

St Edmunds Suggested Weekly Plan Date w/c 15th June

Year: Y6

Welcome to Week 10. We would like to make you aware that for the remainder of the term, **Fridays will be a revision/catch up day**. As previously, you can email us with examples of work or for any support needed on: year6@st-edmunds.richmond.sch.uk If your child is emailing from their own account, please ensure they cc you.

Below is the suggested home learning schedule for this week. We are available to be contacted regarding any additional support we can provide. Answers and method for the daily maths challenge questions are available on the Year 6 Week 10 home learning page. We are looking forward to seeing some of you next week! Miss Juniper and Miss Morris.

Monday	Tuesday	Wednesday	Thursday	Friday
PE: Morning Workout – e.g. Joe Wicks, Cosmic Kids Yoga				
<p>English – Tangled (Disney theme)</p>  <p>Lesson 1: What do you know about the story of Rapunzel? Write down the names of the main characters, the plot and the outcome. Keep your notes, as you will need them after you have seen the film.</p> <p>Familiarise yourself with the Tangled movie.</p> <p>If you are unable to access the film, please research the story and the characters online.</p>	<p>English – Tangled (Disney theme)</p>  <p>Lesson 2: The long-haired heroine of Tangled, Rapunzel, has grown up grounded. She lives in a tower in the middle of a forest. She dreams of being able to escape from her tower for just one day. If you were able to take her out for one day, what would you show her? Choose carefully, as you only have one day. Timetable your day, showing how you would structure your activities with Rapunzel.</p>	<p>English/Art – Tangled (Disney theme)</p>  <p>Lesson 3: Flynn is the most wanted thief in the kingdom. There are ‘Wanted’ posters littered around the forest. He is never happy with how he has been drawn in his wanted posters. Can you do better? Draw a wanted poster that captures Flynn’s character and personality.</p>	<p>English – Tangled (Disney theme)</p>  <p>Lesson 4: Now that you’ve seen the film, compare your notes on the original ‘Rapunzel’ fairytale with the Disney version. What was the same? What was different? Why were the changes made? Which fairytale would you like to update and why?</p> <p>Choose a fairytale and re-write your version. Remember it can have some different elements to it just as Tangled does.</p>	<p>Revision Day</p> <p>Please use today to revise previous learning. This allows you to have a ‘catch up’ opportunity or to deepen any learning surrounding particular topics or tasks that the children were interested in.</p>
<p>Maths Website: (Summer term, week 8) https://whiterosemaths.com/homelearning/year-6/</p>	<p>Maths Website: (Summer term, week 8) https://whiterosemaths.com/homelearning/year-6/</p>	<p>Maths Website: (Summer term, week 8) https://whiterosemaths.com/homelearning/year-6/ Lesson 3: <u>Convert metric measures</u>– watch the video and</p>	<p>Maths Website: (Summer term, week 8) https://whiterosemaths.com/homelearning/year-6/ Lesson 4: <u>Miles and kilometres</u> – watch the video and complete</p>	

<p>Lesson 1: <u>Solve two step equations</u> – watch the video and complete the activity sheet (<i>sheet & answers on Y6 Week 10 page</i>) Daily challenge: 15th June sheet saved on the website (Y6 W10)</p>	<p>Lesson 2: <u>Find pairs of values</u> - watch the video and complete the activity sheet (<i>sheet & answers on Y6 Week 10 page</i>) Daily challenge: 16th June sheet saved on the website (Y6 W10)</p>	<p>complete the activity sheet (<i>sheet & answers on Y6 Week 10 page</i>) Daily challenge: 17th June sheet saved on the website (Y6 W10)</p>	<p>the activity sheet (<i>sheet & answers on Y6 Week 10 page</i>) Daily challenge: 18th June sheet saved on the website (Y6 W10)</p>	
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PE: One hour of dedicated movement time

Projects for the Week

Online resources: Please continue to use resources such as Sumdog, Authorfy and Get Epic to enhance your home learning. There are no set activities to complete on these.

Growth Mindset – Week 2: RELAXATION

We hope you enjoyed the growth mindset work from last week. This week we will continue to work through the programme and the focus will be on **relaxation**. We hope you take this as an opportunity to find little moments in your day to relax and breathe...

Last week, we spent some time looking at the range of emotions we experience throughout the day. This week, we will build on this learning to look at strategies to reduce our stress and anxiety when we are experiencing negative emotions.

Task 1: Read through the **54321** worksheet. This technique can be really useful to help yourself (or others) who may be experiencing strong emotions.

Task 2: When we are frightened or angry or stressed, we often don't breathe properly. This means our breath is 'shallow' and can cause us to feel worse. One of the best ways to encourage your body to return to a relaxed state is to control your breathing. Try one of the 'breathing' exercises suggested in the learning pack: Bubble breathing, Hand breathing or Star breathing. **NB: All breathing exercises should be breathing in through the nose and out through the mouth.**

Task 3: Complete the **Relaxing stretches** worksheet. Try completing the exercises in the morning and before you go to bed.

Task 4: Take time to be outdoors (whilst following government guidelines) to appreciate the natural world. Complete the **Being outside in nature** worksheet.

Task 5: At the end of the week, complete the **3,2,1 exercise**.

Physical challenge:

Please see the physical challenge sheet on the Year 6 home learning page.