

Violet Class' Home Learning Wednesday 20th May 2020

These tasks have been designed to help you 'structure' your day. You and your parents have to work together to decide which tasks are non-negotiable and which are not. We are excited to see all the learning that is taking place in your house and look forward to seeing all of your work! Don't forget to email your work to Miss Ticehurst Monday – Thursday kticehurst@stmarysrc.e-sussex.sch.uk and Miss Russell on Friday lrussell@stmarysrc.e-sussex.sch.uk

Session One	<p>PE with Joe Wicks 30 min session at 9am! Go along to The Body Coach's You Tube channel and join in with me! Make sure you have had suitable clothing and breakfast first! Tip: if you have skyQ or a chromecast device, you can use the TV screen!</p> <p>Have a look at the Sussex School Games site: https://www.activesussex.org/virtual/ This week, we are challenging you on Gym and Fitness!</p>
Session Two	<p>Maths – Five minute test. Time yourself. Answer these ten questions and time yourself for 5 minutes. Write your answers in the front of your yellow book with the date and tomorrow I will send out the answers your daily lessons for you to green pen.</p> <p>Follow the link below and watch the video on Week 5 Lesson 3 https://whiterosemaths.com/homelearning/year-6/ Now complete the sheet that has been sent to you. You can print out the sheet or read it on your screens and write the answers in your book. Just remember to record your working out to ensure that you can track back if you aren't sure. When you have finished, please open your answer sheet and check your answers!</p> <p>To finish your maths lesson, please log onto Times Tables Rockstars for ten minutes and work through your garage mode. When you have finished, why not take part in your Battle of the Bands against Indigo Class? We can win this Violet Class!</p>
Session Three	<p>English – for the last two days, you have created a description of the desert and an alternative description of an oasis. I would like you to use all of the writing you have done so far to imagine your character has become lost in the desert. Can you create a short first person story about your character's journey through the desert? You can create the reason they have ended up in the desert. You can create their journey. You can create their ending – happy or not! But remember to use the writing that you have already done to make this task easier. You will be editing tomorrow, so use your lesson time to really try and write a story that is entertaining and exciting! You've done a lot of the hard work already. Now it is time to put it all together!</p>
Session Four	<p>Lifeskills - During this time when we are inside more and potentially less active, it is important that we have a healthy, balanced diet and find alternative ways to exercise. Click on the link and have a look at the resources that East Sussex Fire and Rescue Service have suggested to help you. Once you have had a look, can you create a food and exercise diary for a week in lockdown? Remember that you need to suggest rainbow meals, snacks and exercise for your diary. Perhaps you could even follow your plan for the rest of the week! https://www.esfrs.org/your-safety/education-intervention/safety-in-action/virtual-safety-in-action/personal-safety/</p>

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Session Five	<p><u>Wellbeing Week</u></p> <p>Today we will be thinking about your wellbeing in terms of sleep. Sleep is a very underrated part of our wellbeing but it is vitally important. To begin, I would like you to think about the statements here and mark them true or false.</p> <ol style="list-style-type: none">1. 5 degrees Celsius is the optimum temperature for a good night's sleep.2. Teenagers need more sleep than adults3. Eating cheese before bed gives you nightmares.4. Three years is the longest time someone has gone without sleep.5. It is good to stretch before you sleep.6. Bananas and cabbage helps you sleep better.7. Chocolate and chips help you sleep.8. Using electronic devices such as phones or tablets before bed help you to sleep better.9. Reading a book or listening to music can help you go to sleep. <p>Now check your answers against the attached sheet.</p> <p>I would now like you do a bit of research of your own and find out the benefits of getting a good amount of sleep. Can you create a leaflet of your own persuading teenagers to recognise the importance of good sleep? Think about what might persuade them, how you present your information and using your non-chronological report skills such as bullet points for lists.</p> <p>You could also keep a sleep diary for a week using the table below if you are interested in your own sleep patterns.</p>
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SLEEP DIARY							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My sleep was   							
I slept for __ hours							
I felt   							