

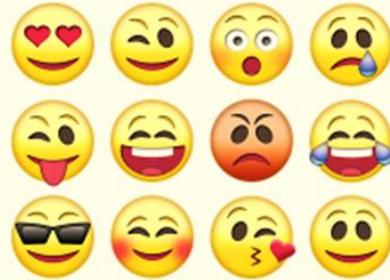
# How are you feeling?

## Changing feelings

Emotions and feelings change throughout the day and over time. Taking care of our mental health helps us to manage.

Feelings can grow or get stronger with time.

Some feelings seem to fade or pass over time.



Usually feelings that don't feel so good, don't last long.

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13

What else can YOU do to help YOU?

Activity sheet of ideas from home learning 04.05.2020

<https://www.johnrandallprimary.co.uk/wp-content/uploads/Year-6-wk5.pdf>

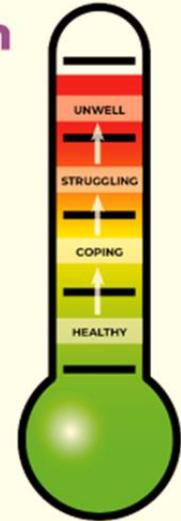
## Thinking about mental health

Mental health can be thought of as a scale that can move up or down, a bit like a thermometer.

We can move along the scale at any time, between being healthy or unwell.

There are things we can do to help us stay healthy.

There are things that can be put in place if someone is not feeling so good, is struggling or unwell.



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7

## Who can help?



Friend

Teacher

Parent

Childline website [www.childline.org.uk](http://www.childline.org.uk)

No-one

Childline text / phone line 0800 1111

Someone else

If your emotions feel all mixed up or you often have feelings that make you feel bad, talk to a trusted adult – they can help you find the right support.

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16

Thursday 16th July 2020

## Spelling

Week beginning 13.7.20 'mis' words	Week beginning 13.7.20 'mis' words	Week beginning 13.7.20 'mis' words
Group 1	Group 2	Group 3
1. mistake	1. mistaken	1. miscalculation
2. misfile	2. misbehaving	2. miscellaneous
3. misfire	3. misbelieve	3. misinformation
4. mishap	4. misconduct	4. misconstruction
5. misread	5. misconnect	5. misconstrued
6. misuse	6. misinterpret	6. miscorrelation
7. misspell	7. misjudge	7. misevaluations
8. misbelief	8. mismanage	8. misinterpretation
9. misplant	9. misplaced	9. mischievousness
10. misplace	10. mishandled	10. miscommunication

Check the spelling definitions in your dictionary and use your spellings within a sentence. Could you also use a thesaurus to find and locate better synonyms for these words.

## Handwriting

SSSS SSSS

es

ponies

## Year 5

. C

?

!

: and , list

, clause ,

Fronted  
adverbial ,

, "Speech."

' possess

' contract

' plural

possession

(extra info)

(clause)

-dash

Formality  
change

Short

Compound

-although

-meanwhile

-despite

-on the

other hand

Complex 1

,embedded,

Complex 2

subordinate

-Despite

being

-Although

he

-In addition

to

Passive

With help

Paragraphs

## Punctuation Ladder

Write a sentence using a colon and commas in a list.

# Guided Reading: Northern Lights Pages 271-278

"Lord Asriel is under investigation for continuing his awful work despite the fact he was told not to. He is still imprisoned far from here. He might stop his foolish ways but I seriously doubt it. This is the reason that he must never be heard from again!" explained Mrs. Coulter sternly.

1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> person

Past/ present/ future tense

Noun	Pronoun	Subject	Verb	Adverb
Adjective	Article	Determiner	Preposition	Modal verb
Conjunction				

## English ~ Write an opening to a narrative

L/o: Plan their writing by identifying the audience for and purpose of the writing, selecting the appropriate form and using similar writing as models for their own.

### Success Criteria:

I know the importance of using varied sentence types and sentence openers.

I understand the need to use a variety of descriptive language such as: adjectives, adverbs, alliteration, repetition, similes, metaphors, personification and hyperbole.

I can write a narrative in the third person and past tense.

Yesterday, you began writing the beginning of a story combining your descriptive setting with the description of an evil 'Baddie'. Today, you will need to introduce a hero to your narrative. It can either be Pete or Polly Powers or if you prefer a completely new character.

You will need to describe how they arrived in the alleyway, what they look like, what they are wearing and how they behave. They should be the complete opposite of your evil character. There can also be some dialogue between the two characters using inverted commas to demarcate speech.

Try to make sure that a range of descriptive language is used such as: adjectives, adverbs, alliteration, repetition, similes, metaphors, personification and hyperbole. Please also to remember to write in the past tense and third person.

## Mile Track / Break / Snack

Home Learning Task ~ 10 minutes physical activity



16.07.2020

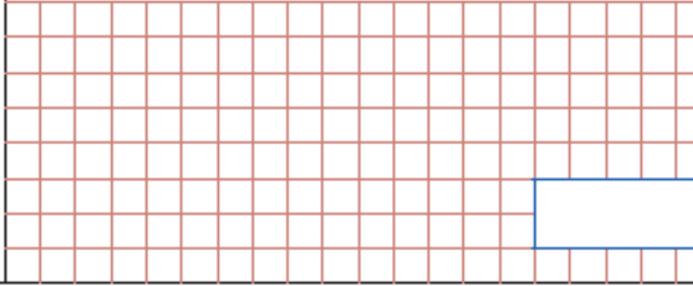
# Fluent in five

## Four operations:

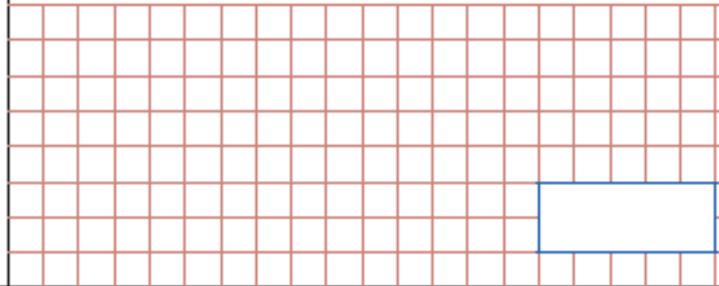
- 1.  $6346 + 8348 =$
- 2.  $7800 - 6128 =$
- 3.  $6463 \times 6 =$
- 4. 5922 divided by 6 =

9 and 10 timestable  
practise

1  $53,263 + 45,794 =$

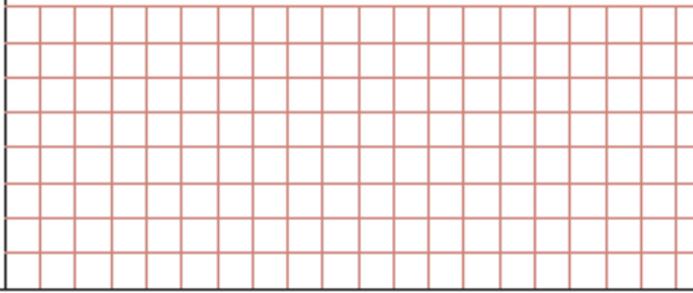


4  $\frac{2}{6} \times 5 =$

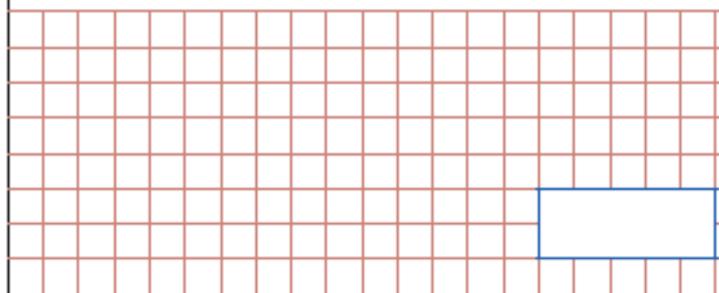


1 mark

2  + 59 = 125

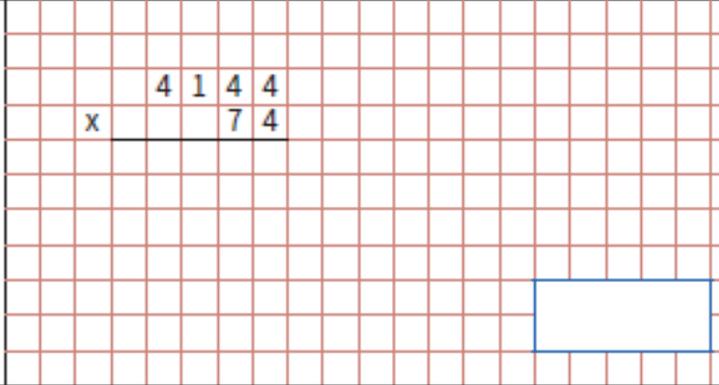


5  $350 \div 25 =$

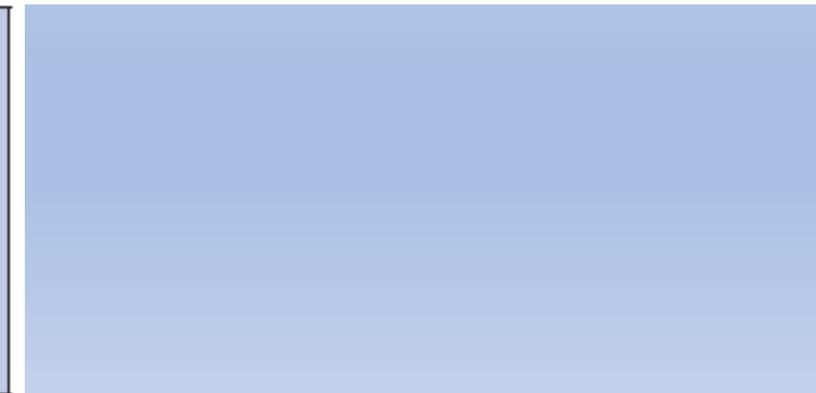


1 mark

3

$$\begin{array}{r} 4144 \\ \times \quad 74 \\ \hline \end{array}$$


2 marks



<https://classroom.thenational.academy/lessons/to-represent-an-interval-across-zero-on-a-number-line>

Please click on the link above to access the lesson below.

# To represent an interval across zero on a number line

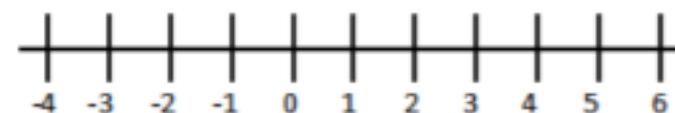
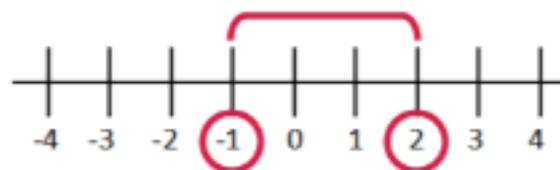
Today we will explore calculations that result in a negative number and then solve problems involving negative numbers in the context of goal difference in football results and under-par in golf scores.

Work out the missing values in the table and use the number lines to show what you did. The column 'For' is the number of goals that team scored. The column 'Against' is the number of goals that team had scored against them.

**goals for** subtract **goals against** = goal difference



Women's Olympic football group A			
Team	For	Against	Goal difference
Brazil		1	7
China PR	2		-1
Sweden	2	5	
South Africa		3	-3

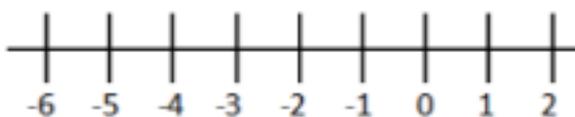
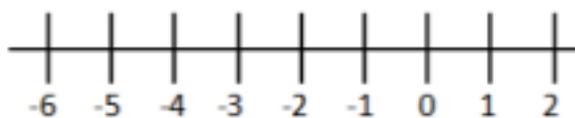


Work out the missing values in the table and use the number lines to show what you did. The column 'For' is the number of goals that team scored. The column 'Against' is the number of goals that team had scored against them.

**goals for** subtract **goals against** = goal difference



Women's Olympic football group C			
Team	For	Against	Goal difference
USA	5	2	
France		1	6
New Zealand		5	-4
Colombia	2		-5



PE: This afternoon the children in school will be doing athletic events. Therefore, can you do some athletic activities at home. You could:

- Go for a bike ride with permission.
- Go for a walk or run with permission.
- Perform a combination of aerobic exercises in your garden such as: squat-thrusts, burpees, sit ups, running on the spot and skipping.
- Hula hooping.
- Practising football skills.

# Forest School / Home Learning Outdoor Ideas

<http://www.wildforestschool.org.uk/wild-activities>



## Hapa zome- leaf-bashing

A natural way to create your own amazing leaf prints on cloth.

Print

July 12, 2017



We are going to have another go at leaf bashing today to try and produce a piece of artwork using concentric circles like the one to the right.



### Step 1

Place a fern, frond, flower or leaf onto a flat, preferably smooth, surface.

### Step 2

Cover it with the fabric or paper. Try to hold this in the same position while you are bashing so you get a nice clear print.

### Step 3

Gently tap the natural material underneath the fabric, trying to keep the hammer head as flat as possible as you bash it. The aim is to crush the plant gently so the colours are released but it is not smashed to bits.

Tap repeatedly until the colour of the plant starts to come through the fabric.

### Step 4

Continue tapping until you have covered the whole area.



End of the day reading

Northern lights or home reading book.