been doing to help! Let's keep this up. See if you can do some jobs this week without being asked to first! Wash up after dinner, tidy your room, clean out the toilet (because no one likes that job!).

Stay safe everyone, be kind and look after each other.

Love Mr Harlow, Mrs Farrar and Mrs Neall