



Week Commencing Monday 1st June Year 5 and 6

PE
Use the link below to access daily exercise sessions
<https://durhamcls-ssp.co.uk/>

Can you try this challenge at home from the Youth Sport Trust?

60 Second Challenge
Step Ups

Can you focus, concentrating on the step?

The Physical Challenge
How many times can you step up and down a step in 60 seconds?
You must step up and down with one foot at a time. No jumping!
#StayHomeStayActive

Equipment
A step
If you do not have a step use a foot pouffe or a stool.

Achieve Gold 70 Step Ups	
Achieve Silver 45 Step Ups	
Achieve Bronze 30 Step Ups	



PSHE
Check the school Facebook page for this week's **Rights Respecting School PowerPoint** to discuss at home.

Can you try this mindfulness activity at home?

"JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.

DT
During this half term I would like children to design, make and evaluate a waterproof container which can be used to protect precious items during a natural disaster.

Please take photographs of your planning and building processes to share on our school Facebook page.

Something different
Engineering and science challenges from Dyson

UNDERWATER VOLCANO

SCIENCE CHALLENGE 02
Designed by Ian, Design engineer at Dyson

The brief
Create a colourful underwater volcano.

The method

1. Cut a two foot length of string with a pair of scissors. Tie a knot around the neck of a salt shaker with one end of the string. Double-knot it to ensure the knot is secure. Repeat this process with the other end of the string, resulting in a handle to lower your shaker.
2. Empty and clean a large jar. Fill the clean jar about three quarters full with cold water.
3. Fill the salt shaker with hot water (with adult supervision) – as hot as you can get from your tap – to just below the neck. Add three to four drops of red food colouring.
4. Hold your salt shaker over the mouth of the jar by the string handle. Slowly lower the salt shaker into the jar until the shaker is completely submerged and resting upright on the bottom of the jar. Observe how the coloured water erupts from the shaker into the cold water.

Materials

- String
- Scissors (with adult supervision)
- An empty salt shaker
- A large jar
- Food colouring

How does it work?
This shows how convection currents work. A convection current is the way that heat rises and falls in liquids and gases.

Design icons

Hot air balloons use convection currents. As hot air rises, so too does the balloon.

Music
Listen to **Beethoven's 5th Symphony**
<https://www.youtube.com/watch?v=4IRMYuE1hl>

Discuss the questions;
-What is this song about?
-What can you hear?
-How does the music make you feel?
Why do you think this?



Art

This half term we will be looking at the work of Vincent Van Gough.

To begin our unit, I would like you to collect information about this artist and find an example of their work.

Key questions to consider:

- When did this artist live?
- Where are they from?
- What materials did they use in their artwork?
- Why have you chosen the example of their work?
- What do you like about this? -What does the artwork show?

Science

This half term our topic is **Earth and Space**. This week I would like children to describe the movements of the Earth, sun and moon.

This video shows the distances between the Earth, Sun and Moon:

<https://www.youtube.com/watch?v=FjCKwkJfg6Y>

This video shares facts about the sun:

<https://www.youtube.com/watch?v=VkW54j82e9U>

This video shares facts about the moon:

<https://www.youtube.com/watch?v=6AviDiR9mmo>

This video shares facts about the Earth:

<https://www.youtube.com/watch?v=HCDVN7DCzYE>

Key learning:

- Can children begin to understand distances between the Earth, Sun and moon?
- Are children able to clearly define the words **orbit** and **natural satellite**?
- Can children describe the Sun, Earth and Moon's movements in relation to one another?

The image is a screenshot of the 'Planet Watch' educational interface. At the top, there is a blue header with the text 'Planet Watch Earth, Sun & Moon'. Below the header, there is a dark purple square containing a yellow planet (likely Saturn) with a ring. To the right of this square is a green button labeled 'Add to MyCity'. Below the planet image is a green button labeled 'Play'. To the right of the 'Play' button is a section titled 'Version Summary:' with the text 'Using a moving model, click on the Sun, Moon or Earth to answer questions.' Below this is a section titled 'Objectives:' with two bullet points: 'Describe the movement of the Earth, and other planets, relative to the Sun in the solar system' and 'Describe the movement of the Moon relative to the Earth'. Below the 'Objectives' section is a green button labeled 'Whiteboard Mode' and a yellow button labeled 'Learn Screen'.

Education City- year 5

Can you collect facts about the Sun, Earth and Moon? Use these facts to make an informative poster.

Remember

- Our history learning project is still on the school website.
- Our new geography topic Earthquakes has also been added to the website.
- You have key words to practise reading and spelling
- You have a list of online learning sites you can use. As well as <https://classroomsecrets.co.uk/free-home-learning-packs/> (this website is updated every week)
- Children were given their own login to use Education City