



## Week 9 -Learning Project – Sport- online

Age Range: Y5/6

### Year 5 Spellings

Year 5/6 Statutory spellings:

achieve  
bargain  
committee  
competition  
curiosity  
disastrous  
foreign  
marvellous  
leisure  
neighbour  
physical  
recognise  
secretary  
suggest  
variety

### Year 6 Spellings

tial/tially and cial/cially

official  
especially  
artificially  
partial  
confidentially  
essential  
beneficial  
commercial  
crucially  
social  
initially  
potential  
financially  
consequential  
influential

### Weekly Reading Tasks

**Monday-** Ask your child to read the sports pages of a newspaper or the sports pages on a [website](#) and consider the language used. They could add interesting language to a sports' word bank.

**Tuesday-** [Here](#) is a reading comprehension activity about circus performers. Ask your child to read the text quickly and accurately and complete the questions.

### Weekly Spelling Tasks

**Monday-** Can your child list sport related noun phrases and verbs that correspond with each letter of the alphabet? This will support their writing tasks.

**Tuesday-** Can your child complete [this word search](#) which focuses on words ending in **-cial** or **-tial**? Can they find the meanings of these words too? They could show this by putting the words into a different sentence correctly.

<p><b>Wednesday-</b> Ask your child to choose a sports person they admire. Encourage them to research information to create a biography which tells the story of their life in chronological order. Think about using the headings; Early life, Hopes and Dreams, and Sporting Success. Use the headings to research your sports person.</p>	<p><b>Wednesday-</b> Ask your child to create their own sporting wordsearch. This could include the names of athletes, sports or sporting equipment. There are some different templates <a href="#">here</a> if you would like to use one.</p>
<p><b>Thursday-</b> Ask your child to listen to and read along with <a href="#">Arundel Swimming Pool</a>. Ask your child to summarise each verse using only one word.</p>	<p><b>Thursday-</b> Can your child unscramble these sporting words: <b>queenmipt, poicmlys, tannidmob, cagminssty &amp; pochmarshpini</b>. Can they make their own up for someone else to unscramble?</p>
<p><b>Friday-</b> Read the text called The Wexbridge Flyer from <a href="#">the literacy shed pack 5</a>. Have a look at the questions below the text and answer them. There are answers to the questions for you to have a look at.</p>	<p><b>Friday-</b> Pick 5 Common Exception words from the <a href="#">Year 5/6 spelling list</a>. Challenge your child to spell them as you throw a ball to each other. Every time the ball is thrown the next letter must be said.</p>
<p><b>Weekly Writing Tasks</b></p>	<p><b>Weekly Maths Tasks- Position and Direction</b>  <b>Choose a task or tasks from each day. These are to be used flexibly</b></p>
<p><b>Monday-</b> Visit the Literacy Shed for this wonderful resource on <a href="#">The Catch</a>. Watch the film and use the crib sheet to stop it at the appropriate time. Talk though the questions that you are given.</p>	<p><b>Monday-</b> Work through the maths challenge set by your teacher on your class page of google classroom</p>
<p><b>Tuesday-</b> Look at 'The Catch' again and use the template to write a haiku. There are other examples of Haikus <a href="#">here</a>.</p>	<p><b>Tuesday-</b>  <a href="#">White Rose Maths</a> Watch the video for lesson 1 week 6 on White Rose Maths then complete the lesson 1 worksheet on your class page of the google classroom (You can either print the sheet to stick in your book or write the answers in your home learning book)  <b>Feel free to also use the online daily maths lesson at <a href="#">Bitesize Maths</a></b></p>
<p><b>Wednesday-</b> Ask your child to begin writing the of their chosen sportsperson, using the headings: Early life, Hopes and Dreams, and Sporting Success or any different subheadings chosen.</p>	<p><b>Wednesday-</b>  <a href="#">White Rose Maths</a> Watch the video for lesson 2 week 6 on White Rose Maths then complete the lesson 2 worksheet on your class page of the google classroom (You can either print the sheet to stick in your book or write the answers in your home learning book)  <b>Feel free to also use the online daily maths lesson at <a href="#">Bitesize Maths</a></b></p>
<p><b>Thursday-</b> Continue your biography. Don't forget to re-read your writing and check punctuation and spelling.</p>	<p><b>Thursday -</b>  <a href="#">White Rose Maths</a> Watch the video for lesson 3 week 6 on White Rose Maths then complete the lesson 3 worksheet on your class page of the google classroom (You can either print the sheet to stick in your book or write the answers in your home learning book)  <b>Feel free to also use the online daily maths lesson at <a href="#">Bitesize Maths</a></b></p>
<p><b>Friday-</b> Work through the literacy task set by your teacher on your class page of google classroom.</p>	<p><b>Friday –</b>  <a href="#">White Rose Maths</a> Watch the video for lesson 4 week 6 on White Rose Maths then complete the lesson 4 worksheet on your class page of the google classroom (You can either print the sheet to stick in your book or write the answers in your home learning book)  <b>Feel free to also use the online daily maths lesson at <a href="#">Bitesize Maths</a></b></p>

## Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about sports and games. Learning may focus on the history of sport, sporting-heroes, physical challenges and performance.

- **Sport Genius-** Ask your child to research about [sporting history](#) and see how many different [facts](#) they can find out about sports from the past. Ask them to create their own sporting trivia quiz which they can test out on members of the household.
- **Sporting Timeline -** Place different sporting events from the last 100 years onto a timeline.
- **Sporting Heroes-** Get your child to select their favourite sporting star. Draw a portrait of them in the style of the famous pop artist [Roy Lichtenstein](#) using felt tip pens or paint.
- **Name that Sport -** Get your child to create an [orienteering map](#) of your home/garden. At each location they will need to create a question relating to a sport e.g. When did Liverpool last win the Premier League? The answers can then be recorded on an orienteering sheet. How about giving them a challenge? Can they create an answer that begins with the letter of the next location? Get your child to test it out on a family member.
- **Beat It!-** Begin by getting your child to measure their resting heart rate by counting how many beats in a minute. Then get them to carry out an exercise e.g. running, skipping, star jumps etc. for 3 minutes. Once they have completed this they are to carry out a recovery activity e.g. walking or sitting and see how long it takes for their heart rate to go back to normal. Ask them to repeat this with different recovery exercises to see which is the most effective at getting their [heart rate](#) back to normal the quickest. Can they create a way of showing their results?
- **Anyone Can Be a Champion!-** This activity is all about exploring the diversity of sport. Ask your child to research the history of the [Paralympics](#) . Discuss why we have the Paralympics. Get your child to create a poster which presents the importance of the Paralympics and the range of different sports there are.
- **Mindfulness -** This week we will bring our attention to different parts of our body as we do something called a body scan. After your child has done something energetic, like dancing or kicking a ball around the garden, have them take time to lie down with their hands on their chest. Ask them to close their eyes and tune into the feeling of their heart pumping and their chest rising and falling with each breath. Now ask them to bring their attention to their toes, feeling into their little toes and across to their big toes. Keep the focus here for a few slow breaths. Now ask them to bring their attention up to their ankles, then their calves, shins, knees, etc. Again, pausing at each stage for a few slow breaths. Keep guiding them to gradually bring their attention in an upwards direction. When they get back to their chest, ask them to again tune into the beating of their heart and the feeling of their breath. Have them remain here, just breathing and staying still, for about 10 minutes.

## STEM Learning Opportunities

### Heart Beaters

- Can you tickle yourself? How many litres of blood do you have in your body? How many times does your heart beat in a day? Test your family with a body trivia quiz. Create your own cards or download some from here: <https://bit.ly/2RFJVRN>
- The complete resource can be downloaded here: <https://bit.ly/3a9VtTU>
- Can you spot the odd one out? Use the activity [here](#) to find out!

## Additional learning resources parents may wish to engage with

- Maths
- [Times Table Rockstars](#) and [Numbots](#). Your child can access both of these programmes with their school logins. On Times Table Rockstars, children should

aim to play Soundcheck for 20 minutes daily.

- IXL online. Click here for [Year 5](#) or here for [Year 6](#). There are interactive games to play and guides for parents.
  - [CODE Maths Hub Daily Fluency Activities](#) - Week 4
  - <https://www.topmarks.co.uk/maths-games/daily10> - arithmetic challenges
  - [Sumdog](#) activities
  - [BBC Bitesize](#) - Lots of videos and learning opportunities for all subjects.
  - [Classroom Secrets Learning Packs](#) - Reading, writing and maths activities for different ages.
  - [Twinkl](#) - Click on the link and sign up using your email address and creating a password. Use the offer code UKTWINKLHELPS.
- 
- [Y5 Talk for Writing Home-school Booklets](#) and [Y6](#) are an excellent resource to support your child's speaking and listening, reading and writing skills.

## #TheLearningProjects in collaboration with



[www.robinhoodMAT.co.uk](http://www.robinhoodMAT.co.uk)