

Year 5 Practical Activities w/c 6th July 2020

Have a look at the following activities. Why not try some of them out? You could send a photograph of your work to your teacher at year5@brampton.newham.sch.uk. The Oak National Academy also has a range of extra-curricular activities, so have a look and try some of those activities out too!

<https://www.thenational.academy/>.

English: A Letter to my Future Self

The coronavirus outbreak means that life, for all of us, has changed so drastically. It may cause you to feel anxious, stressed, worried, sad, bored, lonely or frustrated. It is important to remember that it is okay to feel this way and that everyone responds differently.

Remember, this situation is temporary and, for most of us, these difficult feelings will pass. It is important to talk about these feelings, even when we don't have the solutions, even if we don't know when this pandemic will end. Now more than ever, it is important to talk about how we feel.

Typically, when writing letters, we send them to someone else to read. This time, we will be writing a letter and sending it to OURSELVES to read later on... in the future. Use the letter structure below. There are some questions for you to think about.

Dear Future Me,

Today, I am... Years old and I am in Year... By the time you read this letter, you would be back at school and things are slowly returning to normal.

How do you feel right now?

Have you learnt anything new recently?

What made you laugh today?

Have you enjoyed the lockdown? Why?

What is something you are wishing for?

What are you more you thankful for?

Write one piece of advice to your future self.

Remember, talking about feelings doesn't always have to end with a 'solution' – talking IS the solution!

Credit: <https://schoolsoutcovid19.wordpress.com/2020/04/23/a-letter-to-my-future-self/>

Mathematics

Macaroni – Proportion Activity

Have a look at the picture below (or you can use real macaroni). Today, you will be finding the value of each piece of Macaroni.



1. If a piece of macaroni labelled F is worth 6, what is a piece:
 - a) Labelled K worth?
 - b) Labelled Q worth?
2. If a piece of macaroni labelled K is worth 16, what is a piece:
 - c) Labelled F worth?
 - d) Labelled Q worth?
3. If a piece of macaroni labelled Q is worth 5, what is a piece:
 - e) Labelled F worth?
 - f) Labelled K worth?
4. If a piece of macaroni labelled Q is worth 1 what is a piece:
 - g) Labelled F worth?
 - h) Labelled K worth?

Now, design your own questions for the picture. Try to help people find their answers that are fractions, decimals and/or percentages.

Science

Water Fireworks



Materials:

- Water
- Oil
- Food Colouring (Any colour of your choosing)
- 16 oz clear glass
- Another 16 oz clear glass
- A Fork

Instructions:

1. Fill the tall glass almost to the top with room-temperature water.
2. Pour 2 tablespoons of oil into the other glass.
3. Add 2 drops of food colouring to the glass with the oil.
4. Stir the oil into the food colouring using a fork. Stop once you break the food colouring into smaller drops.
5. Pour the oil and colouring mixture into the tall glass.
6. Now watch! The food colouring will slowly sink in the glass, with each droplet expanding outwards as it falls. Looks like fireworks! Right?

How it Works:

Food coloring dissolves in water, but not in oil. So when you pour in your food colouring/oil mixture the oil will float at the top of the water because it is less dense, and the food colouring will begin to dissolve once they sink through the oil and into the water.

Extra Experiments:

1. Try using red and blue as you food colouring, and do one drop of blue and one drop of red when you start to mix the oil and food colouring together.
2. Try doing it without the oil and observe and record how the results are different.
3. Try using a larger glass, does it change the results?

Plan your book

How would it to be to have your very own miniature book?

What would you like to read to them? A bedtime story?

Would it be a pirate adventure, a fairy tale or a soothing lullaby?



Would it be a factual book about other countries and cultures, about the universe, about life at the bottom of the ocean or about a famous period of history such as Ancient Egypt or the Fire of London?

How to make your book

Tools & Materials needed to make one miniature book

Light weight paper – 1 sheet of A4 plain or lined paper (this sheet will make two miniature books); Coloured paper, wrapping paper, magazines or newspaper for book covers and spines; Scissors; Small elastic band, string or even a bobby pin to bind your book; Pencil; Glue



Fold your paper

Fold your A4 paper in half, short side to short side – Take your time to try and match the corners and then flatten the paper with your hand.

Now, firmly run your finger down the crease to create a tight fold.

Make sure to do this every time you fold your paper.

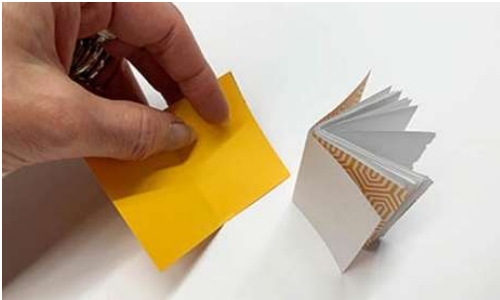
Cut or tear the A4 sheet in half, short side to short side. Save one half to make another book later.



Fold the paper in half, short side to short side, and in half again, short side to short side, And in half again, short side to short side. Open the paper up - there will be 8 rectangles. These rectangles will become the pages of your book.

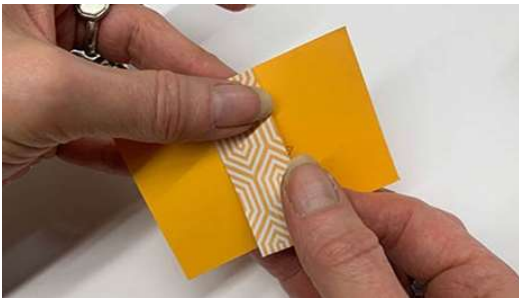


Cut the paper with scissors, so you have four sets of folded double pages.
Fold the cut sheets in half, short side to short side.
Put the folded pieces inside one another.
This folded block will become the pages of your book.
It is called the *book block*.
Put the book block to one side.



Make your cover boards

Open your book block, place it on the plain side of the paper you have chosen for your cover.
Draw around it making sure to add a little extra height and width so it fully covers the book block.



Make a spine strip

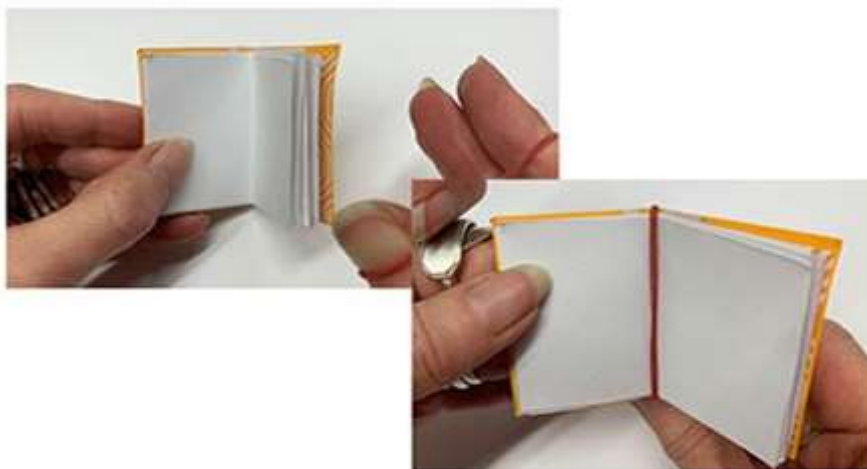
Cut a strip of paper, magazine, wrapping paper etc. the same height as your cover.
Glue this spine strip to the outside cover of your book.

Assemble your book

Wrap the cover around your book block. Open the entire book to the middle page and 'bind' your book together with an elastic band, string or bobby pins.

Enjoy writing and drawing in your book!

Can you make an even smaller book?



P.E Blast

1

COMPONENT-BASED FITNESS BLASTS

MUSCULAR ENDURANCE

BALANCE

KEEP IT IN BALANCE, TRY IT ONE MORE TIME

STABILITY GIRL'S

BALANCE BLAST

1. 4 Point Balance 30 sec
2. 2 Point Balance 30 sec
3. Bridge Hold 30 sec
4. Shoulder Stand 30 sec
5. Stork Stand 15 sec each Leg
6. 3 Point Balance 30 sec

INCREASE YOUR STAMINA, TRY IT ONE MORE TIME

ENDURANCE ELECTRA'S

MUSCULAR ENDURANCE BLAST

1. 8 Standing Long Jumps
2. Plank 20 Secs
3. 15 Curfups
4. 8 Side Leg Raises on Each Side
5. 6 Inch Worms
6. 15 Wall Push-Ups

KEEP ON KEEPING ON, TRY IT ONE MORE TIME

RAPID ROBIN'S

CROSS-TRAINING BLAST

1. Butterfly Stretch 20 sec
2. Run Around a Cone 15 times
3. 8 Star Jumps
4. 10 Burpees
5. 10 Plyometric Explosive Pushups
6. 15 Overhead Ball Presses

2

CROSS-TRAINING FITNESS BLASTS

COMBINATION OF HEALTH AND SKILL-RELATED COMPONENTS OF FITNESS

HANG IN THERE, TRY IT ONE MORE TIME

SERGEANT STRONG'S

CROSS-TRAINING BLAST

1. 10 Split Leaps
2. Hamstring Stretch 10 sec per side
3. 10 Pushups
4. 8 Rollie Pollies
5. Twist a Hoop 30 sec
6. Speed Run in Place 20 sec