



Topic - Stay healthy, Stay active C5 (29th June - 17th July 2020)

Literacy - (Some tasks have the option of using Purple Mash again)

- Do you know how to keep healthy and fit? What are the top tips? Why? Time to research and discuss!
- Research your favourite sport, team or game. When and where did it come from?
- Explore and create a plan on the importance of Healthy Eating
Try to explain everything carefully. (leaflet PM 2do)
Investigate different food groups and what they give our bodies (2do)
- Friendship - Write about one or two of your friends. Describe why you get on.
Try to use lots of adjectives and details. (PM 2do)
What advice can you give on making and keeping friends? (2do)
Explore how we can support those who need help at difficult times. (2do)
- What are your ambitions? What would you like to do or be? (2 do)
- Exercise is good! Explain what happens when we exercise and why. (2do)
- Discuss online safety with a trusted adult. Create a leaflet explaining what to do and what not to do. (2do)

Topic - (with PM 2do as option)

- You are special! Draw a picture or poster telling people all about yourself (2do).
 - Football's back. Its healthy and historic! Try a World Cup quiz. (2do)
 - Draw a picture of people exercising (2do)
 - What message might a sprinter or runner give us? (Mashcam2do)
 - Persuade people to take more exercise! Design a poster. (2do)
- Challenge time - Watch out for extra tasks you will be told about in teacher's videos!

Maths/ Numeracy - (Purple Mash 2 do options added)

- Keep a record of how many minutes activity you do each day in a week.
Create a bar chart. (2do) See if you can increase your minutes!

Playing outside is free! Research how much it costs for a family of two adults & two children to see a Premier Lge game at two different clubs (when on!)

- What do you know about comparing numbers using the symbols < is less than & > is more than? Find out more. (2do)

Keep practising tables <https://www.topmarks.co.uk/mathsgames/hit-the-button>
OR monster multiplication on Purple Mash. (2do)

Remember the **Times tables Rock Stars** challenge. Test yourself or a friend!

- Look for symmetry at home and in the garden. Draw or photograph those objects or signs which are symmetrical.
- Explore finding factors (numbers that divide with no reminders) (2do)
<https://www.bbc.co.uk/bitesize/topics/zfq7hyc/articles/zp6wfcw>

See if you can help plan and make a healthy meal. Take care weighing, measuring or timing everything. You could send in a photo or comments.

Extension Activities

Have fun with the rest of your family by staying active at the PE website we've arranged free use of:

www.homejasmineactive.com Parent email: parent@stathanpri-2.com
Password: stathanpri

If you want to do extra ideas linked to the topic or show something you've been doing at home - like drawing, learning something new or practising - feel free to do so.

-Mr Swann would love to see any more ideas or photos. You can send them to my email and I'll reply: hswann@stathanps.co.uk