# Monday

Vipers Text Nelcome to the School of Nizardry	Are you a budding wizard, full of spells and magic? Do you long to be the finest wizard in all the land? If so, come along to our School of Wizardry and learn to be a Master Wizard! Don't miss out on this once-in-a- millennium opportunity.	The School of Wizardry offers remarkable education for wizards of all calibres. Learn new skills from the finest, highly qualified professors of wizardry and enjoy our stunning curriculum, which boasts a multitude of outstanding classes. The choice of lessons here is unrivalled and includes: - preparing magic spells and inventing potions; - broomstick manoeuvres and expert flying skills;	- specialist invisibility and advanced alsguise; - perfection in wand-handling skills. Our exceptional school is renowned around the globe and places are highly sought after.	Study here and we can guarantee you'll pass every wizard exam with flying colours. It is common knowledge that we have the highest pass rate for all of our wizardry students! Study with the best! We have been rated 'Super-Terrific' in a recent	inspection by the W.S.B (Wizard School Board) and you won't find a school like this anywhere else in the universe. We also have up-to-the- minute equipment, beautifully decorated classrooms and the most divine, freshly cooked school dinners. What are you waiting for? Apply now! Come, join us. Leave other wizards far behind! Win in the world
<u>Welcome</u> t	Are you a budding wi finest wizard in all th and learn to be a	The School of Wizı all calibres. Learn new skill and enjoy our st outstanding classes. ] - prepa	- specie - p Our exceptional school is rer	Study here and we can gu It is common knowledge that w Study with the bes	inspection by the a school like this any minute equipment, be freshly cooked sch Come, join us. Le

of wizards!

# **Monday Vipers**

# Bronze - Use this table to match the words from the text to their definitions

Budding	The level of ability reached by someone
Calibres	beginning and showing signs of promise
Unrivalled	Desire to achieve something
Maneuvers	Outstanding
Exceptional	Better than everything
Sought	A movement requiring skill or care

Use a dictionary/ online dictionary to check your definitions are correct https://kids.britannica.com/kids/browse/dictionary

#### SILVER

#### Find the definitions, word class and synonyms for 5 of the new words from the text.

#### See my example

Word: Budding	Definition: beginning and showing signs of promise	Word:	Definition:
Word Class: Adjective	Synonyms: Promising Rising Aspiring	Word Class:	Synonyms:

Word:	Definition:	Word:	Definition:
Word Class:	Synonyms:	Word Class:	Synonyms:

Gold-Select three of your new words. Write three sentences using your new words in a different context

# Monday English

# Task- To include boastful adjectives in sentences about the wizard school.



# What makes good persuasive writing?

★Let's investigate some of the words and phrases that would help make your writing persuasive and be useful when writing an advert.

#### Weasel words

Weasel words are used to make you think everything is absolutely wonderful. They are boastful and they exaggerate the claims you are making. Below, the weasel words are boastful adjectives, describing the things in the School of Wizardry. Take a look at some examples:



### Boastful adjectives

- -Remarkable
- -Outstanding
- -Unrivalled
- -Exceptional
- -Beautifully
- -Most divine

#### Task 1

Use the boastful adjectives in sentences about the wizard school.

- 1) We provide a <u>education for all of our students</u>.
- 2) The choice of lessons on offer are \_\_\_\_\_ because we are the best Wizard school in the country
- 3) Our \_\_\_\_\_\_ bedrooms are \_\_\_\_\_\_ because they are decorated by highly skilled painters.

**Main Task-** Watch the video about the Hogwart's Hotel. List the different types of rooms and objects that you can see.<u>https://www.youtube.com/watch?v=mpXIM8y0FbE</u>



astounding	astonishing	breathtaking	sensational
awesome	spectacular	extraordinary	unbelievable
wondrous	amazing	staggering	incredible

#### **BRONZE**-

Fill in the gaps in these sentences using boastful adjectives

- 1) Why don't you visit the \_\_\_\_\_ Wizard Hotel.
- 2) The view is \_\_\_\_\_, with \_\_\_\_\_ skies and \_\_\_\_\_ scenery.
- 3) The \_\_\_\_\_ rooms are \_\_\_\_\_.
- 4) Inside the Wizard hotel, you will find \_\_\_\_\_.

#### Main Task- Silver.

Use boastful adjectives in order to describe the Hogwarts wizard school Write another 4-5 sentences

I have included some ideas from the video for you to include in your writing

- Marvellous rooms which are based on the Chamber of Secrets
- Hotel rooms can be accessed by spectacular, secret, hidden bookcase
- The most magical, enchanting music is played throughout the hotel
- Astonishing artefacts are placed in each of the bedrooms



The Georgian House Hotel is a brilliant, boutique bed and breakfast in Victoria, Central London. This hotel offers you the experience of a <mark>stupendous</mark> stay in a Hogwarts-style bedroom just like Harry Potter would have!. Gold- Change the emotion of this paragraph from negative to positive, by using boastful adjectives to replace the negative adjectives. Step 1- highlight the adjectives before changing them.

Come along to the crumbling, decrepit hotel of horrors. The small, cramped rooms are dismal enough to wipe the smile off your face!. Inside the hotel, the creepy, crammed corridors are full of stinking rubbish. As you walk towards the gardens surrounding out hotel, you can see towering, wild weeds strangling the rickety, iron gates outside the main entrance to the hotel.

E.g) Come along to the magnificent, magical hotel of your dreams.

# Monday History

# LO: I am learning to place key events from the Egyptian time period on a timeline

Rapid Recap

Complete your Rapid Recap Slip About Ancient Egypt



3) Name an artefact from last week and what is was used for.

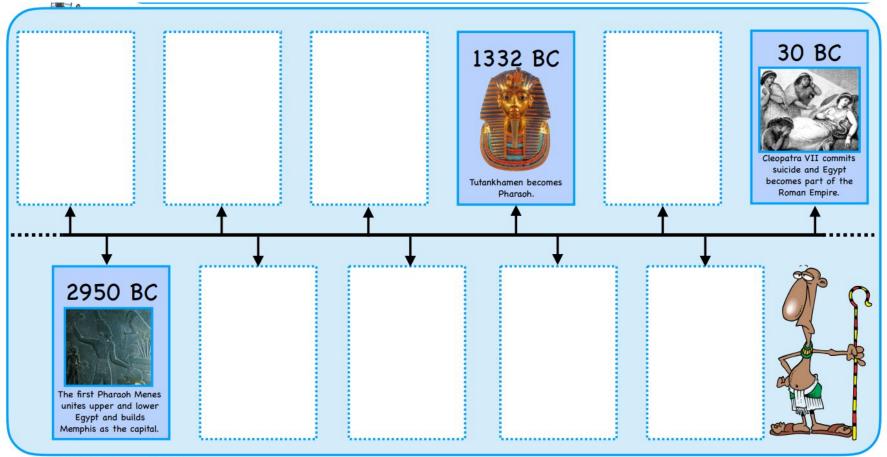
# Answers

1)Artefacts provide historians with an insight into how past civilizations lived.

2) Artefacts are usually kept in museums in order to protect them from damage.

3)Canopic Jar-Canopic jars were created to contain all of the organs, so that upon entering the afterlife, the person would be complete.

**Bronze-** Use the event cards to place key events from the egyptian time period in the correct order. Remember the earlier BC dates will have the larger numbers.





Cut out these cards and stick the correct cards in the correct place on the timeline. OR

Type the events in the correct place on the timeline

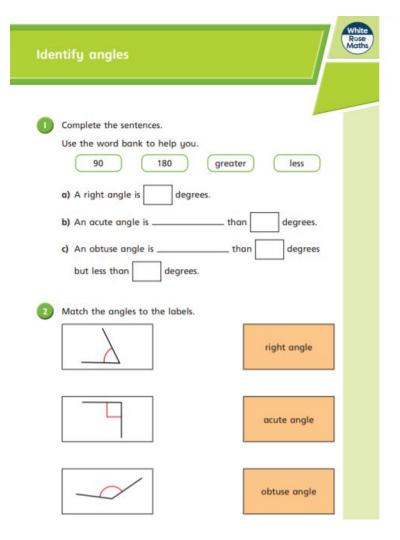
SILVER- Draw your own timeline on piece of paper using this to help you. Write the key events in the correct place on this timeline.

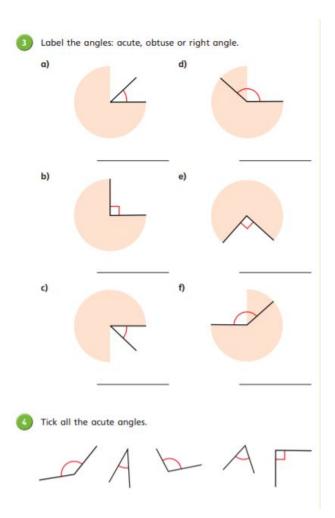




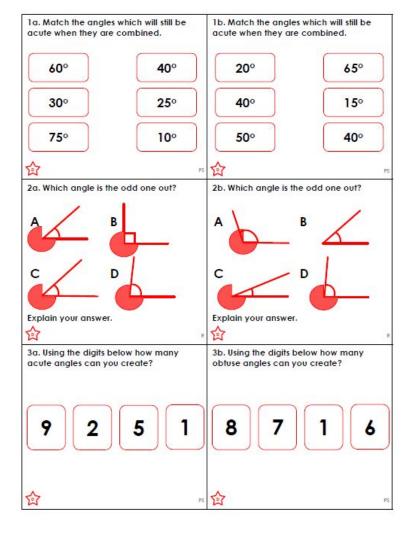
Use your timeline to help you answer the following questions:

- 1) What event happened in 322 BC?
- 2) What is the time difference between Hatshepsut and then Rameses becoming Pharaoh?
- 3) What event happened in 1070?
- 4) WHat is the time difference between the pyramids being built and the first ox-drawn plough being used?
- 5) Research what else happened in Ancient Egypt between 2550 and 3000 BC Include two new events on your timeline

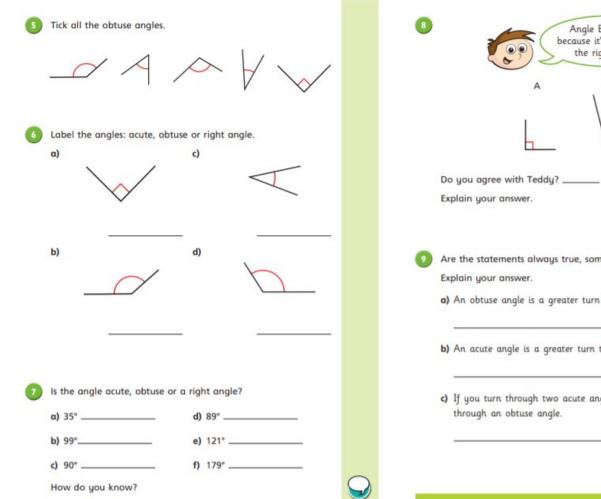




## Maths Monday Bronze



Maths Monday Bronze



Angle B is obtuse because it's bigger than the right angle. B

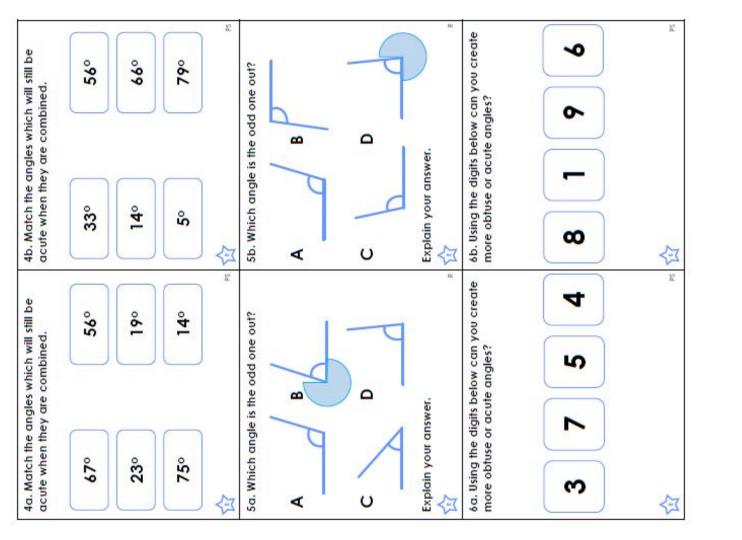
Maths Monday Silver

Are the statements always true, sometimes true or never true?

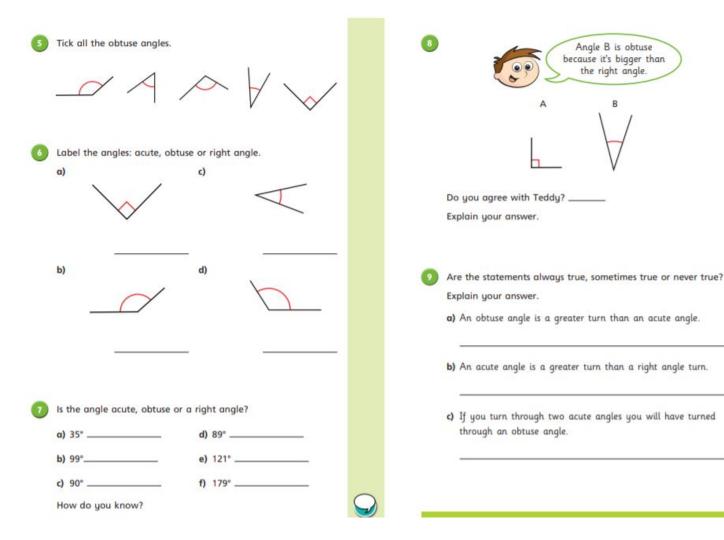
a) An obtuse angle is a greater turn than an acute angle.

b) An acute angle is a greater turn than a right angle turn.

c) If you turn through two acute angles you will have turned through an obtuse angle.



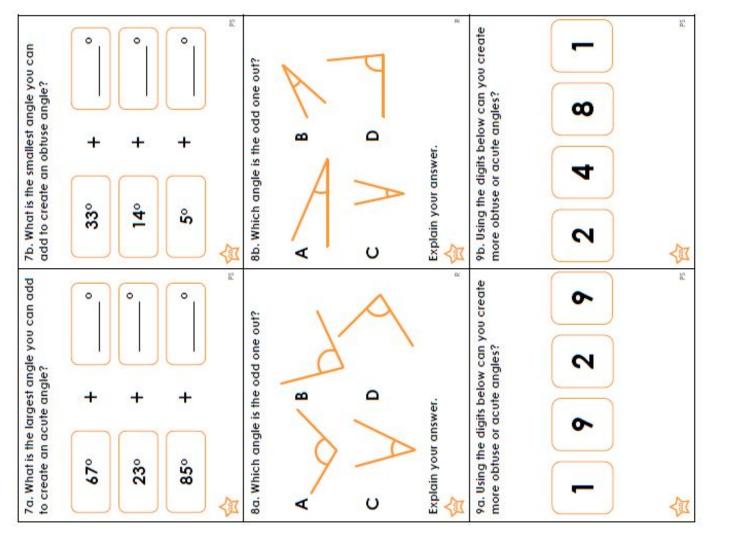
Maths Monday Silver



Angle B is obtuse because it's bigger than the right angle.

B

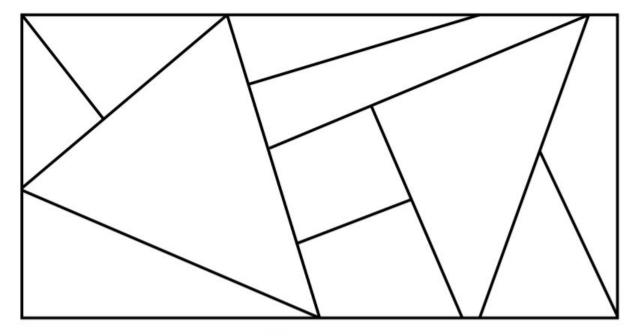
# Maths Monday Gold



Maths Monday Gold

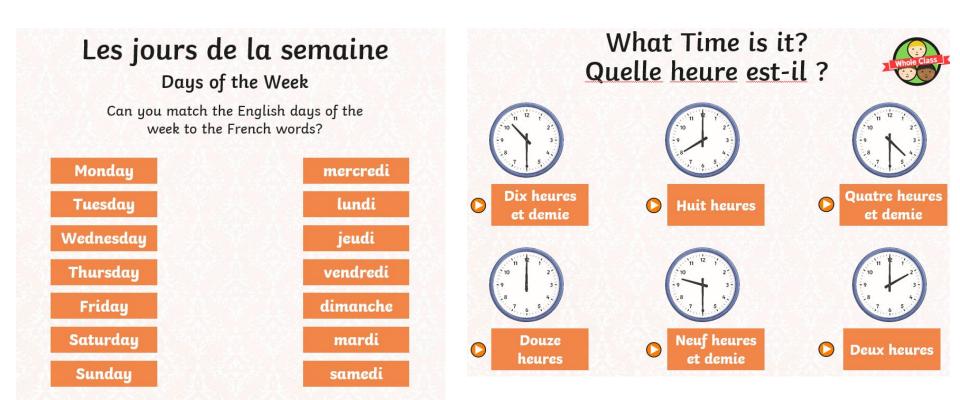
Monday Extra Challenge

#### 1. Explore how many obtuse, acute and right angles there are within the image below.



Angles not drawn to scale

French Monday



# Jouons ! Let's Play



French Monday

	Ouvert	Fermé	
lundi	6h00	3h00	
mardi	7h00	3h00	
mercredi	6h30	4h00	
jeudi	7h00	2h30	
vendredi	7h00 7h0		
samedi	7h30	5h30	
dimanche	Fermé		

Ask a family member a question, use these sentences to help:

Le \_\_\_\_\_, à quelle heure est-ce que <mark>le restaurant</mark> ouvre ? Le \_\_\_\_\_, à quelle heure est-ce que <mark>le restaurant</mark> ferme ?

	0	<b>Opening Hours</b>	Hours		
	I can	interpret a chart	I can interpret a chart written in French.		$\bigcap$
				8	2
		Ouvert	+	Fermé	
li.	lundi	7h00		2400	
E	mardi	6400		5400	
me	mercredi	10h30	0	004 <del>4</del>	
į	jeudi	7400	2 8 200	00Y5	
VCI	vendredi	2h00		5400	
20	samedi	7h30	24 	4h30	
dim	dimanche		Fermé		
nswer these . 1. Le mardi,	Answer these questions, by writing the times in French: 1. Le mardi, à quelle heure est-ce que le restaurant ouvre ?	ng the times in Fi ce que le restaurai	rench: nt ouvre ?		
2. Le samedi	Le samedi, à quelle heure est-ce que le restaurant ferme ?	-ce que le restaurc	int ferme ?		1
3. Le jeudi, à	Le jeudi, à quelle heure est-ce que le restaurant ferme ?	e que le restauran	t ferme ?		1
4. Le mercre	Le mercredi, à quelle heure est-ce que le restaurant ouvre ?	st-ce que le restau	rant ouvre ?		
5. Le lundi, ĉ	5. Le lundi, à quelle heure est-ce que le restaurant ouvre ?	e que le restauran	t ouvre ?		
5. Le mercrei	6. Le mercredi, à quelle heure est-ce que le restaurant ferme ?	st-ce que le restau	rant ferme ?		1
Word Bank					
heures	deux	cinq	huit	onze	
et demie	trois	six	fuan	aznop	
un	quatre	sept	dix	treize	

French Monday

# Tuesday

# **Tuesday Vipers**



Highlight the adjectives from this table that appear in the text

Budding	Amazing	Finest
Aspiring	Exceptional	Unbelievable
Divine	Unbeatable	Qualified

SILVER- Find three examples of expanded noun phrases and superlatives from the text

Expanded noun phrases	Superlatives
E.g) The beautiful, swaying trees	E.g) The <mark>tallest</mark> turrets

<u>Key</u> vocabulary: Adjectivesdescribing words e.g) **Superior** bedrooms Superlatives-Describe the extreme quality of something-E.g) The <mark>finest</mark> wizards

Gold-What is the reason for using adjectives and superlatives in a persuasive advert?

# **Tuesday English**

Today, we will be used different sentence openers in order to write persuasive sentences about the Wizard Hotel.



#### -ing openers

- Glistening in the distance,
- Opening the bookcase,
- -Flickering in the darkness,
- -Bubbling furiously,
- -Shining brightly,

# Persuasive phrases

- I urge you to
- It is important that

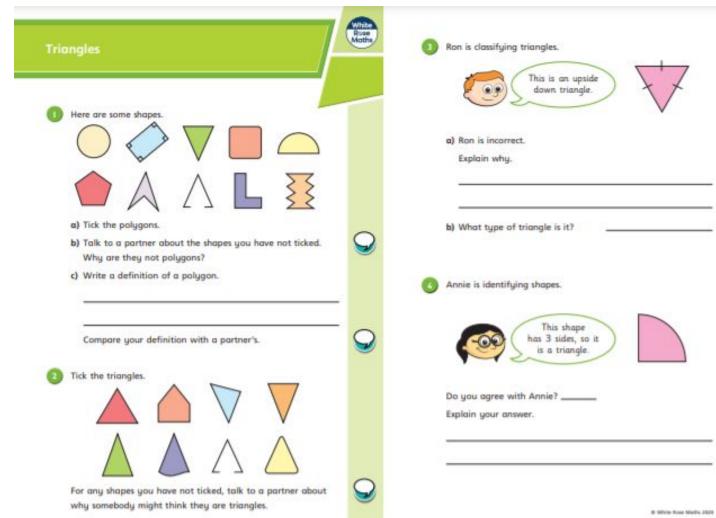
you

- We can guarantee
- You'll be the envy of
- You won't want to miss out on

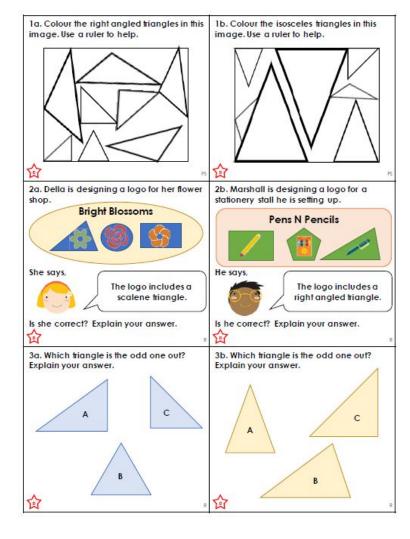
## Simile openers

- Like a sacred jewel, the Wizard school is hidden away from the rest of the world.
- As tall as the highest mountain, the trees outside our wizard school will take your breath away
- As smooth as silk, the bathrobes and bedding is made of the most luxurious fabric money can buy!

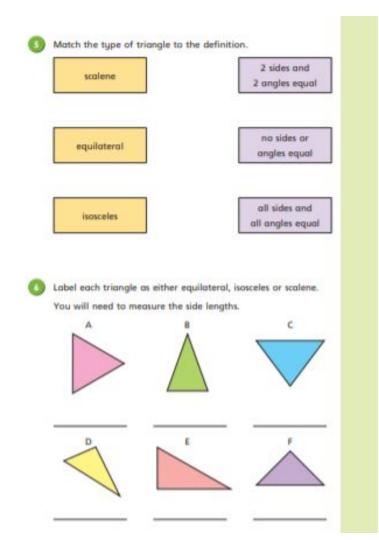
<u>Main Task</u>
Use examples of -ing openers, persuasive phrases and simile openers in order to write persuasive sentences about the
Wizard hotel.
https://www.youtube.com/watch?v=mpXIM8y0FbE
Re-watch this video in order to give you some ideas about what the Wizard Hotel has to offer
Use the examples on the last page to help you.
Sentences with -ing openers.
E.g) Opening the bookcase, you have the amazing opportunity to visit another room in the hotel!
1)
2)
3)
Persuasive phrases
E.g) I urge you to book your stay at the Wizard Hotel today because we are nearly fully booked for this year!
1)
2)
3)
Simile openers
E.g) As smooth as the softest silk, our bedding and room furnishings are made of the most luxurious fabric
<u>1)</u> <u>2)</u>
$\overline{3}$

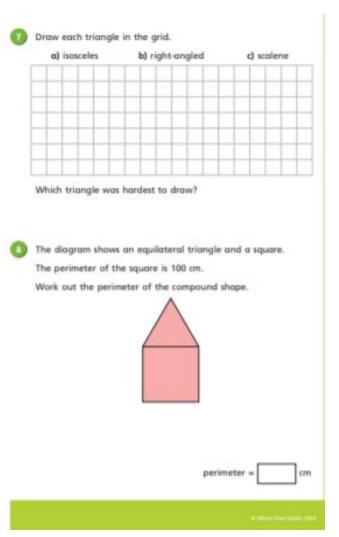


#### Maths Tuesday Bronze

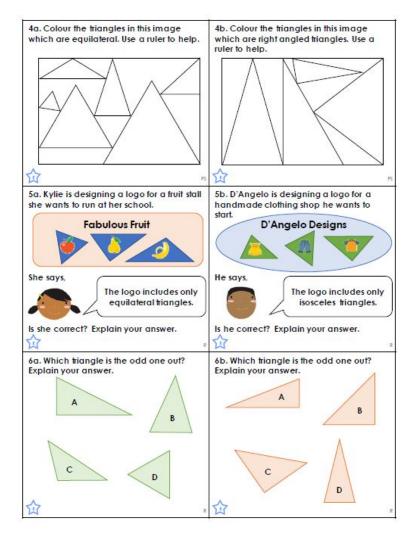


Maths Tuesday Bronze

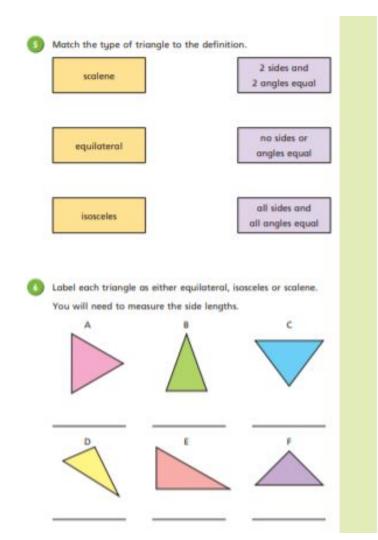


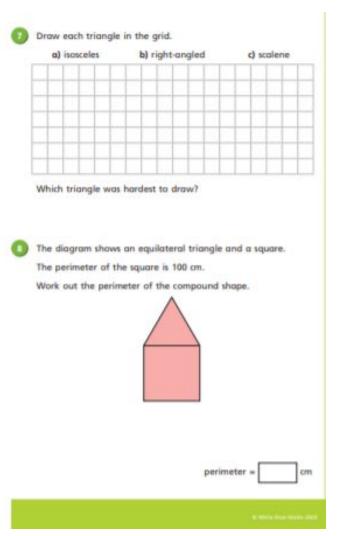


## Maths Tuesday Silver

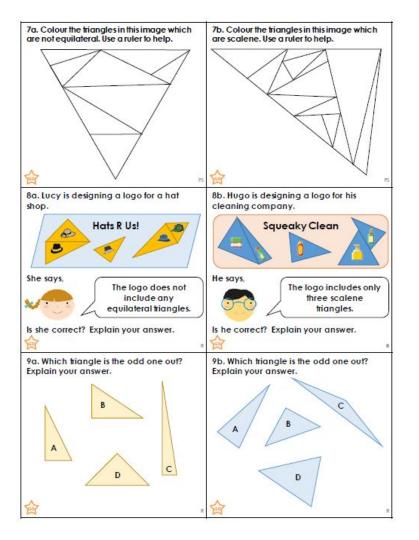


Maths Tuesday Silver





## Maths Tuesday Gold



## Maths Tuesday Gold

#### Triangles

1. The shape below has a total perimeter of 34cm. Explore the different possible ways that you could create different types of triangles within the shape below.

Your shape must include at least one of each type of triangle (right angled, isosceles, equilateral and scalene) and have a maximum of 6 individual triangles.

Use a ruler to measure your lines accurately.

rerent types. elow by joining	$\wedge$	0		oossible ways ed, isosceles,		DP	Tuesday Extra Challenge
2. vanessa is designing a riag mar must include mumple mangles or amerent types. Investigate the different designs she could create using the template below by joining the dots to create triangles.	ore than 12	r design?		<ol> <li>The shape below has a total perimeter of 34cm. Explore the different possible ways that you could create different types of triangles within the shape below.</li> <li>Your shape must include at least one of each type of triangle (right angled, isosceles, equilateral and scalene) and have a maximum of 6 individual triangles.</li> </ol>			
rous include muin could create usi	My favourite number is 12 so I don't want my design to have any more than 12 triangles.	cluded within you	<b>Triangles</b>	meter of 34cm. Ex s of triangles withi ne of each type of a maximum of 6 ii	scurately.		
ning a nag mar n erent designs she riangles.	My favourity my design	triangles are inc		e below has a total perime uld create different types must include at least one and scalene) and have a	sure your lines ac		
<ol> <li>vanessa is aesigning a in Investigate the different des the dots to create triangles.</li> </ol>		How many scalene triangles are included within your design?		<ol> <li>The shape below that you could cre Your shape must in equilateral and sc</li> </ol>	Use a ruler to measure your lines accurately.		

# **Creating and Saving a Purple Mash Avatar**

To start the avatar, click on the Avatar icon at the top of the Purple Mash screen.

The pupils can then start to make their avatar using a range of designs.

When the pupils are happy with their avatar, they click OK.

The computer will then ask them if they are happy with their picture. **<u>BEFORE</u>** clicking OK, they should right click on the image and save it as they will need this for the database.





Tuesday Computing

# Wednesday

#### Wednesday Vipers

#### BRONZE/

Use sentence stems to help you answer the following inference questions about the text SILVER- Answer questions independently without sentence stems

1)Why might this school have been rated 'Super-terrific'?2)Why might you be the envy of all of your friends if you attend this school?3) Why do you think rhetorical questions have been used at the start on this advert?4)Why do you think that this school has the highest pass rate for all students?

#### My answers/ sentence stems

- The school might have been rated 'Super-terrific' because it says in the text that the school offers 'outstanding classes' and their 'professors are highly qualified'. This supports that view that the school would have a high rating.
- 2) You might be the envy of your friends because.....
- 3) Rhetorical questions could have been used to ....
- 4) I think that the school has the highest pass rate because....

Gold-Create 3 of your own inference questions about the text. I have included sentence stems to support you

My inference questions:

- 1) Why do you think...
- 2) What do you think...
- 3) Why do you think the word \_\_\_\_\_ has been used to describe...

#### Wednesday English

#### What Is Parenthesis?

Parenthesis is the addition of extra information or an afterthought in our writing.

It can be a word, phrase or clause marked with brackets, dashes or commas.

When a parenthesis is removed, the sentence still makes grammatical sense.

Brackets- () Dashes -Used to include extra information in sentences



Examples of parenthesis used in sentences about a magical toy.

- 1) The Magical Skipping Rope (established in 2015) is the best value magical toy on the market
- 2) Buy your own Magical, Skipping Rope (MSR) today and be the envy of all of your friends!
- 3) Purchase your Magical Skipping Rope available in five different colours and you will reach all new heights!
- 4) The Magical Skipping Rope- above anything else- will make you the coolest pupil in town!

<u>Main Task-</u>

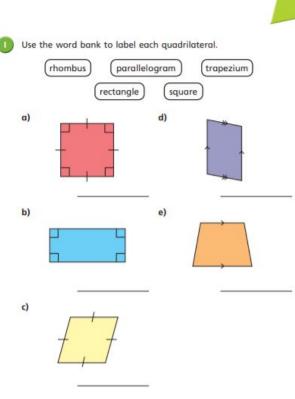
Use parentheses in order to improve the level of detail in your sentences about your own magical toy. You can use my example or create a magical toy of your ow

Use my example to help you. Try to write 4-5 sentences



- 1) The Magical Skipping Rope (established in 2015) is the best value magical toy on the market
- 2) Buy your own Magical, Skipping Rope (MSR) today and be the envy of all of your friends!
- 3) Purchase your Magical Skipping Rope available in five different colours and you will reach all new heights!
- 4) The Magical Skipping Rope- above anything else- will make you the coolest pupil in town!

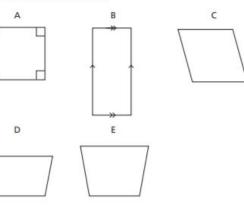
#### Quadrilaterals





Rose

Here are some quadrilaterals.



#### a) Mark any right angles on the shapes. One shape has been done for you.

- b) Mark any pairs of parallel lines.
   One shape has been done for you.
- c) Which shapes do not have any right angles?

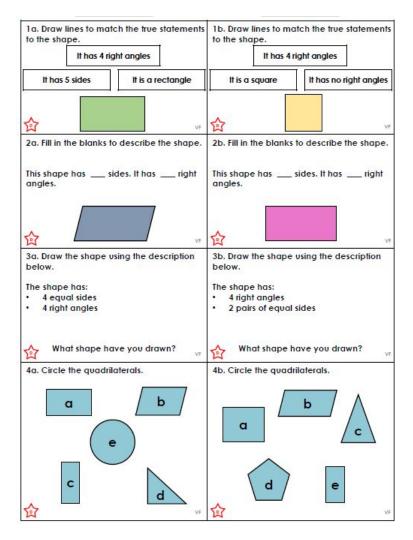
d) Which shapes have two pairs of parallel lines?

e) Which shapes have four equal sides?

Compare answers with a partner.

Maths Wednesday Bronze

@ White Rose Maths 2020



Maths Wednesday Bronze

#### Complete the table.

Shape	Polygon?	Number of sides	Number of right angles	Number of pairs of parallel sides	Number of equal sides
	Yes	4	4	2	2 pairs
					2
<b>/*</b>					
$\diamondsuit$					
<b>[</b> }					
£					

What is the same about all of the shapes?

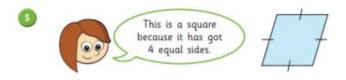
What is different?



Draw the shapes on the grid.

a) square	b) trapezium	c) parallelogram		

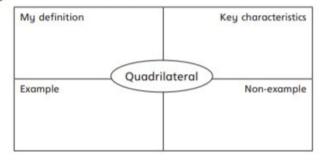
Maths Wednesday Silver

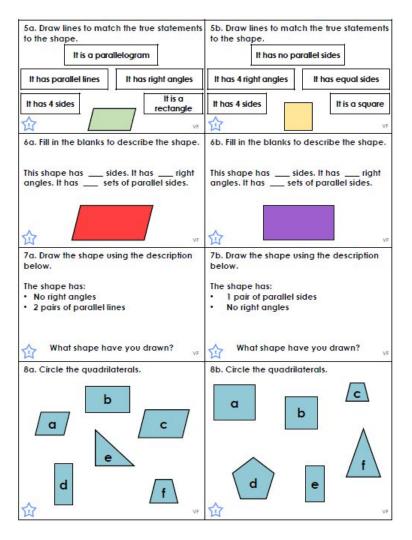


Do you agree with Rosie? \_\_\_\_\_

Explain your answer.

Complete this Frayer Model to describe a quadrilateral.





Maths Wednesday Silver

#### Complete the table.

Shape	Polygon?	Number of sides	Number of right angles	Number of pairs of parallel sides	Number of equal sides
р ц а р	Yes	4	4	2	2 pairs
					2
<i>↓</i> ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,					
$\diamondsuit$					
<b>[*</b> ]					
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What is the same about all of the shapes?

What is different?



Draw the shapes on the grid.

a) square	b) trapezium	c) parallelogram		

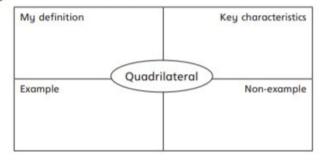
Maths Wednesday Gold



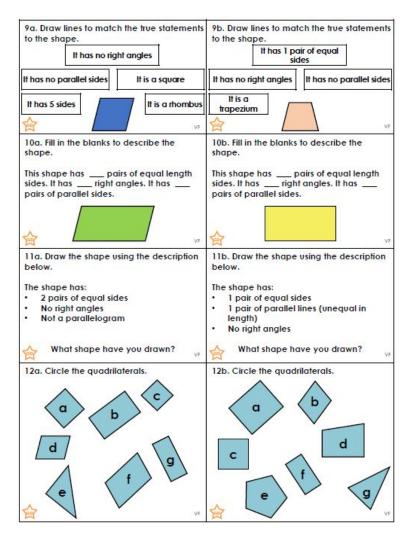
Do you agree with Rosie? \_\_\_\_\_

Explain your answer.

Complete this Frayer Model to describe a quadrilateral.







Maths Wednesday Gold 1. Robert is trying to design a robot using only quadrilaterals.

Here is the criteria for his design:

The robot must include at least 5 different hypes of quadrilaterals.

1

The arms of the robot must have 2 sets of parallel lines. The total design must not use more than 20 different quadrilaterals.

Investigate which designs would work.

create? How many different designs can you

Sian is trying to solve a puzzle using her knowledge of quadrilaterals.

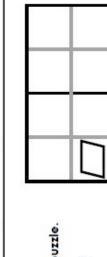
She says,

same shape more quarter must not use the than once. column and Each row,

e are squares, rectangles, trapeziums. The only four shapes that I can use parallelograms and t

Investigate the possible solutions to the puzzle

Is there more than one possible solution?



Wednesday Extra Challenge



1) When making the following items, the materials they are made from must be carefully selected. Name **two** of the material properties that are important for each item and the materials they are made from if they are to do their job properly. The words below will help you. You may also use your own material property words. (4 marks)

hard	S	oft	transparent	impermeabl	e opac	que p	permeable	
magn	etic	rough	rigid	translucent	smooth	flexible	warm	

keys Plastic umbrella

#### Wednesday Science

Watch the link below: https://www.bbc.co.uk/bitesi ze/topics/z4339j6/articles/zx 8hhv4

Or search for **BBC bitesize KS2 identifying materials** in a search engine.

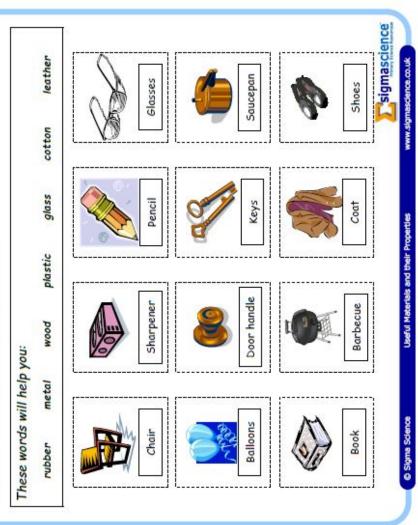
and	
rials	ies
ater	pert
ul M	Prop
Usef	their

PoS - give reasons, based on evidence from comparative and fair tests, for the particular uses of everyday materials, including metals, woods and plastics **Nac** - upplis should build a more systematic understanding of materials

like We still call things materials Some examples of natural materials are to give a new material. We should all make an doesn't feel and p. although it examples of manufactured materials are n from. and re-use the world's natural materials. comes from a p manufactured. Materials mean the stuff that things are m Remember that materials can be c 5 a and clay. something natural. Some whether they are n ₹. effort to r ε

plant	
metal	plastic
natural	poom
made	combined
rubber	recycle
nylon	

Name the materials used to make the following everyday items (some items may be made from more than one material).



#### Wednesday Science

# Thursday

#### **Thursday Vipers**

#### BRONZE

Create a bullet point Summary of what the Wizard School offers. Look at paragraph 2.

Summarize what the Wizard school offers its students

- Highly qualified professors of wizardry
- •
- •
- •
- •
- •

#### SILVER

Look at the 2nd and 3rd paragraph. Summarise why the wizard school is impressive. Write a paragraph including no more than 3 sentences.

The Wizard school is clearly impressive for the following reasons;



Use the text to summarise what a reader would learn about the wizard school. Write no more than three sentences.

The Wizardry School text tells the reader that.....

# Day Additio Activ World Book Decod

out the phrase below work sentences to Can you solve these number

		_			
[	0	t	18		28
ĩ	16	v	25	ć	30
ч	4	-	17		29
Dh	13	с,	22		27
f	24	d.	21	N	23
a	m	0	6	Я	19
q	12	e	2	×	ŝ
U	00	E	11	M	20
д	ę	_	1	>	10
U	14	ж	7	н	15

23 + 2	
14+2	
6 + 6	6 + 8
8 + 6	9 + 6
3 + 1	5 + 4
10 + 10 3 + 1	7 + 12

3+6

7+9

m

11 +

4

20+



2+5

N

+ 1

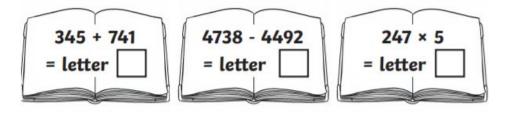
6+3

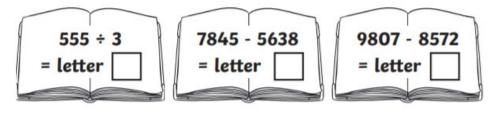
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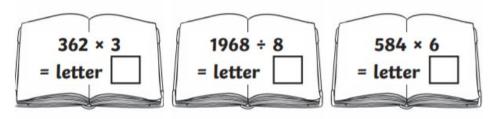
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Maths Thursday World Book Day - Bronze

A	В	С	D	E	F	G	н	I	J	ĸ	L	м
1235	3784	2019	246	398	803	118	2207	6893	9934	1928	1086	<mark>882</mark>
N	0	Р	Q	R	S	т	U	v	w	x	Y	z
1872	3504	2294	338	185	5783	773	9921	2876	392	9216	1919	387







Maths Thursday World Book Day Silver

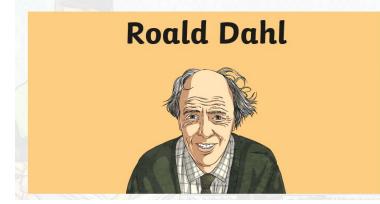
Work out the code to reveal a famous author.

#### **World Book Day Activities**

# World Book Day

How many words can you make using the letters in World Book Day? E.g) Look, lord

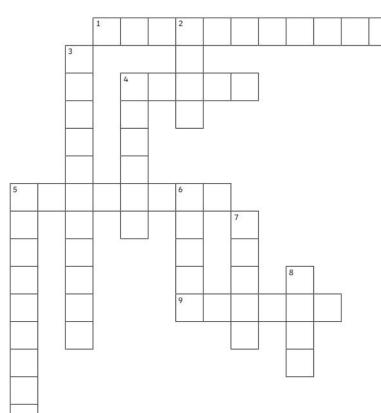
How Many New Words Can You Make?



How Many New Words Can You Make?



## World Book Day Crossword



#### Across

1. The surname of a popular English poet and playwright named William.

- 4. The surname of the owner of a chocolate factory.
- 5. Kensuke's Kingdom was written by Michael \_\_\_\_\_
- 9. Charlie found a golden one in his bar of chocolate.

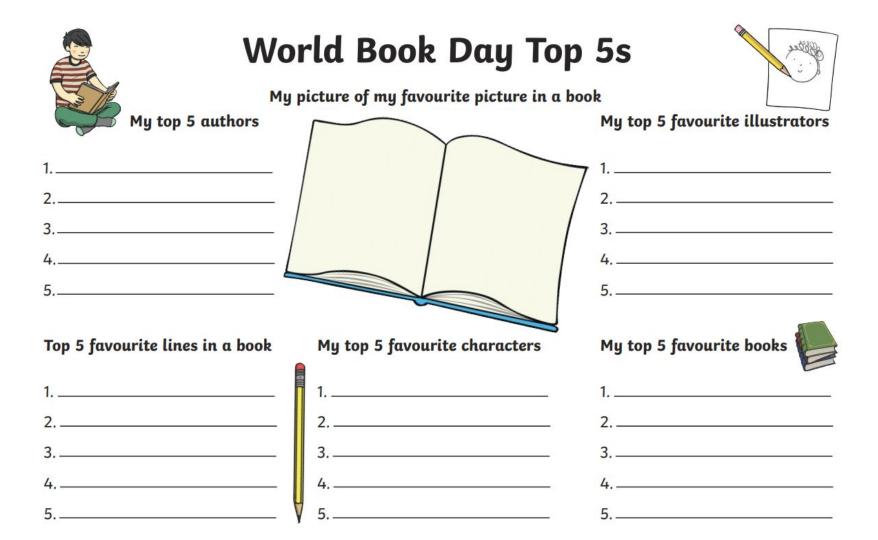
#### Down

2. The surname of the author of Stig of the Dump.

3. The child who said, "Please sir, can I have some more?" (6,5)

- 4. The name of the pig in Charlotte's Web.
- 5. Matilda's caring teacher. (4,5)
- 6. The BFG stands for the Big Friendly \_\_\_\_\_
- 7. The gigantic fruit that James had.
- 8. The name of the innkeeper's daughter in the Alfred Noyes poem 'The Highway Man'.





# Author Study Activity Sheet

lame:	of birth:	us for:	are they?	t their life:	Interesting information about them:	
Full name:	Date of birth: Place of birth:	Famous for:	Who are they?	About their life:	Interesting i	

I have included some examples of top authors to support you when writing your author study

### **David Walliams**

20th August 1971 – Present

Real name: David Edward Williams Hometown: Merton, London, UK

Famous Books:

- Mr Stink
- Gangsta Granny
- Demon Dentist
- Billionaire Boy
- The Boy in the Dress

#### **Interesting Facts:**

- David Walliams has been a judge on the ITV talent show, Britain's Got Talent, since 2012.
- He is the biggest selling children's author to have started writing since the year 2000.

# Roald Dahl

13th September 1916 – 23rd November 1990

Hometown: Llandaff, Cardiff, Wales, UK

#### Famous Books:

- James and the Giant Peach
- Charlie and the Chocolate Factory
- Matilda
- The Witches
- Fantastic Mr. Fox
- The BFG

#### Interesting Facts:

- Roald Dahl served in the Royal Air Force during the Second World War, where he became a Flying Ace.
- During one of his flights, he was in a horrible crash after his airplane hit a boulder. He fractured his skull and was temporarily blinded.
- All six of the above mentioned books were turned into major motion pictures.
- Dahl helped to invent the "Wade-Dahl-Till" <u>valve</u>, a valve used to drain excess fluid from the brain. He saw the need to create the valve after his infant son was struck by a taxi and suffered from a traumatic brain injury.

## **Thursday-DT**

## The Eatwell Guide

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

> **Eatwell Guide** Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food aroup. Choose unsaturated oils and use in small amounts. week, one of which is oily s. 2 portions of sustainably Eat less often and in small amounts

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat. The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups:

- Carbohydrates give us energy. They are found in foods such as bread, potatoes and pasta.
- 2. **Proteins** help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.
- 3. **Fats** help store energy for our bodies. They are found in foods such as butter, cheese, nuts and fried food.
- 4. **Fibre** is important for helping us digest our foods. It's found in fruit and vegetables.

Bronze- Place these images of mexican foods in the correct places on this eatwell plate Corn tortilla wrap Potatoes, bread, rice pasta, and c quit and vegets othe. a carbonydrates Avocado Dairy and alternativ Nachos Beans, pulses, fish, eggs, meat and other proteins Oils and spreads High in fat, salt and sugar



- 1) Why is it important to have a healthy diet?
- 2) Name the purpose carbohydrates serve. Which mexican foods are high in carbohydrates?
- 3) What is the reason for having enough fibre in our diet? Which mexican foods are high in fibre?

#### Silver- Compare these two foods used in mexican cooking

Wraps

Servings per packet: 5 Serving size: 1 wrap

Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g
Energy	879kJ 210kcal	11%	1256kJ 300kcal
Fat	4.6g	7%	6.5g
Saturated	1.5g	8%	2.1g
Carbohydrates	34g	13%	48g
Sugars	2.1g	2%	3g
Fibre	2.9g		4.2g
Protein	6.2g	12%	8.8g
Salt	<0.1g	<1%	<0.1g

Cheese				
Servings per containe	r: 7.6			
Serving size: 30g				
Typical Values	Average Quantity per Serving	% Daily Intake	Average Quantity per 100g	
F	502kJ	11%	1674kJ	
Energy	120kcal		400kcal	
Fat	10g	14%	33g	
Saturated	6g	30%	20g	
Carbohydrates	Og	0%	Og	
Sugars	Og	0%	Og	
Fibre	Og		Og	
Protein	7g	14%	23g	
Salt	0	0%	Og	

- 1) Which food has the highest calories per serving?
- 2) Which food contains the lowest amount of fat?
- 3) How much fibre do the wraps contain?
- 4) Which food provides you with the most protein?

Create your own question.

Gold-

#### Sally's food shop

Use this website to find out about healthy food swaps https://www.nhs.uk/live-well/eat-wel l/healthy-food-swaps/

Food	Food swap
Whole Milk	
White wraps	
Butter	
Nachos	
Cheese sauce (for the nachos)	
Breaded chicken (for the mexican wraps)	

Choose three of your food swaps and explain why your alternative food choice is healthier

Topic- Listening and responding

Has there been a time where you have felt like you haven't been listened to? Jot down when this was and how you felt.

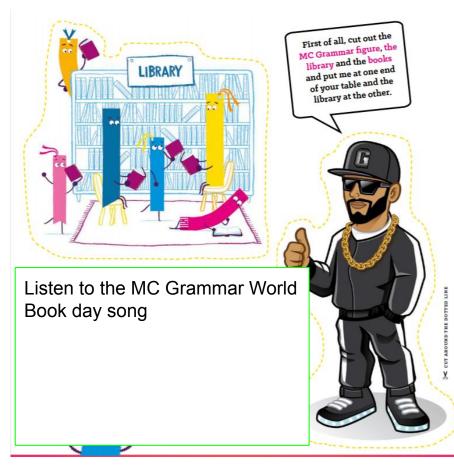
Your task is to look through the scenarios on the next slide and write next to each scenario, the advice that you would give that person.



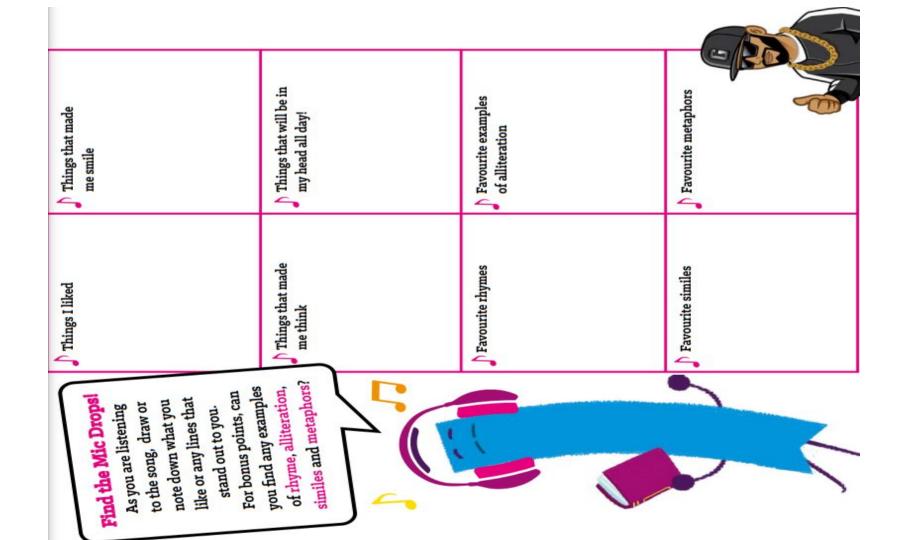
1)	20p has gone missing from someone's bag. A boy with a history of being light-fingered in the class is seen in the toast queue with 20p to spend. He is accused by another child of stealing the money from the first child's bag. (His mum had, in fact, given him the money to take to school as a reward for washing up the night before).	1)
2)	A teacher on the playground sees a boy kicking the legs of another boy whilst playing football. She reprimands him and tells him to stand at the wall as a punishment. (The other boy had actually been kicking and pushing him all playtime).	2)
3)	You have said or done something which you know wasn't right. An adult has found out and is very cross. What do you do?	3)
4)	The big bad wolf is interviewed by the police after following Little Red Riding Hood through the forest. Did he intend to eat her or not?	4)

# Friday

#### **World Book Day Activities**



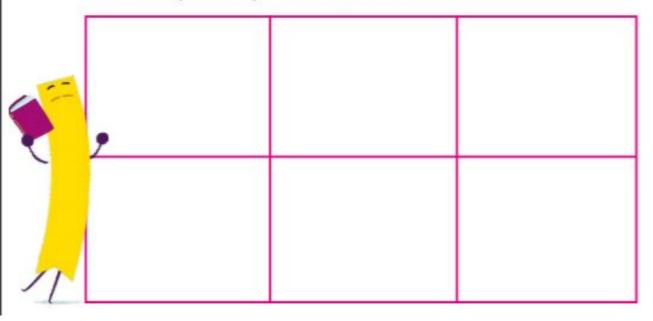
https://www.youtube.com/watch?v= ZpTkjssrL4k&feature=youtu.be





Time to get talking about books! What do you like to read? Use the books from the song or your bookshelves at home, school or in the library to help you start a booky chat.

Pick up to 6 books you have read and enjoyed. On the first grid below, write the title and a quick note about what you would say to recommend each book.







Now it's your time to shine and rap along with me, kids. Check out the lyrics below and the link to the song on YouTube and away you go! Read, rap, repeat!

# CHORUS:

It's World Book Day and I'm on No wayyyyyy.... No way! Yep! my way to go and get a book! Wowza... I've just found this Let me take a closer look! And I'm already hooked It says I get a free book. voucher! Huh! Hmmmm 3

## VERSE:

that shark in the park can come Cause I'm from where the wild Now I'm going on a book hunt, Gonna grab a good one, Figers who come to tea, What a beautiful day! We're not scared of ... for me.

things are,

From where you are to Narnia, On World Book Day we party Let's let this rumpus start! hard "Excuse me, there's a monster!" I told you not now Bernard! Oh help! Oh no...I've just seen a Gruffalo,

Stop! Don't flinch. I've just seen a Goodnight moon I've got to go! Get pooped on by a dinosaur Grinch;

So my ten little fingers and my ten I'll chuck it to earn an inch! So pass me Billy's bucket, little toes,

Like the jolly postman can go and hit the road.

Reading is dreaming with your Float away like paper dolls. Oh, the places you'll go. It's magical! eyes open:

# CHORUS:

It's World Book Day and I'm on No wayyyyyy... No way! Yep! Wowza... I've just found this my way to go and get a book! Let me take a closer look! And I'm already hooked It says I get a free book voucher! Huh! Hmmmm

# VERSE 2:

100

A told B and B told C,

'Lions sit on irons," he said, "that's But if you dare me I'll find my lion But like Hairy Maclary I'm scared, Listening to a bear playing piano Go and ask the witch if there's Hey, Brown Bear, Brown Bear, Oi Frog, have you seen him? Wait a second. where is he? room on the broom for me! I'm trying to find my lion. Walking through a wood, I'm the koala who could, where you'll find him." and he's pretty good! Shhhhhhhhh inside.

I have already asked her, but she "A caterpillar over there, and he "You should ask the ladybird." Then, "Wow!" said the owl. looks very hungry! never said a word. What do you see?

Or Maybe I'll go home alone in my and tell her all about this drama! Like Llama and call my mumma Maybe I should give in like the Or maybe things will turn out Oh, I still can't find my lion! day the crayons quit. Maybe this is it. pyjamas,

And now I know that my own lion Cause books can make you better, Ask the Rainbow Fish and Elmer! Like the little engine that could! Feel them in your funny bones They surprise you like Handa, was inside all along.

Float away like paper dolls. Reading is dreaming with your Oh, the places you'll go. It's magical! eyes open:

# CHORUS:

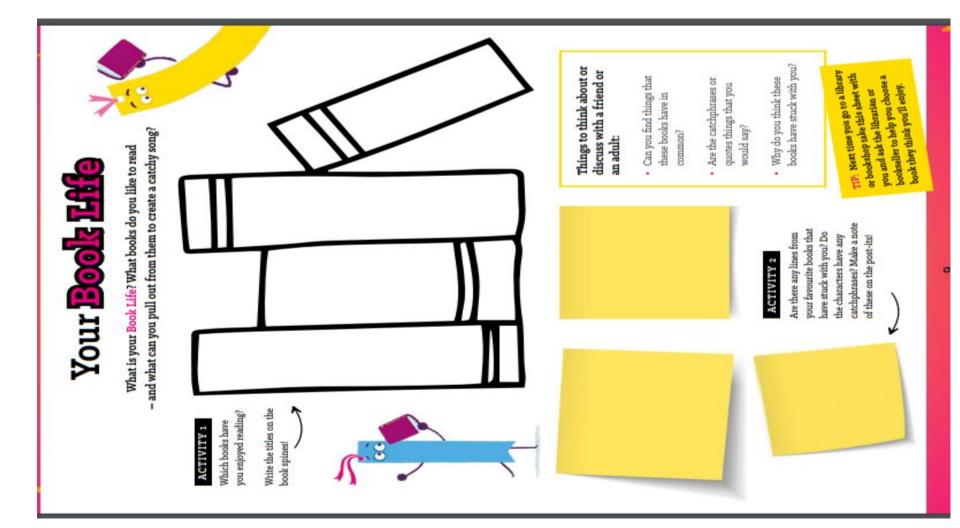
It's World Book Day and I'm on No wayyyyyy.... No way! Yep! And I'm already hooked. my way to go and get a book! Wowza... I've just found this Let me take a closer look! It says I get a free book. voucher! Huh! Hmmmm 100

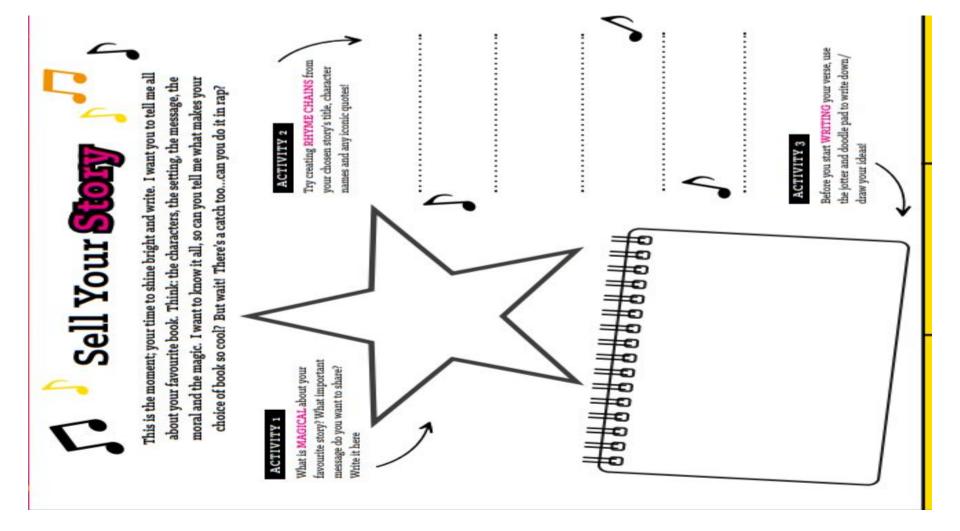
# OUTRO:

Wait a second ... where's Wally?



good,





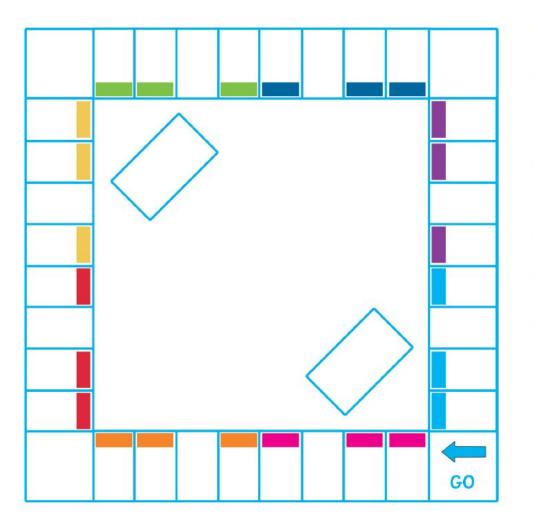
Maths Friday

#### Create your own maths board game

Use the resources in the pages below or make your own up completely from scratch. Think about relating it to topics we have covered this half term or a way of practising times table facts.

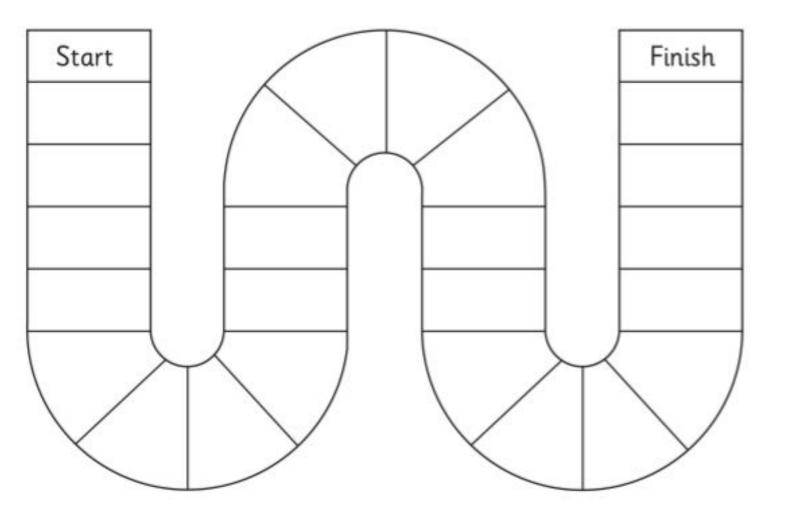
Below are examples of boards you could use and a template to create your own dice if you wanted.

Have fun and be creative!

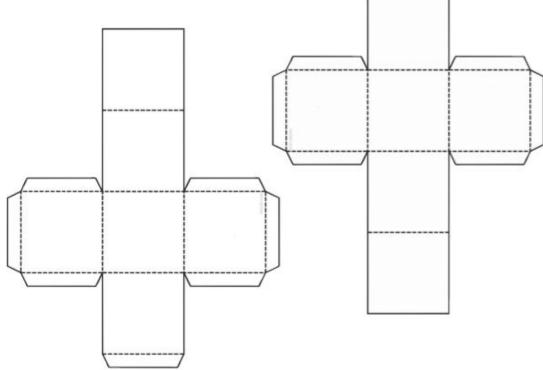


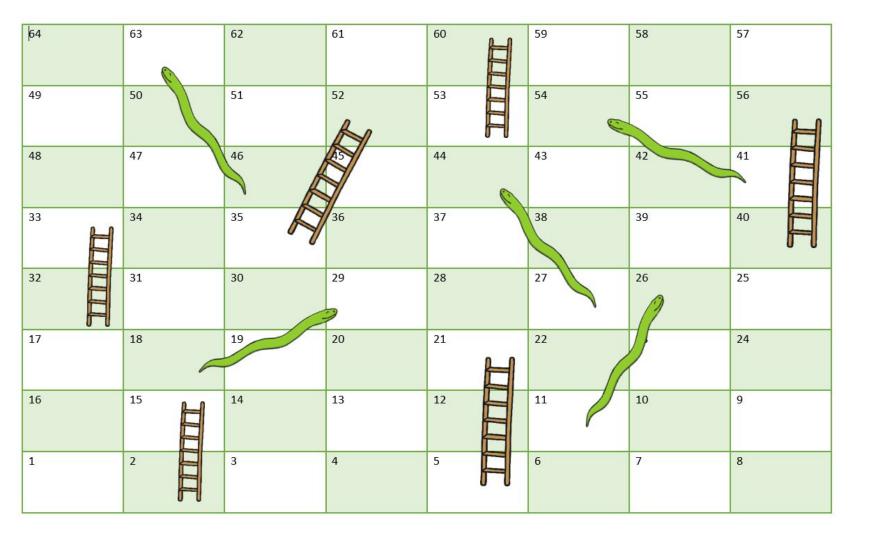


Additional Rules:



# You could use this template to create your own dice.





#### Remote PE Resources



# PE Friday

5	9		P
Youth Sport Trust Activities Download the activity cards by selecting the title and access the video by selecting the video link next to each activity.	Joe Wicks YouTube Fitness Joe Wicks delivers fun, high energy fitness videos for all abilities.	BBC Super Movers These videos can be linked to lessons or completed just for fun!	AfPE Activities Each of these videos focuses on a different aspect of PE! View the videos and find items around the home to use.
change 4 Life <u>NHS Change 4</u> Life Here are some Disney inspired indoor games and 10 minute shake up activities.	Active Kids Do Better Fun, family-friendly activities which can be completed in your living room!	Get Set for Tokyo Some activities inspired by the Olympic and Paralympic Games.	Cosmic Yoga Stretch off with some of these themed Yoga sessions.