

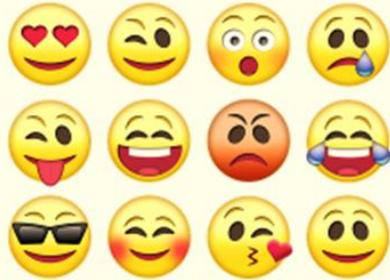
How are you feeling?

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.

© PSHE Association 2020

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.



© PSHE Association 2020

7

Who can help?



Friend

Teacher

Parent

Childline website 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.

© PSHE Association 2020

16

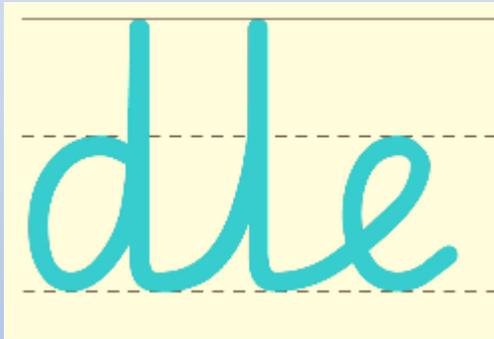
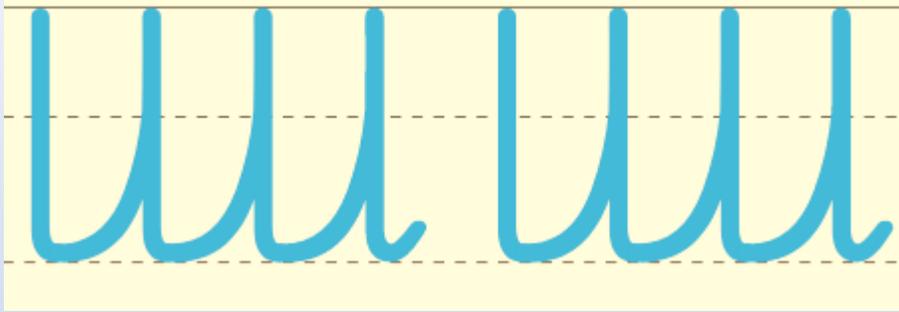
Friday 3rd July 2020

Spelling

Week beginning 25.2.18 'silent g words'	Week beginning 25.2.18 'silent g words'	Week beginning 25.2.18 'silent g words'
Group 1	Group 2	Group 3
1. sign	1. foreign	1. foreigner
2. resign	2. campaign	2. sovereign
3. reign	3. designers	3. campaigners
4. gnome	4. gnarled	4. consignments
5. gnaw	5. resigned	5. sovereignty
6. gnash	6. consigner	6. assignment
7. feign	7. reigning	7. countersign
8. align	8. feigning	8. overdesigned
9. assign	9. unaligned	9. assignability
10. design	10. champagne	10. misalignment

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



Year 5

. C
?
!
: and , list
, clause ,
Fronted adverbial ,
,"Speech."
' possess
' contract
' plural possession
(extra info) (clause)
-dash
Formality change
Short
<u>Compound</u>
-although
-meanwhile
-despite
-on the other hand
<u>Complex 1</u>
<u>,embedded,</u>
<u>Complex 2</u>
<u>subordinate</u>
-Despite being
-Although he
-In addition to
Passive
With help
Paragraphs

Punctuation Ladder

Use a colon and commas in a list in a sentence.

Guided Reading: Northern Lights Pages

“Oh my goodness. That could very well be be the largest bear on the planet. Are you telling me we have to get past bears like that because I don't think it is possible. It's huge and extremely dangerous! A swipe of its paw could kill me. Just look at the way it is growling now. It can't be safe to be this close, it can't.” Lyra spoke nervously.

1st / 2nd / 3rd person

Past/ present/ future tense

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

English ~ I Wish!

Write short, compound and complex sentences with embedded and subordinate clauses

Success Criteria:

I know how to the terms, embedded clause, subordinate clause and parenthesis.

I understand the need to use a range of sentences types in my writing.

I can write short, compound and complex sentences with embedded and subordinate clauses.

Examples of turning a short sentence into a compound sentence, a complex sentence with an embedded clause (parenthesis), a complex sentence with a subordinate clause:

Short sentence

Bob ran to school.

Compound sentence

Bob ran to school because he was late.

Complex sentence with an embedded clause (parenthesis)

Bob, who was eight, ran to school.

Complex sentences with a subordinate clause

Bob ran to school, even though he was tired.

Even though he was tired, Bob ran to school.

Can you turn each short sentence below into a compound sentence, a complex sentence with an embedded clause (parenthesis), and a complex sentence with a subordinate clause as demonstrated on the previous slide:

1. Great white sharks are large creatures.
2. Whale sharks eat plankton.
3. Tiger sharks are carnivores.
4. Bull sharks eat a variety of sea creatures.

Mile Track / Break / Snack

Home Learning Task ~ 10 minutes physical activity



3.07.2020

Fluent in five

Four operations:

1. $9645 + 9474 =$
2. $9000 - 3762 =$
3. $2643 \times 9 =$
4. 6147 divided by 9 =

11 and 12 timestable
practise

1 = $8.5 - 1.7$

4 $120 \times 20 =$

1 mark

2 $\frac{1}{2} + \frac{2}{8} =$

5 $5,186 \div 8 =$

1 mark

3 $8,400 - \text{ } = 6,523$

1 mark



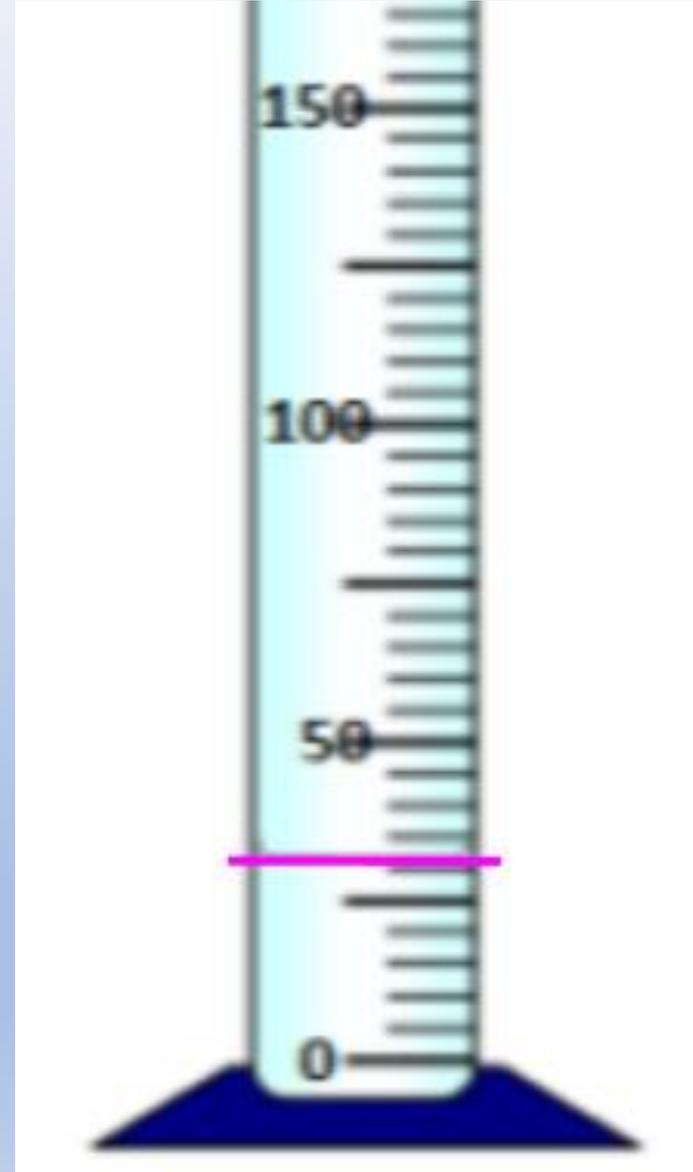
<https://classroom.thenational.academy/lessons/volume-to-read-scales-when-measuring-volume>

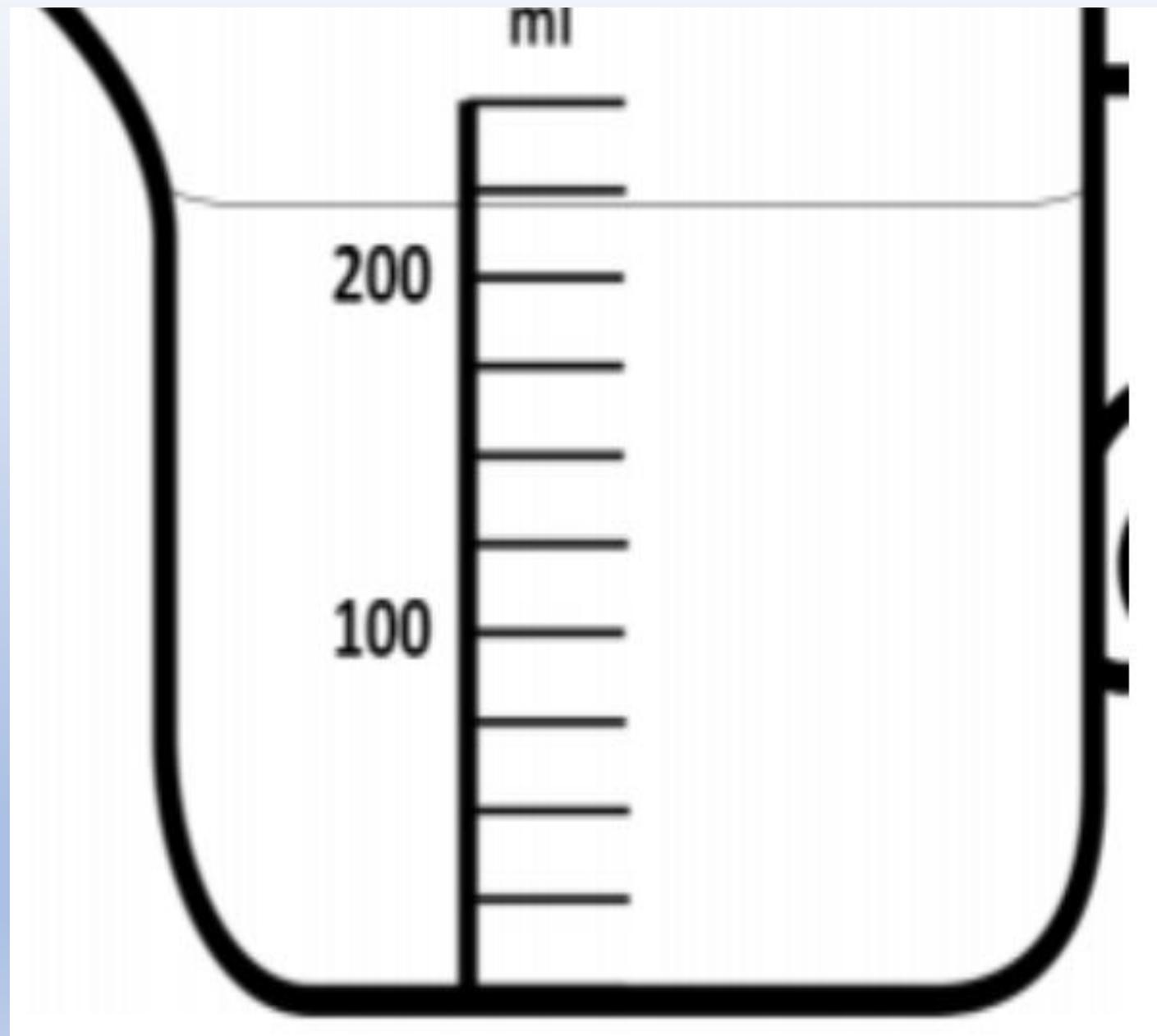
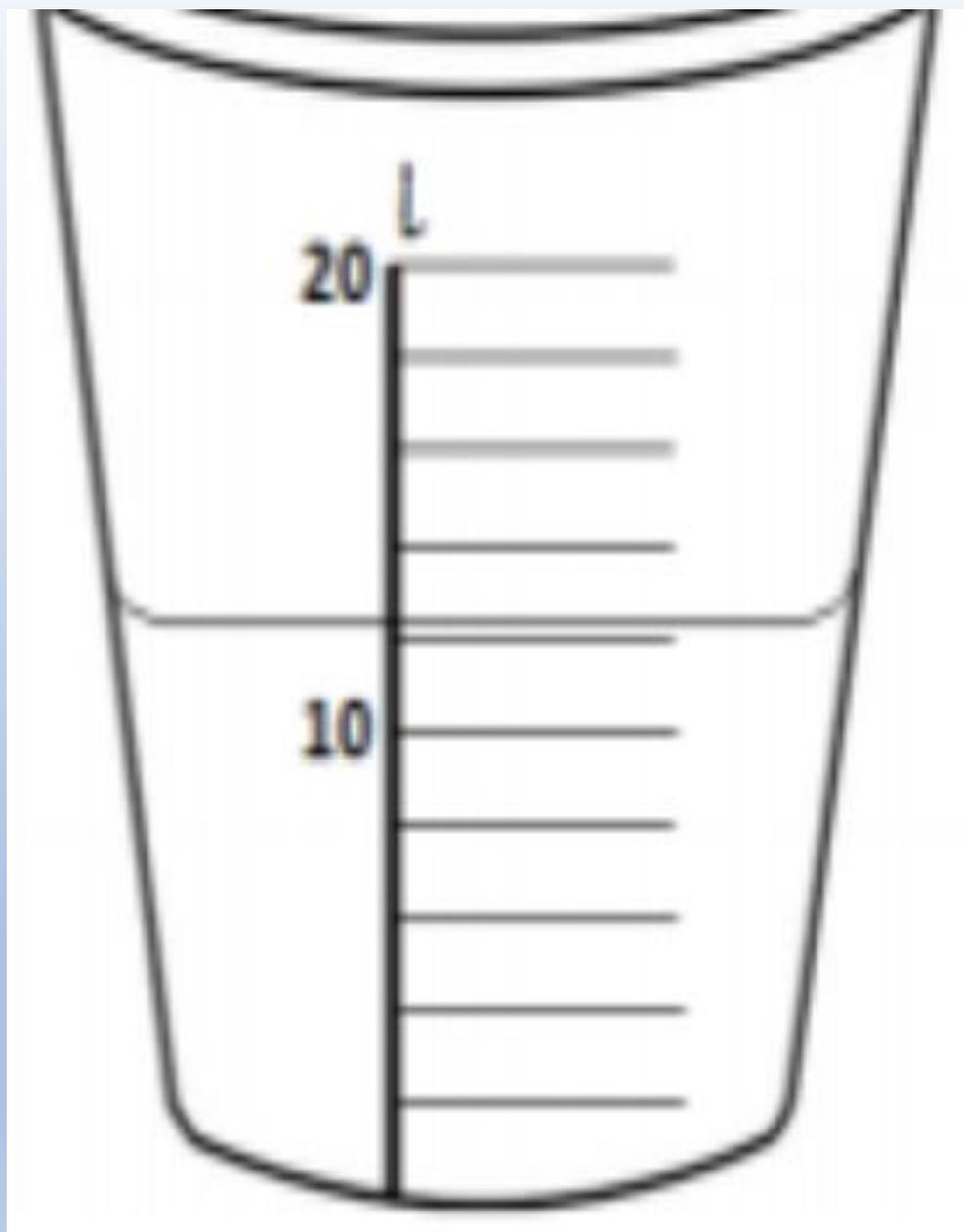
Please click on the link above to access the lesson below.

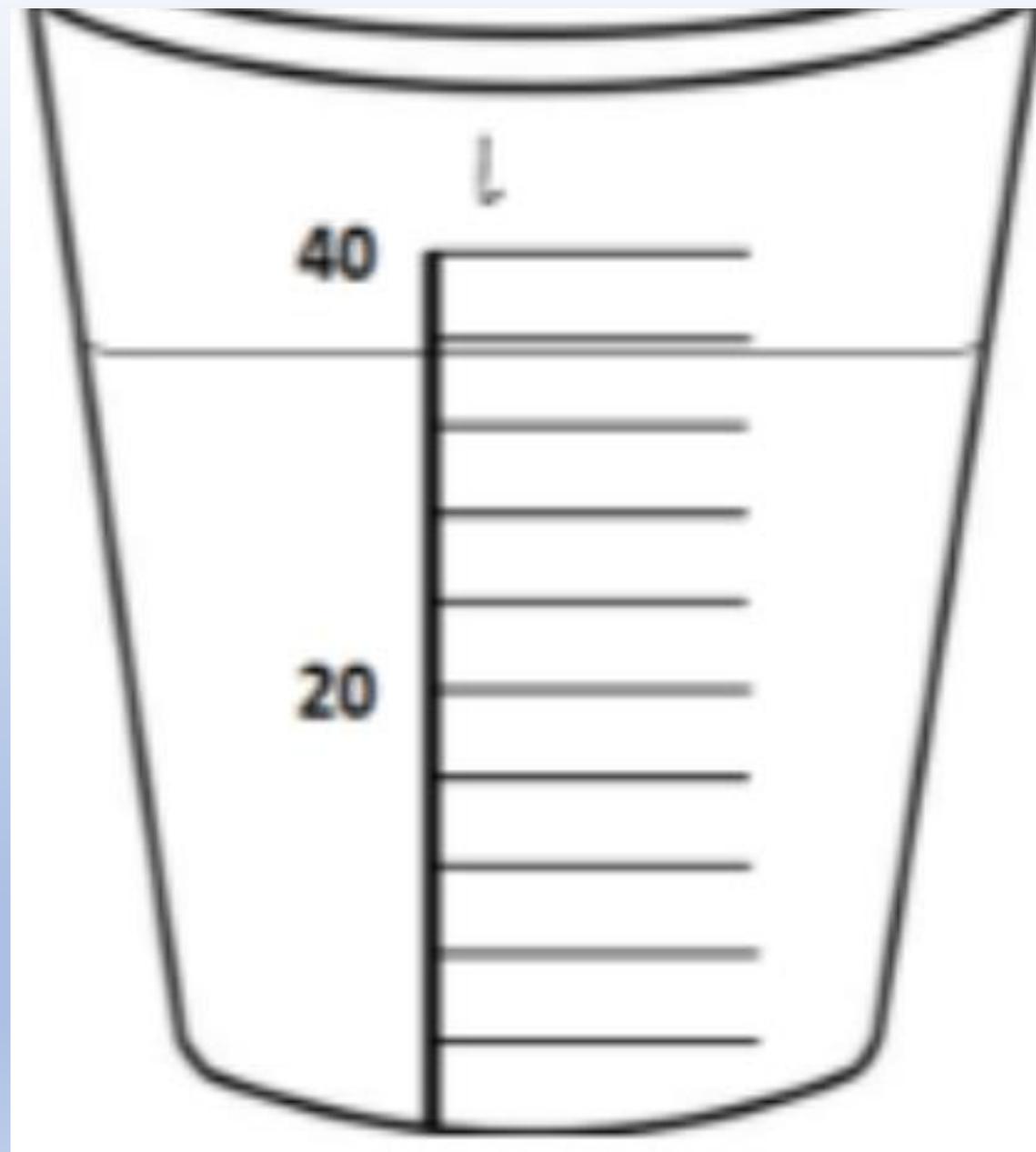
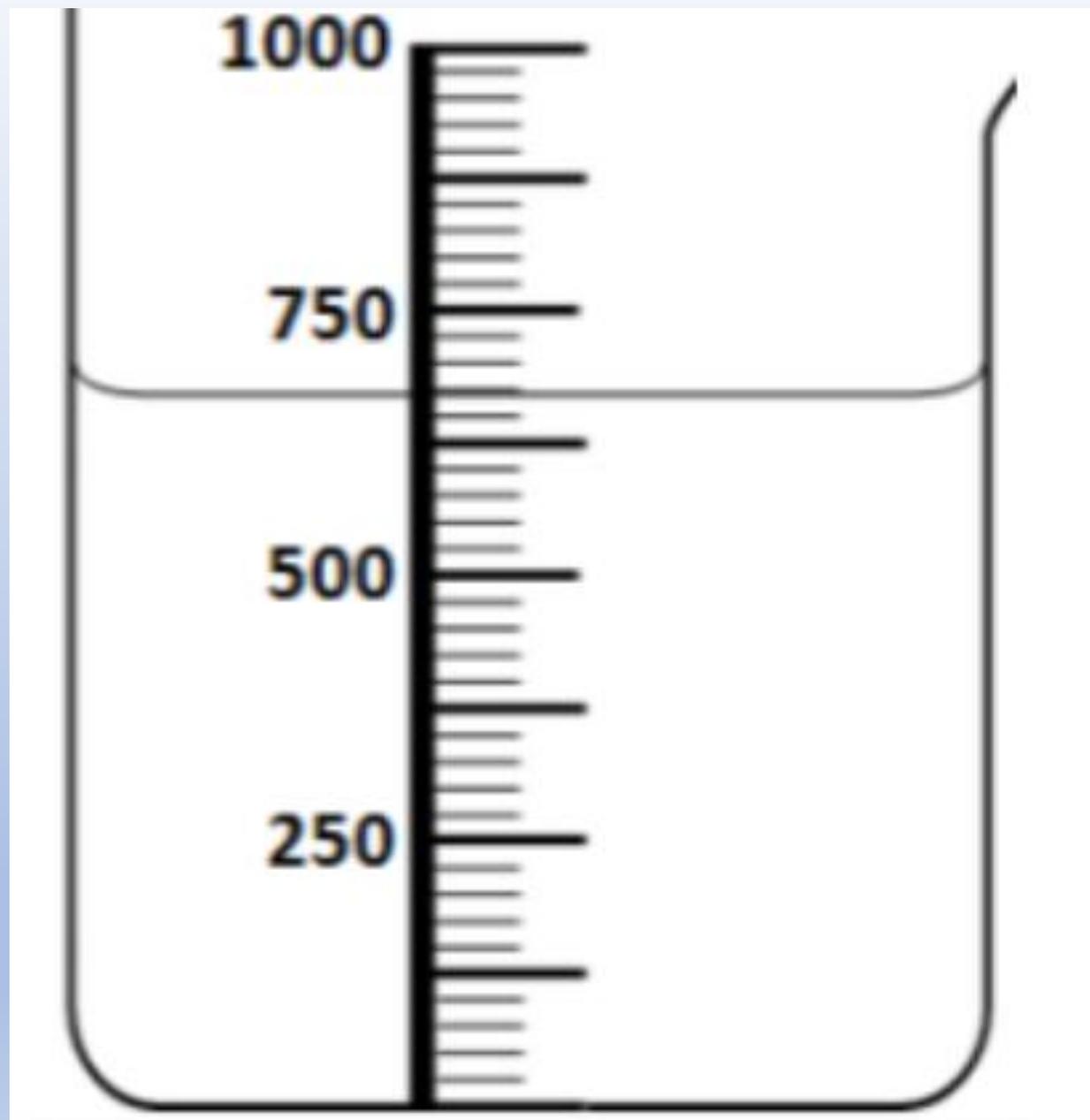
Volume: To read scales when measuring volume

In this lesson we will revise what you may already know about volume and investigate reading scales. By the end of this lesson you will be more confident how to read different scales and intervals.

What are the volumes on display in the containers?







Forest School / Home Learning Outdoor Ideas



<https://www.scouts.org.uk/activities/teeny-tiny-twig-rafts/>

Today, can you spend some time finishing or refining your raft and then see if it floats in a bowl of water. Then can you add small stones, one at a time, and see how many stones your raft will hold before it either sinks or capsizes.



4) Build a **mini raft** to float in your bath, paddling pool or just a large bowl! See:

- The Scouts [teeny tiny twig rafts](#) video

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.

End of the day reading

Northern lights or home reading book.