

Hello!

Dear Year 5,

I hope you are all well. It has been wonderful to see some of you again as you return to school. We still miss those of you that have not yet returned and hope you are having fun learning at home with your family. It has been nice to be back in school more over the last couple of weeks and my little boy is loving being back at his school too! We both felt very tired at the end of the first week back as there were so many new things to get used to. The children in school are doing an amazing job of following the new rules!

Outside of school, we have been very nature-focussed as a family recently. We have been ticking things off in our Nature I-Spy book on our walks and have grown beans in a jam jar to learn about how they grow - my 5 year old says he wants to be a gardener like his dad when he grows up. He has also discovered the classic TV show The Wombles. In case you're not familiar with it, the programme is about a group of creatures who live on Wimbledon Common - near me! They collect the litter and lost items people leave behind there and find new uses for it in their house. Inspired by this, as well as walks on the common to try and spot the Wombles in action (they're very hard to find), we have been litter picking in our local park. With people making more use of the local outside spaces, we have unfortunately seen an increase in litter too. This is bad for the environment and unsafe for wildlife. We can fill a carrier bag on a short walk! Remember to always put your rubbish in a bin or take it home with you. If you want to pick up litter and help your local environment, don't forget to wear gloves. We have a litter picker so we don't have to touch the rubbish.

I wonder if you have spotted any interesting nature on your walks. If you have grown something at home during lockdown, why not send us a picture!

Take care of yourselves and each other,
Miss Govan. x



Dear Warhol,

It was so lovely to speak to so many of you this week! I really enjoyed hearing all about what you have been doing. If you missed my call this week, don't worry, I will be phoning you again next week instead! You can't escape me that easily! I am also really looking forward to our Zoom call this week. I can't wait to see you all!

I have been in school again this week with Mondrian Bubble and have seen a few of you there, which has been great! I also got to see Ms Sa and Ms Rowles again, although obviously we can't go near each other!

As we all celebrated International Day this week, I tried baking some cupcakes with different flags on. As I'm sure you can tell, I only had red and blue food colouring so I had to be quite selective with the flags I chose! I also ran out of room on some so there are a few stripes or stars missing! I tried my best! Have a look at the pictures and see if you can work out what countries they all are. I will put the answers on next week.

In my free time, I have been trying to create a vegetable patch in my garden. I ordered a ton of soil but it was such a lot of work to move it all that I've temporarily given up as I'm sure you can see!

The answer to last week's challenge was: **starting** → **staring** → **string** → **sting** → **sing** → **sin** → **in** → **I**
How did you do? Did you get it right? Are there any other words you can do this with?

This week's challenge: **Mike is a butcher. He is 5'10" tall. What does he weigh?**

See you very soon on our Zoom! From Miss Disher xxxx

Welcome



Hey Dali,

Welcome

As you know, last week I was in school and was able to ring and speak to most of you. It was so nice to hear your voices and have a good catch up. I was very impressed with how some of you have made a new routine and how you are tackling your home learning.

This week I also celebrated superhero day with my dad and the rest of my family. I am sure you can understand that it is quite hard to get cards and gifts at the moment, but we managed to get him some bits-and-bobs and a nice card. As a family we had a nice meal and let him put his feet up for the day. I was like his servant for the day.



I hope that you and your families are safe and well, hope to see you soon! Mr Morris 😊

Year 5



Test Your
Knowledge

Wellbeing Activity

Using your brain and having fun are two of the most important things you can do right now.
Why not make up a quiz that you can play with your family at home or with your friends via zoom or face time?



You can group your questions into themes. Here are some ideas to get you started I'm not going to give you the answers - but if you want to know you can e mail me at admin@kingathelstan.rbksch.org

Round one: Numbers

How many strings does a violin have?

How many hours are there in a week?

Round two: Science

Which is the largest planet in the solar system?

What does the word 'translucent' mean?

Round three: School

Which house won the last sports day?

Which teacher/s have run a marathon?

Round four: Animals

What colour is a giraffe's tongue?

What is the fastest land animal in the world?

Who was
born on
17th July
925?



Hello lovely Year 5.
I love a good quiz!
It makes me feel
connected to my
family and friends.
I always have fun
and laugh a lot.



Wellbeing Activity



Dear Children,

At this time, it is so important that you feel safe. It is good to talk about how you are feeling and to share your worries (if you have any.)

If you are worried about something and feel you can not discuss it with your family, teachers, or another adult, please remember that you can phone

Childline : 08001111

It is a free call and you don't have to give your name, if you don't want to.

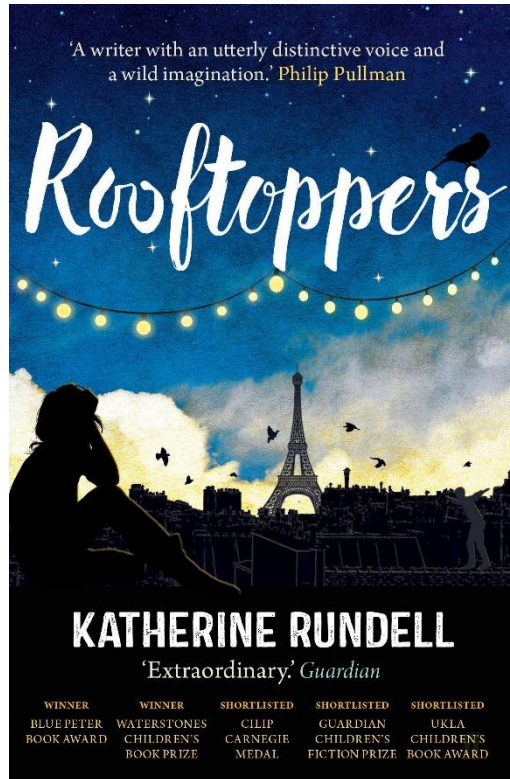
Childline will listen to you and help you.

Stay safe and well.

Reading Activity



This week we are going to be continuing '**Rooftoppers**' by Katherine Rundell.



Miss Eliot did not approve of Charles, nor of Sophie. She disliked Charles's carelessness with money, and his lateness at dinner.

She disliked Sophie's watching, listening face. "It's not natural, in a little girl!" She hated their joint habit of writing each other notes on the wallpaper in the hall.

"It's not normal!" she said, scribbling on her notepad. "It's not healthy!"

"On the contrary," said Charles. "The more words in a house the better, Miss Eliot."

Miss Eliot also disliked Charles's hands, which were inky, and his hat, which was coming adrift round the brim. She disapproved of Sophie's clothes.

Charles was not good at shopping. He spent a day standing, bewildered, in the middle of Bond Street and came back with a parcel of boys' shirts. Miss Eliot was livid.

"You cannot let her wear that," she said. "People will think she is deranged."

Sophie looked down at herself. She fingered the material. It felt quite normal to her—still a little stiff from the shop, but otherwise fine. "How can you tell it's not a girl's shirt?" she asked.

"Boys' shirts button left over right. Blouses—please note, the word is 'blouses'—button right over left. I am shocked that you don't know that."

Charles put down the newspaper behind which he had retreated. "You are shocked that she doesn't know about buttons? Buttons are rarely key players in international affairs."

"I beg your pardon?"

"I meant, she knows the things that are important. Not all of them, of course; she is still a child. But many."

Miss Eliot sniffed. "You'll forgive me; I may be old-fashioned, but I think buttons do matter."

"Sophie," said Charles, "knows all the capitals of all the countries of the world."

Sophie, standing in the doorway, whispered, "Almost."

"She knows how to read, and how to draw. She knows the difference between a tortoise and a turtle. She knows one tree from another, and how to climb them. Only this morning she was telling me what is the collective noun for toads."

“A knot,” said Sophie. “It’s a knot of toads.”

“And she whistles. You would have to be extraordinarily unintelligent not to see that Sophie’s whistling is unusual. Extraordinarily unintelligent, or deaf.”

Charles might just as well not have spoken. Miss Eliot swept him aside with a single flick of her fingers. “She’ll need new shirts, please, Mr. Maxim. Women’s shirts. And, my Lord, those trousers!”

Sophie didn’t see the problem. Trousers were just skirts with extra sewing. “I need them,” she said. “Please let me keep them. You can’t climb in a skirt. Or, you can, but then everyone would see your underpants, and surely that would be worse?”

Miss Eliot frowned. She was not the sort of person who admitted to wearing underpants.

We’ll let it pass for now. You’re still a child. But this can’t go on forever.”

“What? Why not?” Sophie touched the bookcase with her fingertips for luck. “Yes, it can. Why wouldn’t it?”

“It certainly can’t. England is no place for untrained women.”

We’ll let it pass for now. You’re still a child. But this can’t go on forever.”

“What? Why not?” Sophie touched the bookcase with her fingertips for luck. “Yes, it can. Why wouldn’t it?”

“It certainly can’t. England is no place for untrained women.”

“You can’t take her out like that! She’s filthy! And don’t slouch, Sophie.”

Charles looked with interest at the top of Sophie’s head. “Is she?”

“Mr. Maxim!” barked Miss Eliot. “The girl has jam all down her top!”

“So she does.” Charles looked at Miss Eliot with courteous bewilderment. “Does it matter?” Then, seeing Miss Eliot’s hand reach toward her clipboard, he took a cloth and sponged at Sophie, as gently as if she were a painting. Miss Eliot sniffed. “There’s some on the sleeve, too.”

“The rain will wash the rest off, surely? It’s her birthday.”

“Dirt still applies on birthdays! You’re not taking her to a zoo.”

“I see. Would you rather I took her to the zoo?” Charles tipped his head to one side. He looked, Sophie thought, like a particularly well-mannered panther. “It may not be too late to change the tickets.”

“That isn’t what I meant! She’ll disgrace you. I would be embarrassed to be seen with her.”

Charles looked at Miss Eliot. Miss Eliot’s eyes dropped first.

“She has shining shoes and shining eyes,” said Charles. “That is smartness enough.” He handed Sophie the tickets to hold on to. “Happy birthday, my child.” He kissed her forehead—the once-yearly birthday kiss—and helped Sophie from her chair.

There are many ways, Sophie knew, of helping people from their chairs. It is a very revealing thing to do. Miss Eliot, for instance, would prod you off with a wooden spoon. Charles did it carefully, by the fingertips, as though they were dancing—and he whistled the string section from *Così fan tutte* all the way down the street.

“Music, Sophie! Music is mad and wonderful.”

“Yes!” Charles had kept her birthday plans a secret, but his excitement was contagious. She skipped alongside him. “What kind of music will it be?”

“Classical, Sophie.” His face was alight with happiness, and his fingers were twitching at the tips. “Clever, complicated music.”

“Oh. That’s . . . wonderful.” Sophie was an unpracticed liar. “That will be so good.” In fact, Sophie thought, she would rather have gone to the zoo. Sophie had heard almost no classical music, and she would have been quite happy to keep it that way. She liked folk songs, and music you could dance to; very few just-turned-nine-year-olds, she imagined, could have said they liked classical music without lying a little.

The performance did not, as far as Sophie was concerned, start promisingly. The piano piece was long. The pianist had a mustache and made the sorts of faces that Sophie associated with being very itchy.

“Charles?” Sophie glanced at Charles and saw his lips were slightly open, and curved upward in an expression of very-listening happiness.

“Charles?”

“Yes, Sophie? And you must try to whisper.”

“Charles, how long does it go on for? I mean, it’s not that it’s not wonderful.” Sophie crossed her fingers behind her back. “It’s just that I . . . wondered.”

“Only an hour, my child, alas. I could live here, in this seat, couldn’t you?”

“Oh. An hour?” Sophie tried to sit still, but it was difficult. She sucked the end of her braid. She curled and uncurled her toes. She resolved, unsuccessfully, not to bite her thumbnail. She was at last on the borderland of sleep when three violins, a cello, and a viola came onstage, accompanied by their musicians.

When they began to play, the music was different. It was sweeter, and wilder. Sophie sat up properly and shifted forward until only half an inch of her bottom was on her seat. It was so beautiful that it was difficult for her to breathe. If music can shine, Sophie thought, this music shone. It was like all the voices in all the choirs in the city rolled into a single melody. Her chest felt oddly swollen.

“It’s like eight thousand birds, Charles! Charles! Isn’t it like eight thousand birds?”

“Yes! But shhh, Sophie.”

The melody quickened, and Sophie’s pulse kept time. It sounded at once familiar and new. It plucked at her fingers and feet.

Sophie's legs wouldn't stay still. She knelt up on her seat. After a moment, she risked a whisper. "Charles! Listen! The cello sings, Charles!"

When the music closed, she clapped until the rest of the audience had stopped and until her hands were hot and blotched with red. She clapped until everyone was staring at the girl with lightning-colored hair and a ladder in her stocking, whose eyes and shoes lit up the whole of the second row.

There was something in the music that felt familiar to Sophie. "It feels," she said to Charles, "like home. Do you see what I mean? Like fresh air."

"Does it? Then I think," said Charles, "we must get you a cello."

The cello they bought was small but still too large to play comfortably in her bedroom. Charles unstuck the skylight in the attic, and on the days on which it did not rain, Sophie climbed onto the roof and played her cello, up amongst the leaf mold and the pigeons.

When the music went right, it drained all the itch and fret from the world and left it glowing. When she did stretch and blink and lay her bow down hours later, Sophie would feel tougher, and braver. It was, she thought, like having eaten a meal of cream and moonlight. When practice went badly, it was just a chore, like brushing her teeth. Sophie had worked out that the good and bad days divided half and half. It was worth it.

Nobody bothered her up on the rooftop. It was flat gray slate, with a stone balustrade running round the edge. The balustrade came up to Sophie's chin; people below, looking up, could see only a shock of bright hair, and a bowing elbow.

"I love the sky." Sophie said it one night without thinking, at dinner. She bit her tongue; other girls laughed if you said things like that.

But Charles only laid a slice of pork pie on the Bible and nodded. He said, "I'm glad." He added a dollop of mustard and handed Sophie the book. "Only weak thinkers do not love the sky."

Almost as soon as she could walk, Sophie could climb. She started with the trees, which are the quickest route to the sky. Charles came with her. He was not a "No, don't; hold tighter" sort of man. He stood underneath her and shouted. "Higher, Sophie! Yes, bravo! Watch out for the birds! Birds look wonderful from underneath!".

The words below are from the text. Create your own dictionary by writing a definition for each one. If you're not sure you'll need to look it up.

- contrary
- adrift
- bewildered
- deranged
- retreated
- courteous
- balustrade

- Can you think of a synonym for each word?

Go through the chapter and list all of the things that Sophie apparently knows.

Reading Activity



1. Why did Miss Eliot disapprove of so much?

2. What do you think Miss Eliot means by 'untrained women'? Why is she so concerned about it?

3. Sophie tries to lie about her excitement for classical music. Why would she do this?

4. Why does Sophie suddenly sit up and take notice when the violins and cellos begin to play? Why would they sound 'familiar and new'?

5. What do you think Miss Eliot would say if she knew Sophie was practising up on the roof? Look at the way the characters have spoken so far in the book and create a short piece of dialogue between Charles and Miss Eliot, imagining she has just found out.

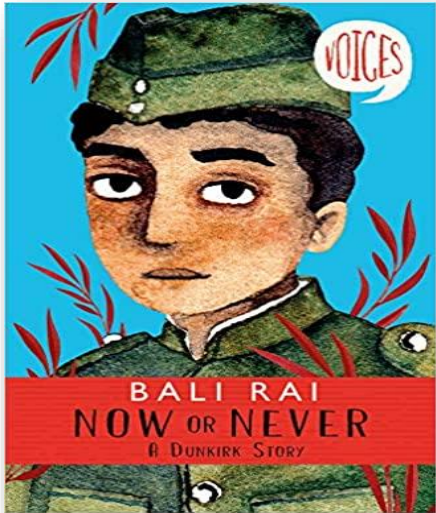
Audio Books For Free



This week's story time is Mr. Morris reading Chapter 8 of 'Who Let the Gods Out' by Maz Evans.

<https://www.kingathelstan.kingston.sch.uk/covid-19-home-learning/story-time/story-time-22-6-20/>

Click here to get started



A gripping adventure in an exciting new series reflecting the authentic, unsung stories of our past! *Now or Never* brings a young soldier, Private Fazal Khan, from his home in India to the battlefields of the Second World War. Fazal's world is now focused on Company 32 and the animals he cares for in the midst of one of the most frightening times in history. And as he and his friends make their way to the beaches of Dunkirk, Fazal must deal with even more than the terrors of a dangerous trek to reach the evacuation zone.

<https://bookfairs.scholastic.co.uk/chapter-one/bali-rai>



Don't forget to look at the books on the Oxford Owl website. They have so many great books to choose from



https://www.oxfordowl.co.uk/for-home/find-a-book/library-page?view=image&query=&type=book&age_group=Age+9-11&level=&level_select=&book_type=&series=#

Daily Maths Video Lesson and Activity sheet

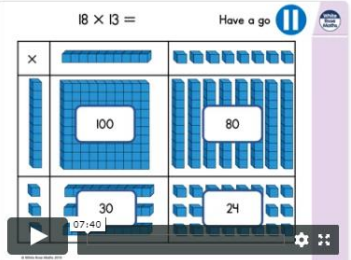
Watch these videos and pause them to answer the questions on the activity sheets. There is an answer sheet for you to check your work- don't look until you have had a go!

You can find the worksheet for this week on the school website.

If you have already been following these at home, then continue from where you left off.

Summer Term - Week 3 (w/c 4th May)

Lesson 1 - Multiply 2-digit numbers (area model)



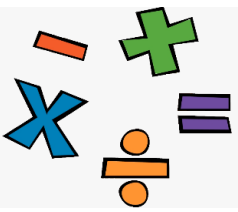
Get the Activity
Y5 Lesson 1 Multiply 2-digits (area model) 2019


Get the Answers
Y5 Lesson 1 Answers Multiply 2-digits (area model) 2019

<https://whiterosemaths.com/homelearning/year-5/>

Select : Summer Term - week 3

Maths Activity



I The symbol  means

**Double the first number and then
subtract the second number**

e.g. $5 \text{ } \star \text{ } 2 = 8$

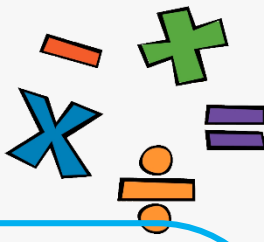
Find the missing values

$$\frac{2}{5} \star \frac{3}{10} = \boxed{}$$

$$2 \star \boxed{} = 2\frac{1}{4}$$

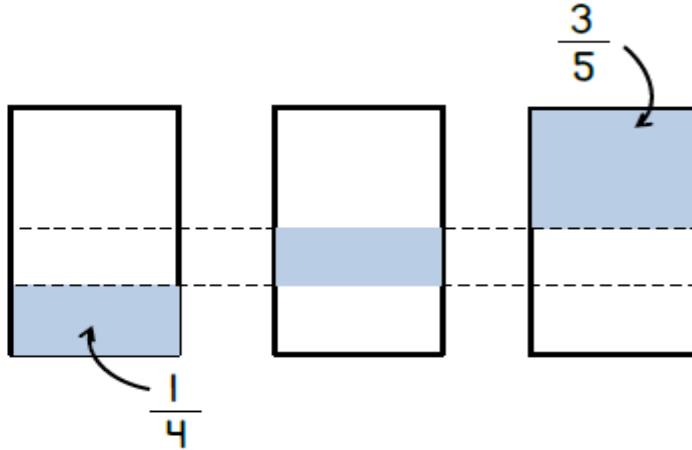
$$\left(\frac{3}{4} \star \frac{1}{2}\right) \star 3\frac{2}{5} = \boxed{}$$

Maths Activity

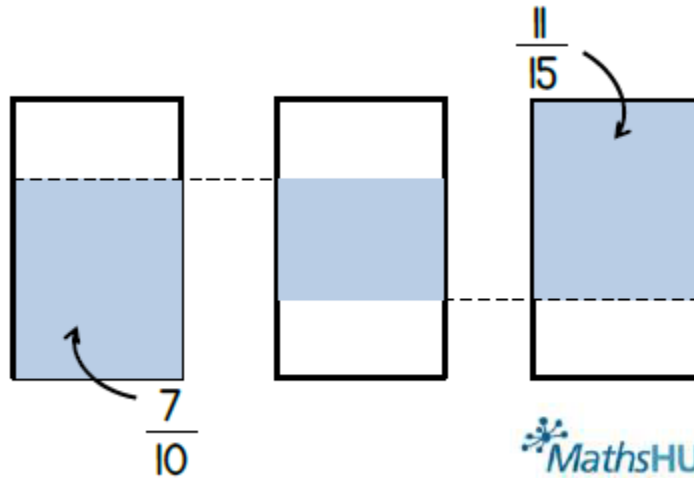


What fraction is shaded?

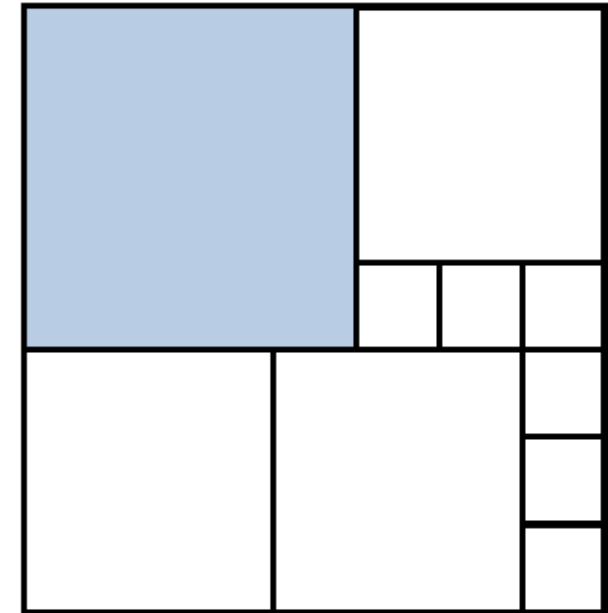
- 1 Here are 3 identical rectangles.
Part of each shape has been shaded.
What fraction of the middle shape is shaded?



- 2 Here are 3 identical rectangles.
Part of each shape has been shaded.
What fraction of the middle shape is shaded?



- 2 A square is divided into smaller squares.
What fraction is shaded?



Daily Maths Video Lesson and Activity sheet

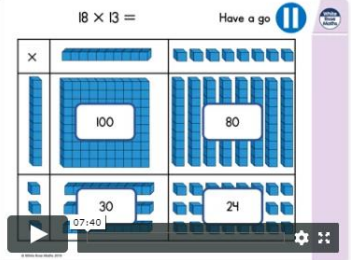
Watch these videos and pause them to answer the questions on the activity sheets. There is an answer sheet for you to check your work- don't look until you have had a go!

You can find the worksheet for this week on the school website.

If you have already been following these at home, then continue from where you left off.

Summer Term - Week 3 (w/c 4th May)

Lesson 1 - Multiply 2-digit numbers (area model)



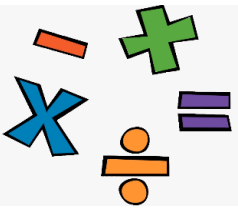
Get the Activity
Y5 Lesson 1 Multiply 2-digits (area model) 2019


Get the Answers
Y5 Lesson 1 Answers Multiply 2-digits (area model) 2019

<https://whiterosemaths.com/homelearning/year-5/>

Select : Summer Term - week 3

Maths Activity



The symbol  means

Don't forget to use equivalent fractions and common denominators to work this out!
Eg. $\frac{2}{5}$ needs to be converted to tenths to be able to subtract $\frac{3}{10}$.

Answer: $\frac{1}{2}$

$1 \frac{3}{4}$

$-1 \frac{2}{5}$

$$\left(\frac{3}{4} \star \frac{1}{2} \right) \star 3 \frac{2}{5} = \boxed{}$$

Maths Activity



What fraction

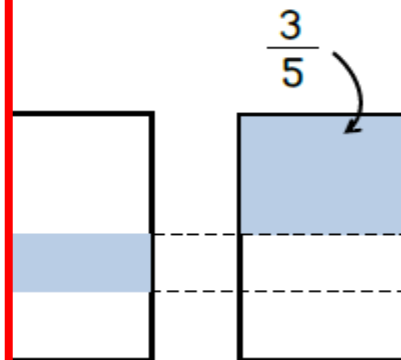
- 1 Here are 3 identical squares. Part of each square is shaded. What fraction of the whole is shaded?

To do this, you need to find a common denominator. Then you can work out how much of the whole is already used.

$\frac{1}{4}$ will become $\frac{5}{20}$
 $\frac{3}{5}$ will become $\frac{12}{20}$
 $5 + 12 = 17$

$$20 - 17 = 3$$

Answer: $\frac{3}{20}$



2 A square is divided into smaller squares.

For this you must use the smallest size square to help you.

We can see there would be 7 squares across and 7 squares up. They must of course be the same because it is a square.

That means the big square is made up of 49 small squares. The shaded area would be made of 4 squares up and 4 across meaning it would have 16 of the 49 squares.

Answer: $\frac{16}{49}$

Again you need to begin by converting the fractions so they have a common denominator.

$\frac{7}{10}$ becomes $\frac{21}{30}$
 $\frac{11}{15}$ becomes $\frac{22}{30}$



Then we must figure out where they overlap.

They must overlap from where 22 less than 30 begins up until 21 out of 30.

22 less than 30 is 8. They must overlap from $\frac{8}{30}$ to $\frac{21}{30}$.

$$21 - 8 = 13$$

Answer: $\frac{13}{30}$ (Above, blue shows $\frac{21}{30}$, yellow shows $\frac{22}{30}$ and green where they overlap)



Writing Activity 10



This week I would like us to focus on Dr. Victor Frankenstein. You will write as if you were him in the first person.

Your task:

We will pretend that the newspapers have found out what you (DR. Frankenstein) have done – created life!

You have agreed to have an interview with a newspaper reporter to explain your side of the story.

Below are the set of questions you will have to answer. Be careful though, you do not want to give the wrong impression and make the public hate you, after all you have done some very questionable things. You will need to answer the reporter's questions fully and cautiously, reasoning what you have done.

I have included the videos again for this week just as a recap of the Frankenstein story, they may help you with your writing and reasoning

Bedtime Stories – The stories of Frankenstein

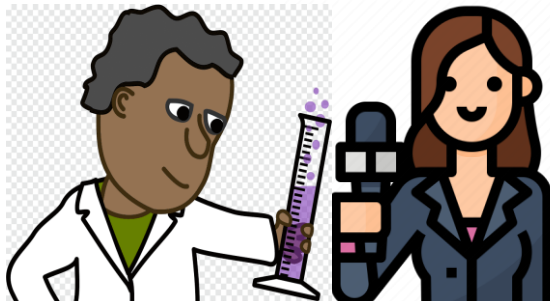
https://www.youtube.com/watch?v=4M4OqT6dx_g

Frankenstein in (7mins)

https://www.youtube.com/watch?v=bo3Ci6_5NHs

Reporter Questions

1. Is it true that you used dead bodies to create your being? Why do you think it is ok to dig up people who have died for your own uses?
2. Do you think it is a good idea that humans can create other human like creatures? Isn't that too much responsibility for humans
3. Is it true that you cannot control the creature fully and that he is a danger to you and everybody else?
4. How intelligent is this creature you have made?
5. The creature you have made is not exactly "normal", have you thought about how others will treat it?
6. What will you do if the creature gets out of control, are there safety measures in place?





Topic Activity

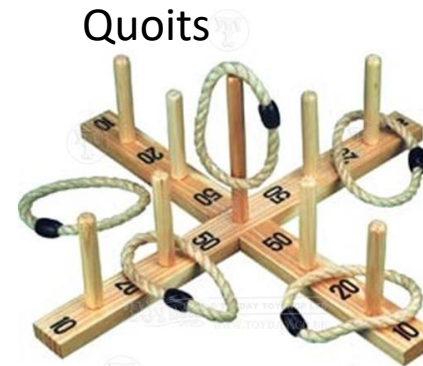


This week we will be looking at Victorian toys and games. There are some examples of these games on the right. Look at them carefully. What do they have in common? What materials are they made out of? How are they the same/ different from the toys you have today?

Do a little bit of research on some of the games on the right. Just type their name into a search engine to find out more. Then, try to design your own game for Victorian children. It could be a board game, an outdoor game, anything you like.

You MUST remember though, you are designing it for the Victorian era so you can't design a video game or an electrical toy. You should think about the materials you are using, the age of the child it is for and whether or not it needs instructions.

Extension: If you have spare time, see if you can actually make your game out of things you have at home and send in a picture so I can see!



Quoits



Pick Up Sticks

Bagatelle



Skittles



Jacks



Tiddlywinks



Science Activity



Last week, I asked you to carry out an evaporation test.

Evaporation: This when a liquid turns into a gas. Just like when you boil a kettle. Water goes in and we apply heat – what comes out is steam.

This week you will look at your results and compare them to one another.

Your task

Look at your three containers, what observations can you make.

- Did all the liquid evaporate?
- Did some of the liquid evaporate in some and not the others?
- Is there anything left in the containers in the ones where all the liquid did evaporate?
- If there is liquid still in your containers, can you see any of your solute?
- Is there anything you would do differently if you carried out this test again?

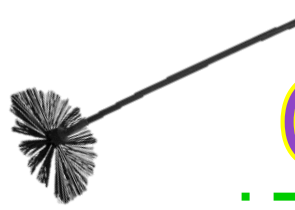
Please answer the questions in the blue box as specifically and accurately as possible.

THIS IS THE SIGN OF A GREAT SCIENTIST!

In regards to the last question in the blue box, I would like you to think about:

- Using different liquids (solvents)
- Using different substances (solutes)
- Amount of solute added to the container
 - Using different shaped containers
 - The amount of time for evaporation

Victorian jobs



Creative Activity



Below are two templates one of a boy and a girl. Your task is to try and draw your own face on the template. Once you have done that, give yourself a Victorian job and draw the correct uniform on the template along with your face to make yourself a Victorian worker.

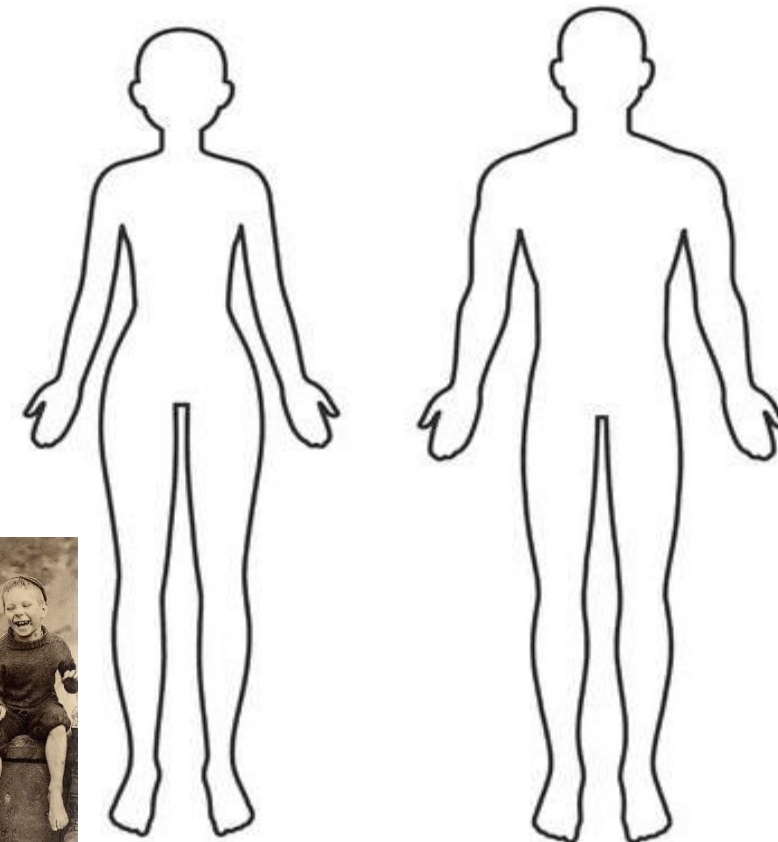
If you really want to get creative, perhaps you could get an old photo of yourself (or someone you live with) and cut it out and then draw the uniform of your choosing. Maybe even make a whole family of Victorian workers.

Below are links to videos that give you extra information about the jobs that Victorian children worked. In the videos are also pictures on how they dressed. Feel free to pause the video to help with your uniform drawings. You can also do your own research into how they dressed to help you.

Victorian street jobs – https://www.youtube.com/watch?v=8n75R_bOYnc

Victorian farm jobs – <https://www.youtube.com/watch?v=nNdVrqJdLp8>

Victorian factory jobs – <https://www.youtube.com/watch?v=iKcSXqUrMGU>



Year 5:

Bonjour!



French Activity



This week, I would like you to create your own match the pair French sport game.

1. Take a piece of paper (white if possible)
2. Cut 12 cards the exact same size.
3. If you are using normal paper, you will need to double it. You don't want the players to see the other side.
4. Write the name of a sport (in French) on one half of the cards.
5. Decorate the other half of the cards with pictures of the sports.



You will need:
White paper (card if possible)
Coloured pencils
scissors

Le tennis

Le rugby

Le foot (football)

Le basket (basketball)

Le badmington

Le cricket

Le cyclisme

la boxe (boxing)

la natation (swimming)

la voile (sailing)

la gymnastique (gymnastic)

la danse (dance)

l'escalade (rock climbing)

La
boxe

Le
foot

La
danse



More games

Listen and click on the picture: http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2013-14/wjec_02/eng/templates/multipleChoiceImageAndAudio-Vocab/p-free-time1.html

Look and match the words and the pictures: <https://learningapps.org/watch?v=p6ssbedma17>

How to play Match the Pairs

1. Mix up the cards.
2. Lay them in rows, face down.
3. Turn over any two cards.
4. If the two cards match, keep them.
5. If they don't match, turn them back over.
6. Remember what was on each card and where it was.
7. Watch and remember during the other player's turn.
8. The game is over when all the cards have been matched.

Art Activity

LINE AND PATTERN LANDSCAPES

Have a go at creating a landscape picture using lines and patterns.
Watch this tutorial to help you.

<https://www.youtube.com/watch?v=Ta21p7tctqM>



Start from the bottom creating different layers and work your way up.

Use a pencil first, and then go over your lines in black pen.

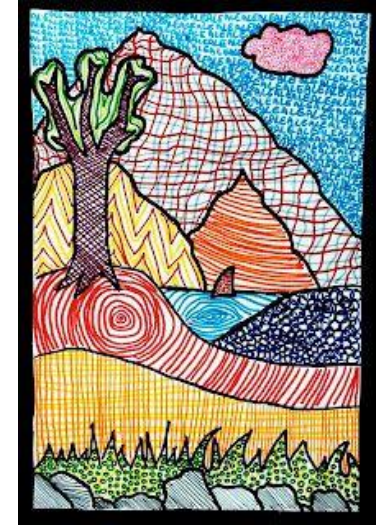
If you add a tree, you might find it easier to draw it from the bottom and then draw the other layers around it.



Use lots of different patterns – straight lines, swirly patterns, small circles, criss-crosses, zigzags.....

I would love to see some of your pictures.
Email a photo of your work to the school admin address.

Fine tipped felt tips work well for this but you could experiment with different types of pens, such as thicker ones or use pencils.





Physical Activity



Basketball - Shooting

- Last week you looked at the 'triple threat position' and passing (chest and bounce pass).
- This week you are looking at shooting. It is best to complete this activity outdoors.
- You can use a basketball, football or tennis ball.
- For this activity it is unlikely you will have a basketball hoop to shoot into so just shoot the ball to a partner who will need to catch the ball.
- Be creative, your partner could hold a box or strong bag so you have a target to shoot the ball into.

Key points

- Eyes focussed on the target.
- Palm facing up.
- Extend elbow and follow through in direction of target.

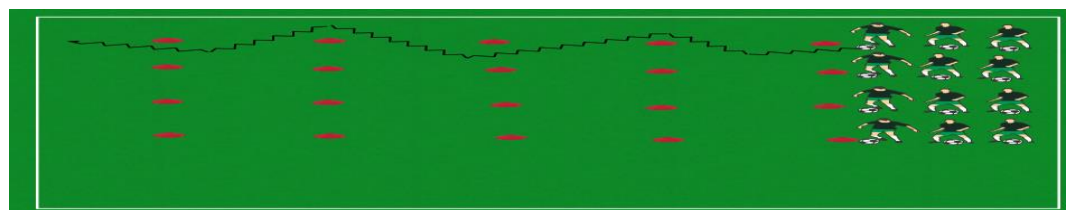


Super Slalom Run

- You can complete this activity indoors or outdoors.
- How many slalom runs can you complete in 60 seconds?
- Layout 5 objects (you can use socks or jumpers to mark this out). You need to run in and out of the objects then back to start to complete 1 slalom run.

Challenge

- Dribble a ball in and out of the objects.
- How many slalom runs can you complete whilst dribbling the ball? Try and complete as many as you can in 60 seconds.



Hi guys, I hope my slides are helping you stay active! Hopefully see you all soon!
Mr McLaughlin



Music Activity



Found Sounds

This week, see if you can have a go at composing your own piece of music... without using any instruments!

First explore the different sounds that you can make. Look around your home and experiment with different objects and materials to make different sounds.



*scrape,
scrunch, tear,
twang, tap*

Check with an adult before you use anything!

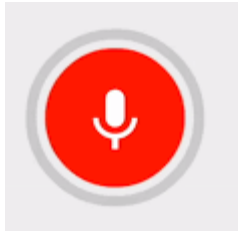


<https://www.bbc.co.uk/bitesize/articles/zdh8jhv>

Found sounds are sounds that you can make using objects and things which are around you.

Try to compose a piece using the sounds. Repeat sounds to create a rhythm or beat.

You could record the sounds on a device such as a mobile phone, digital camera or tablet.



Did you know that the first theme tune made for the TV show Doctor Who was made using found sounds.

This will give you an idea but you don't need to edit your sounds!

This week you will be receiving at least 2 activity books.
If your sibling is in school, they will be able to take these home for you. If you are at home, your parents and carers have been given a time slot to come and collect them on Wednesday.

Maybe you could try a few pages from each book every week - the answers are at the back!

