Year 6 **Marvellous Me Project** – Week 4

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **PE**  Carry out fitness programme.  Or use other PE websites of choice (Joe Wicks/Mr Chadwick etc) | Music  Have a go at the songs  Transition  The link for the KAs video is here.  Complete some of the transition book. | Music  Have a go at the songs  Transition  The link for the KAs video is here.  Complete some of the transition book. | **PE**  Carry out fitness programme.  Or use other PE websites of choice (Joe Wicks/Mr Chadwick etc) |
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| Maths  Complete the ratio and proportion questions | Maths - Algebra.  Complete the investigation. | **Science**  <https://www.bbc.co.uk/bitesize/topics/zwdr6yc/articles/zw8xb82#:~:text=Blood%20vessels%20are%20a%20series%20of%20tubes%20inside%20your%20body.&text=Arteries%20carry%20blood%20away%20from,pick%20up%20new%20oxygen%20again.>  Watch the video and play the game.  Find out what’s in your blood:  <https://www.bbc.co.uk/bitesize/topics/zwdr6yc/articles/zqv4cwx>  When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes. Eating healthily & exercising can help keep your blood pressure normal.  Pulse rate is a measure of the number of times the heart beats in a minute. Measure your pulse for 15 seconds and then multiply the result by four to get the number per minute (or for 10 seconds and multiply by six). Record your resting pulse rate several times in a table.  Why do you think you didn’t get the same result each time?  Why is it important to take several measurements?  Find the average (mean) of the measurements (add pulse rates and divide by number of measurements taken).  Effect of exercise:  Decide an exercise and the time you will do the exercise for.  Measure your pulse rate before and immediately after the exercise and then at further intervals too to measure the recovery period (time it takes to return to resting heart/pulse rate).  Plot the mean in a line graph.  Use the table to help analyse the results. | **Memory posters.**  Create posters of your 3 favourite memories at Stockham. Be creative and decorate them in a way of your chosing. |
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| Music  Have a go at the songs  Transition  The link for the KAs video is here.  Complete some of the transition book. | Music  Have a go at the songs  Transition  The link for the KAs video is here.  Complete some of the transition book. | **Science continued** | **Memory posters.** |
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| Story – 15mins reading.  In School, Year 6 will be reading  Pig Heart Boy by Malorie Blackman. | Story – 15mins reading.  In School, Year 6 will be reading  Pig Heart Boy by Malorie Blackman. | Story – 15mins reading.  In school, Year 6 will be reading  Pig Heart Boy by Malorie Blackman. | Story – 15mins reading.  In School, Year 6 will be reading  Pig Heart Boy by Malorie Blackman. |