

## Learning Project WEEK 7– Healthy Living

### Year 5

Weekly Maths Tasks (Aim to do 1 per day)	Weekly Reading Tasks (Aim to do 1 per day)
<ul style="list-style-type: none"> <li>• <a href="#">Times Table Rockstars</a> 15 mins per day.</li> <li>• <a href="#">Mathletics</a> – children should attempt this week’s assigned activities.</li> <li>• <a href="#">BBC Bitesize</a> Daily Maths Lessons – a mix of video tutorials and written practice tasks</li> <li>• <a href="#">White Rose Home Learning</a> – A selection of lessons and worksheets that can be used in addition to Mathletics.</li> <li>• There is now a Summer-themed Maths booklet on the Home Learning part of the School website.  <a href="https://www.purfordgreenschool.co.uk/page/?title=Home+Learning&amp;pid=50">https://www.purfordgreenschool.co.uk/page/?title=Home+Learning&amp;pid=50</a></li> </ul>	<ul style="list-style-type: none"> <li>• Children should read for at least <b>20 mins every day</b>.</li> <li>• Following this, discuss the chapter/ section with your child and ask <a href="#">questions</a>.</li> <li>• Complete the Friday Reading Activity on <a href="#">BBC Bitesize</a>.</li> <li>• Read online with <a href="#">Epic</a>.</li> <li>• Remember to log onto Accelerated Reader after completing any book to see if you can take a test.</li> </ul>
Weekly Spelling Tasks (Aim to do 1 per day)	Weekly Writing Tasks (Aim to do 1 per day)
<ul style="list-style-type: none"> <li>• Encourage your child to practice the <a href="#">Year 5/6 common exception words</a> (or their own list brought home from school).</li> <li>• <a href="#">Mr Whoop’s Spelling Mistakes</a>. Complete one activity sheet per week – the pack is on the Home Learning section of the school website.</li> <li>• Use <a href="#">Spelling Frame</a> to practice the Year 5 Spelling Rules – choose a rule that you know you struggle with.</li> <li>• <a href="#">Spelling Shed</a> – 20 mins per day.</li> </ul>	<ul style="list-style-type: none"> <li>• Using the <a href="#">Food Groups guide</a>, keep a log of your food for the week (be honest!) Are you eating healthily? There is a food diary template on the home learning section of the <a href="#">school website</a>.</li> <li>• Write a diary entry of how you have been feeling during lock down. What have you enjoyed? What have you missed? How have you felt emotionally?</li> <li>• Persuasive writing. Can you write a persuasive argument trying to persuade someone to make a healthy lifestyle choice? You could try to persuade people to give up smoking or maybe join a gym!</li> </ul>

## Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about living healthily. Learning may focus on diet, exercise, the heart, lungs and brain (mental health) etc.

**How Fit Are You?** – Choose 4 different activities, for example jumping jacks, running on the spot, skipping, hopping. Measure your resting heart rate (find your pulse in your neck or wrist and count how many beats per minute you feel) make a note of this. Now complete one of the activities for one minute, record the number that you did and also your heart rate at the end. Repeat this for the other activities. Which activity raises your heart beat the most? Try again during the week and increase the number of jumps, skips etc each time in a minute. Is there a pattern to your resting / active heart beats? What do you notice?

**Lung Capacity-** Using balloons of the same size (make sure they are all stretched in the same way first to make it a fair test) take a deep breath and blow the balloon up as much as you can with one breath. Tie the balloon off and measure the circumference. Whoever has the biggest balloon has the biggest lung capacity. What do you notice about who has the biggest / smallest lung capacity?

**Meditation / Relaxation** – What do you do to relax and de-stress? Try to do something for 15 minutes each day as part of your ongoing mental health. If you haven't already, why not try some meditation / yoga daily to see how this makes you feel. These websites are a great place to start:

<https://www.cosmickids.com/mindfulness-meditation-videos-kids/>

### **Design a food diary.**

We all know that a balanced diet is key to a healthy lifestyle. Can you remember the different food groups and the recommended daily intake from each group? Design your own food diary to help someone maintain a balanced diet. You can use the template on the website to help you.

### **Healthy world**

How do people stay fit and healthy in other countries? Choose a country and research what a healthy lifestyle looks like there. What is your chosen country's favourite sports and foods? How many portions of fruit and vegetables does the average person manage to consume there? Is the advice they receive different from the advice we receive in this country? Does the weather or climate make a difference?

### **Art and Design**

Can you design a poster to encourage people to make healthy lifestyle choices? Maybe your poster could encourage them to take up a new sport, remind them of the importance of washing their hands, or help them to eat a healthy balanced diet.

### **DT**

Plan a healthy meal for you and your family. Make it if you can. Think about including the right balance of food groups and portion size.

<https://www.bbcgoodfood.com/recipes/category/family-kids>

<https://realfood.tesco.com/recipes/collections/easy-recipes-for-kids.html>

## Additional learning resources parents may wish to engage with

[Classroom Secrets Learning Packs](#) - These packs are split into different year groups and include activities linked to reading, writing, maths and practical ideas you can do around the home.

[Classroom Secrets Kids](#) – English and Maths activities

[Twinkl](#) - to access these resources click on the link and sign up using your own email address and creating your own password. To register for free use the offer code: UKTWINKLHELPS.

[Draw with Rob](#) – Rob Biddulph (children’s illustrator) posts two new video tutorials online per week. Tuesdays and Thursdays @10am. You can join in with him live or watch his videos on the website.

[PE with Joe Wicks](#) – daily PE/ fitness sessions with Joe Wicks at 9am daily.

[Duolingo](#) – Free online Spanish tuition for adults and children.

[Theatre of Science](#) – Live online Science Lessons 1.30pm on Tuesdays (Facebook) or videos posted on YouTube (click on blue link).