

# P5a Home Learning

Thursday 25th February 2021

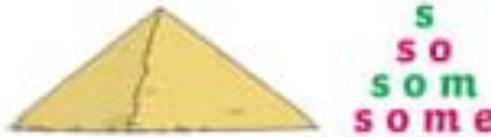
**Literacy:** Spelling – Revise weekly common words.

**SACAWAC.**

Spelling Strategy: *Pyramid Writing*.

## Pyramid Writing

Write each of your words  
like a pyramid:



**L1:** I am learning to write a setting.

Please listen to my direct teaching point on Seesaw and then complete the following work:

**Starter:**

## Setting Descriptions



You have gone to the future in a time machine – describe what the setting is like through your 5 senses. For each sense:

**Mild** 2 wow adjectives and 1 adverb.

**Spicy** 3 wow adjectives and 2 adverbs

**Hot** 4 wow adjectives and 3 adverbs

Today, we will plan to describe a setting.



Answer the following questions:

1. Who is in the picture?
2. What is happening?
3. When is it taking place? (e.g., time of year, time of day, season, weather).
4. Why is the street nearly deserted?
5. Where is this place?

There are two worksheets on Seesaw:

Mild	Spicy and Hot
	 
Sentence openers are written for you.	Create your own sentence openers (use the word mats).

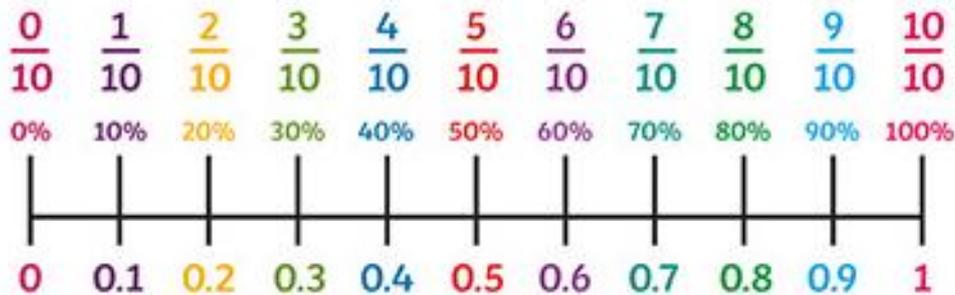
**Numeracy:** Top Marks Daily 10 to practise 8 and 9 times tables.

Follow this link: <https://www.topmarks.co.uk/maths-games/daily10>  
Try and reduce your time to become faster at answering!

You can also use the website Maths Bot for more of a challenge - there are a wide range of activities to improve your maths skills.  
<https://mathsbot.com/questions/VVB>

Sumdog - I will open the houses before 3pm!

LL: I am learning to order decimals.



Please listen to my direct teaching point on Seesaw and then complete the decimal addition and subtraction worksheet 😊

Mild 	Spicy 	Hot 
Complete questions 1-2.	Complete questions 1-4	Complete questions 1-7.

Topical Science: Watch Newsround.

Can you summarise what is happening in the world today?

You could summarise in bullet points, as a recount in paragraphs or send me your summary as a voice recording! You could even create a poem about a topical issue you noticed on Newsround. You choose! Follow this link:

[https://www.bbc.co.uk/newsround/news/watch\\_newsround](https://www.bbc.co.uk/newsround/news/watch_newsround)



Health and Wellbeing: Body Blast (Part 1).

LI: I am learning about the importance to stay fit and healthy.

Today, we are going to focus on your upper body strength!  
There are 10 exercises and one circuit takes around 10 minutes!

**Bronze:** 1 minute rest in between exercises

**Silver:** 30 second rest in between exercises

**Gold:** no breaks in between exercises

\*There is a table for you below to record how many of each activity you managed to do in one minute.

# The Workout

## UPPER BODY BLAST



## Walk Outs

**DIRECTIONS**

- 1 Begin standing position
- 2 Bend over and walk hands out to plank
- 3 Push-up
- 4 Walk hands from plank back to standing
- 5 Repeat

**CONDITIONING EMPHASIS**

Hamstring Flexibility, Core/Arm Strength, Balance

**DIFFICULTY MODIFICATION**

**Easier**  
Remove the push-up, and instead just walk hands to a plank

**Harder**  
Complete 5 push-ups each round instead of 1

## Triceps Dips

**DIRECTIONS**

- 1 Begin with hands shoulder width apart on a chair or bench
- 2 Lower body until shoulders are level with elbows
- 3 Push body up to starting position
- 4 Repeat

**CONDITIONING EMPHASIS**

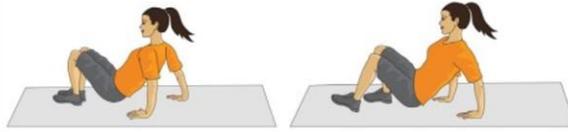
Triceps Strength & Development

**DIFFICULTY MODIFICATION**

**Easier**  
Perform exercise with a more shallow dip

**Harder**  
Perform exercise with weight on lap

# Crab Walks



## DIRECTIONS

- 1 Begin in a crab position, with hands and feet on the ground and stomach facing up
- 2 Walk forward 10 steps
- 3 Walk backward 10 steps
- 4 Repeat

## CONDITIONING EMPHASIS

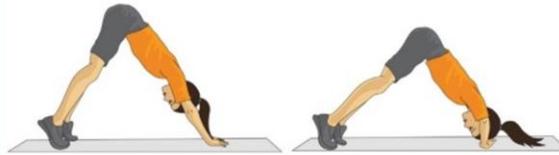
Triceps and Core Development & Strength

## DIFFICULTY MODIFICATION

**Easier**  
Allow seat to rest on floor after 10 steps

**Harder**  
After going forward and backward 10 steps, go side to side 10 steps each

# Pike Push Up



## DIRECTIONS

- 1 Begin in an A frame position with toes and hands on the floor, with hands touching in a diamond shape
- 2 Lower head to the floor, keeping elbows to the side of the head
- 3 Push up to original position
- 4 Repeat

## CONDITIONING EMPHASIS

Shoulder, Triceps, and Core Strength & Development

## DIFFICULTY MODIFICATION

**Easier**  
Move down halfway to the ground before coming back up

**Harder**  
Try to lower head slowly (3 counts) and push back up quickly (1 count)

# Plank Shoulder Touch



## DIRECTIONS

- 1 Begin in plank position
- 2 Touch left shoulder with right hand
- 3 Return to plank
- 4 Touch right shoulder with left hand
- 5 Return to plank
- 6 Repeat

## CONDITIONING EMPHASIS

Core and Shoulder Strength & Development

## DIFFICULTY MODIFICATION

**Easier**  
Perform exercise with knees touching

**Harder**  
Add pushup from the full plank position

# Crab Toe Touches



## DIRECTIONS

- 1 Begin in crab walk position
- 2 Extend left leg up and touch toes with right hand
- 3 Return to crab walk
- 4 Extend right leg up and touch toes with left hand
- 5 Return to crab walk
- 6 Repeat

## CONDITIONING EMPHASIS

Core Strength & Development

## DIFFICULTY MODIFICATION

**Easier**  
Lift hand and foot up, but not bring to a touching position

**Harder**  
Move backward while performing exercise

# Superman Plank



## DIRECTIONS

- 1 Start in plank position
- 2 Lift opposite leg and arm
- 3 Hold for 3 seconds
- 4 Switch and repeat on other leg and arm

## CONDITIONING EMPHASIS

Core and Glute Strength & Development

## DIFFICULTY MODIFICATION

**Easier**  
Perform exercise while laying on your stomach

**Harder**  
Hold the "superman position" for 10 seconds at the top

# Diamond Push Up



## DIRECTIONS

- 1 Begin a plank position with hands touching in diamond shape
- 2 Lower halfway to ground
- 3 Push-up to original position
- 4 Repeat

## CONDITIONING EMPHASIS

Triceps & Chest Development

## DIFFICULTY MODIFICATION

**Easier**  
Perform exercise with knees touching the ground

**Harder**  
Try to lower down slowly (3 counts) and push back up quickly (1 count)

# Side Walking Plank



## DIRECTIONS

- 1 Begin in a plank position
- 2 Step left foot over, crossing right arm over the left simultaneously
- 3 Bring left arm out, while moving right foot left to return to plank position
- 4 Repeat

## CONDITIONING EMPHASIS

Core and Arms Strength & Development, Full Body Coordination

## DIFFICULTY MODIFICATION

**Easier**  
Perform a plank hold and eliminate side walking

**Harder**  
Add push-up every time you return to plank

# Burpees



## DIRECTIONS

- 1 Begin standing
- 2 Drop down to a plank
- 3 Do a push-up
- 4 Bring legs to arms
- 5 From the ground jump up
- 6 Repeat

## CONDITIONING EMPHASIS

Full Body Strength & Development

## DIFFICULTY MODIFICATION

◀
**Easier**  
 Remove the push-up  
 at the bottom

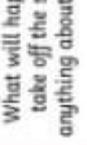
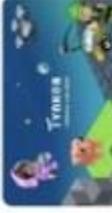
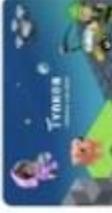
**Harder**  
 Replace jump with  
 a tuck jump

## Personal Best Chart

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Walk Outs					
Triceps Dips					
Crab Walks					
Pike Push Up					
Plank Shoulder Touch					
Crab Toe Touches					
Superman Plank					
Diamond Push Up					
Side Walking Plank					
Burpees					

# STEM:

## STEM Challenges!

<p>Learn the basics of sewing! Watch Red Ted Art sewing tutorials on YouTube. See if you can master some of the basic stitching techniques!</p> 	<p>Make some pizza toast! All you need is bread, cheese tomato purée &amp; the ingredients you'd like to put on your pizza.</p> 	<p>Show off your cooking skills by creating a food tutorial video – Joe Wicks style! Use your camera / Clips / iMovie to share your recipe with others! Or create your own recipe book using PicCollage!</p> 	<p>Starbucks and Costa are trying to create the best Spring / Summer smoothie! Choose the company you want to work for. Can you create a delicious smoothie that they'll want to sell in their stores?</p> 																																				
<p>Get arty with your food! Cut food in different ways to create animals / scenes. You could even paint your own rainbow bread using sugar and food colouring!</p> 	<p>Float or sink experiment! Using the fruits and vegetables you have at home, predict which ones you think will float / sink – giving reasons why. What will happen if you half it or take off the skin? Do you notice anything about the items that float / sink?</p> 	<p>Track your scores / coins in a game using a line graph. It can be any game (Times Table Rockstars, Sumdog or a game of your choice!)</p> 	<p>There's something wrong with the code on my map! Can you tell what it is?</p> 																																				
<p>In class we've been learning a lot about coding. Here is an example of Morse code. Can you write or use light / sound to send a message in Morse code? Can you create your own code &amp; write a message?</p> <table border="1" data-bbox="933 1377 1117 1534"> <tbody> <tr><td>A</td><td>B</td><td>C</td><td>D</td><td>E</td><td>F</td></tr> <tr><td>G</td><td>H</td><td>I</td><td>J</td><td>K</td><td>L</td></tr> <tr><td>M</td><td>N</td><td>O</td><td>P</td><td>Q</td><td>R</td></tr> <tr><td>S</td><td>T</td><td>U</td><td>V</td><td>W</td><td>X</td></tr> <tr><td>Y</td><td>Z</td><td>0</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </tbody> </table> <p>Visit <a href="https://royalsociety.org/topics-policy/education-skills/teacher-resources-and-opportunities/brian-cox-experiments/">https://royalsociety.org/topics-policy/education-skills/teacher-resources-and-opportunities/brian-cox-experiments/</a> for some STE/Micrular science experiments created by The Royal Society and Brian Cox! Take a photo or a video of your science in action!</p> 	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	0	1	2	3	4	5	6	7	8	9	<p>Outdoor maths! Explore your outside space and collect...anything! Leaves, flowers, stones, sticks, feathers etc. Think of how you would like to sort / organise them. Create a tally chart and graph to show what you have found.</p> 	<p>Get coding on the Tynker website. Click play and choose your coding level. You can create games, skins, animations and more!</p> 	<p>Take photos of symmetry in the environment around you. It could be natural (plants / animals) or man-made (fences / windows / tiles). You could even print a photo, cut it in half and see if you can draw the other side using symmetry.</p>
A	B	C	D	E	F																																		
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<p>Create your own more advanced code map (or game) and give instructions on how to get to the treasure / finish line. Easy – Just use arrows. Challenge – Use compass points.</p>																																							

