

Violet Class' Home Learning Tuesday 19<sup>th</sup> 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](mailto:kticehurst@stmarysrc.e-sussex.sch.uk) and Miss Russell on Friday [russell@stmarysrc.e-sussex.sch.uk](mailto:russell@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: <a href="https://www.activesussex.org/virtual/">https://www.activesussex.org/virtual/</a> 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 2 <a href="https://whiterosemaths.com/homelearning/year-6/">https://whiterosemaths.com/homelearning/year-6/</a> 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>Have a look at the image below. I want you to imagine that you have been walking through the desert that you described in your writing yesterday and you come across this. Take out your mind map from your previous writing. Can you start by finding synonyms for all of your descriptive language that you used yesterday? For example, if you used the word dry yesterday, could you use humid or drenched or verdant today? Once you have completed your mind map, I would like you to write a short diary extract as the person who has walked through the desert to find this oasis of greenery and water. Try to describe what you see. Can you use show not tell?</p>
Session Four	<p>Computing – Log into PurpleMash. Miss Morley has set you some tasks. Enjoy!</p>

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Session Five	<p><u>Wellbeing Week</u></p> <p>Today we are going to be thinking about relaxation.</p> <p>On a clean page in your writing book, can you think of three times recently that may have made you feel anxious or upset.</p> <p>It is normal to feel these emotions sometimes. Everyone does.</p> <p>Today we are thinking about ways that we can relax when we feel stressed.</p> <p>Can you mind map all the ways that you use to relax if you feel stressed or worried in your books? I know I like to read a book or do some exercise to clear my mind.</p> <p>When you are ready I would like you to lie down in a quiet place and play this link: <a href="https://www.youtube.com/watch?v=cDKyRpW-Yuc">https://www.youtube.com/watch?v=cDKyRpW-Yuc</a></p> <p>Try to close your eyes and follow the instructions to relax your muscles.</p> <p>After you have finished your guided muscle relaxation, can you answer these questions in note form:</p> <ul style="list-style-type: none"><li>• How does it feel to relax and clear our minds?</li><li>• How does it feel to sit still?</li><li>• When could someone use this type of relaxation technique?</li></ul> <p>I would like you to finish your session by creating a poster, advising students of all of the ways that they could use to relax and take some time to clear their minds.</p>
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