

UKS2 suggested weekly plan - W/B 13/07/20

Outside of English and Maths, we will ask children to try and focus their attentions on at least one other subject per day, as we feel this is realistic in the current situation. This week's additional subjects are: **Science / any finishing off of other tasks**

Below is our suggested timetable for the week.

	9:00-9:30	9:40 – 10:30	10:45 – 11:45	13:00 – 14:00
Monday	PE	Maths	English	Science / Mo Farah challenge /any finishing off of other tasks
Tuesday	PE	Maths	English	Science / Mo Farah challenge / any finishing off of other tasks
Wednesday	PE	Maths	English	Science / Mo Farah challenge / any finishing off of other tasks
Thursday	PE	Maths	English	Science / Mo Farah challenge / any finishing off of other tasks
Friday	PE	Maths	English	Science / Mo Farah challenge / any finishing off of other tasks

Details of this week's learning:

PE: ***The Mo Farah Pacing challenge***

Following your exploits with Joe Wicks and our Virtual Sport's Day/Week, you should be extremely fit and ready to take on any physical challenge. After all, you'll be on your summer holidays next week, so you can have a rest then!



As you know, Mo Farah is an extremely good runner, who covers a great distance very quickly, from a mile, all the way up to a marathon (26.2 miles). One of the key ingredients to his success is how he paces himself. Even if he is running 'only' a mile, he can't set off as quick as he can, otherwise he would fatigue and probably have to drop out of the race. Therefore, it is important for him to pace himself, running at a consistent pace. If he is running a marathon, the idea is that each of those miles are roughly the same pace. This is the most efficient way to run fast and something you will be trying to do for your last PE-based activity of the year.

Your challenge: Measure out a set distance where you have space. Anything from 200m up to 1600m (which is about a mile) will do. It will be difficult to do this unless you have a very large garden! You need to run that distance once each day of the week (or 5 times in one day, if you're feeling very ambitious), so you have 5 individual times for the distance. The idea is that you try to run fast, but at a consistent pace. Ideally, all of your times would be almost the same. For example, if you ran a mile in 9 minutes, you would hope to run all the others you do in around 9 minutes. If you were to run one in 4 minutes and the others in 9 minutes, then you've done something wrong / should be on the GB Olympic team for Tokyo next year! Why not take on the challenge with family or friends to help each other?

We look forward to seeing your results. Good luck!

Maths – This week's Whiterose Maths is starting to look at different key topics covered during the year. This revision is designed to help you be ready for your next year's curriculum.

White Rose Maths online lessons and activity sheets. Answers also available. It is important to watch the short tutorials available each day to accompany learning.
<https://whiterosemaths.com/homelearning/>.

Monday- Year 5 : Metric units <https://whiterosemaths.com/homelearning/> Year 6 – Draw nets 3-d shapes <https://whiterosemaths.com/homelearning/>

Tuesday -Year 5: Imperial units Year 6 – Circles <https://whiterosemaths.com/homelearning/>

challenge: <http://www.iseemaths.com/>

Wednesday - Converting units of time <https://whiterosemaths.com/homelearning/year-5/> Year 6 – Read and interpret pie charts
<https://whiterosemaths.com/homelearning/>

Challenge: <http://www.iseemaths.com/>

Thursday – Year 5 Timetables <https://whiterosemaths.com/homelearning/year-5/> Year 6 – The mean <https://whiterosemaths.com/homelearning/>

Challenge: <http://www.iseemaths.com/>

Friday - Please have a go at the Friday Challenge

English: Competition to design and produce a guide to surviving in year 5/6.

We would like you to produce a leaflet that we can print out and give to our classes next year. This should take you from Monday to Thursday. Please include the following categories: Behaviour, Timetable, Personal equipment, clubs and extra-curricular activities and anything else that you think may be useful to the year 4s.

Please make your entry eye catching and colourful.

Please send us your leaflet as a word document by Thursday lunchtime.
The winning entry for each class will be printed and given out to the new year 5s.

Afternoon challenges, (Science experiment, Music and any other items to finish):

Science: See the attached Starters for STEM sheet (different to last week) which includes 10 Science challenges. Pick two of these to try at home during this week.

To finish, if incomplete:

Music: Complete days 21-30 of the '30 day song challenge' – see attached sheet. Answers do not need writing down, rather they should be discussed and sang loudly!

Virtual classroom: See previous weeks' planning for further details. We have had some fantastic looking designs so far, from virtual headsets to grand gymnasiums.

Virtual Sports' Day/week: See previous weeks' planning for further details. Thanks for all the entries so far. The winning house will be announced on **Wednesday 15th July.**



Time capsule: See previous weeks' planning for further details. There have been some amazing examples sent in by children. To see some, check out next week's All Star gallery.

