**A possible structure to your child day.**

**Week nine theme – Sport**

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|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** |
| **PE**  20mins | Exercise with Joe Wicks  <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  AND/OR additional challenges listed below. | Exercise with Joe Wicks  <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  AND/OR additional challenges listed below. | Exercise with Joe Wicks  <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  AND/OR additional challenges listed below. | Exercise with Joe Wicks  <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  AND/OR additional challenges listed below. | Exercise with Joe Wicks  <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  AND/OR additional challenges listed below. |
| **Spellings**  20mins | Can your child list sport related noun phrases and verbs that correspond with each letter of the alphabet? This will support their writing tasks.  AND/OR  **spelling shed tasks** (the links are under the year 5 home learning pages).  <https://www.spellingshed.com/en-gb> | Can your child complete [this word search](https://spellingframe.co.uk/spelling-rule/33/38-Endings-which-sound-like-el) which focuses on words ending in **-cia**l or **-tial**?Can they find the meanings of these words too?  AND/OR  **spelling shed tasks** (the links are under the year 5 home learning pages).  <https://www.spellingshed.com/en-gb> | Ask your child to create their own sporting wordsearch. This could include the names of athletes, sports or sporting equipment.  AND/OR  **spelling shed tasks** (the links are under the year 5 home learning pages).  <https://www.spellingshed.com/en-gb> | Can your child unscramble these sporting words: **queenmipt, poicmlys, tannidmob, cagminssty & pochmashpini.**  Practise spellings on a spelling Frame and complete some **spelling shed tasks** (the links are under the year 5 home learning pages).  <https://www.spellingshed.com/en-gb> | Pick 5 Common Exception words from the [Year 5/6 spelling list](https://cdn.oxfordowl.co.uk/2019/08/29/13/56/09/5a42eb6a-f57f-4dc4-a66e-bd4c5e27e4b7/SpellingWordList_Y5-6.pdf). Challenge your child to spell them as you throw a ball to each other. Everytime the ball is thrown the next letter must be said.  AND/OR  **spelling shed tasks** (the links are under the year 5 home learning pages).  <https://www.spellingshed.com/en-gb> |
| **Reading**  30mins | Ask your child to read the sports pages of a newspaper and consider the language used.They could add interesting language to a sports’ word bank.  Take part in Mondays Comprehension task.  Focus: word meanings https://classroom.thenational.academy/lessons/reading-comprehension-word-meaning-d83aa0  **Optional**  Listen to some audio stories by David Walliams- he reads at 11am but you can also catch up on ones you have missed  <https://www.worldofdavidwalliams.com/elevenses-catch-up/> | [Here](https://cdn.oxfordowl.co.uk/2017/03/30/09/43/48/564/2749604_Reading_Comp_B.pdf) is a reading comprehension activity about circus performers. Ask your child to read the text in under 3 minutes and complete the questions.  Take part in Tuesdays Reading Comprehension task  Focus: word meaning and fact retrieval <https://classroom.thenational.academy/lessons/reading-comprehension-word-meaning-and-fact-retrieval>  **Optional**  Listen to some audio stories by David Walliams- he reads at 11am but you can also catch up on ones you have missed  <https://www.worldofdavidwalliams.com/elevenses-catch-up/> | Ask your child to listen to and read along with [Arundel Swimming Pool](https://childrens.poetryarchive.org/poem/arundel-swimming-pool/). Ask your child to summarise each verse using one word only.  **Optional**  Listen to some audio stories  David Walliams- he reads at 11am but you can also catch up on ones you have missed  <https://www.worldofdavidwalliams.com/elevenses-catch-up/> | Encourage your child to listen to a free age-appropriate audiobook [here](https://stories.audible.com/discovery), choose a book from [Oxford Owl](https://home.oxfordowl.co.uk/) or continue with their chapter book.  **Optional**  Listen to some audio stories by David Walliams- he reads at 11am but you can also catch up on ones you have missed  <https://www.worldofdavidwalliams.com/elevenses-catch-up/> | Ask your child to consider the actions of a character in a book they’ve recently read. Do they agree or disagree with the actions? They should verbally give reasons for their opinions and justify them using evidence from the text.  **Optional**  Listen to some audio stories by David Walliams- he reads at 11am but you can also catch up on ones you have missed  <https://www.worldofdavidwalliams.com/elevenses-catch-up/> |
| **Maths**  30-40mins | Get your child to play on [Times Table Rockstars](https://play.ttrockstars.com/auth/school).  Work on the Whiterose Home Learning. This is the scheme we follow at school and recommend.  <https://whiterosemaths.com/homelearning/year-5/> | Daily [arithmetic](https://www.topmarks.co.uk/maths-games/daily10) for different areas of maths. Ask your child to work on level 4, 5 and 6 activities and get them to practise something they find difficult.  Gareth Metcalf Home Learning: This is excellent and has some great problem solving and reasoning activities. <http://www.iseemaths.com/lessons56/> | Get your child to play on [Times Table Rockstars](https://play.ttrockstars.com/auth/school).  Work on the Whiterose Home Learning. This is the scheme we follow at school and recommend.  <https://whiterosemaths.com/homelearning/year-5/> | Daily [arithmetic](https://www.topmarks.co.uk/maths-games/daily10) for different areas of maths. Ask your child to work on level 4, 5 and 6 activities and get them to practise something they find difficult.  Gareth Metcalf Home Learning: This is excellent and has some great problem solving and reasoning activities. <http://www.iseemaths.com/lessons56/> | **Children can choose a starter of their choice which they have enjoyed from the week.**  Take part in Friday’s daily challenge on the White Rose  <https://whiterosemaths.com/homelearning/year-5/> |
| **English**  30-40mins | Visit the Literacy Shed for this wonderful resource on [The Catch](https://www.literacyshedplus.com/en-gb/resource/the-catch-ks2-activity-pack). Or create a short victory story about a character succeeding.  **AND/OR**  Jane Considine offers daily writing videos: <https://www.youtube.com/channel/UCuaq74gHBALPcb1nbJ1EF2Q> | Task your child with writingtwo newspaper articles on a sport of their choice, one reporting on an event and the other reporting ‘behind the scenes’. Pay attention to the different language that will be used in each. Can your child include direct speech from ‘interviews’? They could present this on Word or Google Docs if they have access to a PC.  **AND/OR**  Jane Considine offers daily writing videos: <https://www.youtube.com/channel/UCuaq74gHBALPcb1nbJ1EF2Q> | Ask your child to choose a sports person they admire. Encourage them to create a biography which tells the story of their life in chronological order.  **AND/OR**  Jane Considine offers daily writing videos: <https://www.youtube.com/channel/UCuaq74gHBALPcb1nbJ1EF2Q> | Ask your child to choose a sport which is popular in another country and write an information report, giving key details about the sport and its history.  **AND/OR**  Jane Considine offers daily writing videos: <https://www.youtube.com/channel/UCuaq74gHBALPcb1nbJ1EF2Q> | Your child can create a persuasive leaflet for a new school sports club.  They should use persuasive language including modal verbs (e.g. will, should) and adverbs of possibility (certainly, probably).  **AND/OR**  Jane Considine offers daily writing videos: <https://www.youtube.com/channel/UCuaq74gHBALPcb1nbJ1EF2Q> |
| **Foundation Subjects**  PE/Art/DT/ Humanities/Science/music - pick 1 or 2 of these to do per day across the week.  1 hour or more depending on the subject. | **Sport Genius-** Ask your child to research about [sporting history](https://kids.kiddle.co/Sport) and see how many different [facts](https://www.sportsforschools.org/interesting-facts/) they can find out about sports from the past. Ask them to create their own sporting trivia quiz which they can test out on members of the household. Or place different sporting events from the last 100 years onto a timeline.  Try Mr Chadwick’s PE skills at home.  <https://youtu.be/4hfUJ43tAk4>  **Additional lessons you may enjoy:**  **French -** <https://www.bbc.co.uk/bitesize/subjects/z39d7ty> | **Sporting Heroes-** Get your child to select their favourite sporting star. Then they can draw a portrait of them in the style of the famous pop artist [Roy Lichtenstein](https://www.tate.org.uk/kids/explore/who-is/who-roy-lichtenstein) using felt tip pens or paint.  Choose a PE activity listed below.  **Additional lessons you may enjoy:**  **PSHCE -** <https://classroom.thenational.academy/lessons/prime-ministers-questions-63d92c> | **Name that Sport -** Get your child to create an [orienteering map](https://www.getoutwiththekids.co.uk/activities/playing-things/orienteering/) of your home/garden. At each location they will need to create a question relating to a sport e.g. Which sport has the most rules? The answers can then be recorded on an orienteering sheet. How about giving them a challenge? Can they create an answer that begins with the letter of the next location? Get your child to test it out on a family member.  Choose a PE activity listed below.  **Additional lessons you may enjoy:**  **RE:**  <https://classroom.thenational.academy/lessons/why-do-buddhists-meditate> | **Beat It!-** Begin by getting your child to measure their resting heart rate by counting how many beats in a minute. Then get them to carry out an exercise e.g. running, skipping, star jumps etc. for 3 minutes. Once they have completed this they are to carry out a recovery activity e.g. walking or sitting and see how long it takes for their heart rate to go back to normal. Ask them to repeat this with different recovery exercises to see which is the most effective at getting their [heart rate](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=285&id=1467) back to normal the quickest. Can they create a way of showing their results?  Choose a PE activity listed below.  **Additional lessons you may enjoy:**  **Science**  [https://classroom.thenational.academy/lessons/what-is static-electricity](https://classroom.thenational.academy/lessons/what-is%20static-electricity) | **Anyone Can Be a Champion!-** This activity is all about exploring the diversity of sport. Ask your child to research the history of the [Paralympics](https://www.paralympic.org/ipc/history) . Discuss why we have the Paralympics. Get your child to create a poster which presents the importance of the Paralympics and the range of different sports there are.  Choose a PE activity listed below.  **Additional lessons you may enjoy:**  **Creative:**  <https://classroom.thenational.academy/lessons/the-circle-challenge> |

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| **Additional exercises and challenges.** |
| [**https://www.nhs.uk/10-minute-shake-up/shake-ups**](https://www.nhs.uk/10-minute-shake-up/shake-ups)  [**https://www.youtube.com/watch?v=sHd2s\_saYsQ**](https://www.youtube.com/watch?v=sHd2s_saYsQ)**– kids bop dance along – there’s lots of videos for you to try.**  [**https://www.youtube.com/watch?v=xlg052EKMtk**](https://www.youtube.com/watch?v=xlg052EKMtk)**– frozen themed yoga**  [**https://family.gonoodle.com/**](https://family.gonoodle.com/)**strange videos with lots of crazy dance moves – try some out and see what you think!**  <https://www.bbc.co.uk/teach/supermovers> - **active learning videos and dances – some for learning and some just for fun!**  Mr Chadwick who works in our school with classes on a Monday has created some videos that are skills based as well as a trick shot video for you to watch and create your own. **Here is the new one for the week:**  Key Stage 2 -  <https://youtu.be/4hfUJ43tAk4>  **The Oxfordshire school games website is going live with competitions and challenges for you to try** [www.activeoxfordshire.org/school-games](http://www.activeoxfordshire.org/school-games) |

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| **Additional learning resources parents may wish to engage with.** |
| [**Classroom Secrets Learning Packs**](https://classroomsecrets.co.uk/free-home-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.  [**Twinkl**](https://www.twinkl.co.uk/offer/UKTWINKLHELPS?utm_source=promo&utm_medium=email&utm_campaign=England_coronavirus_schools_email&utm_content=offer_link) **-** to access these resources click on the link and sign up using your own email address and creating your own password. Use the offer code UKTWINKLHELPS.  [**Headteacherchat**](https://www.headteacherchat.com/post/corona-virus-free-resources-for-teachers-and-schools) - This is a blog that has links to various learning platforms. Lots of these are free to access.  <https://www.teachactive.org/my-account/?code=71FV0> – This is a website which prepares active maths tasks which are easy and simple for children to follow.  Additional maths lessons and resources can be found on <https://thirdspacelearning.com/blog/home-learning/> - **this is good for arithmetic papers if your child enjoys them.**  **Please see the links on Stockham School’s website.** |