



Spa Bermondsey KS5 Home

We hope you find the websites and activities useful! English and Maths work will continue to be delivered each week. Get in touch if there are specific resources or materials you need.

The links below are for families to work through with their child together. Don't forget to check out the BBC Home Learning programs as well! <https://www.bbc.co.uk/bitesize>

PSHE

In this bright and friendly picture book, children learn that it's okay to worry about coronavirus. Fun rhyming couplets keep the tone gentle and supportive, and you will find plenty of ideas for dealing with coronavirus in a positive way

<https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx>

Or watch it here: [Caroline Chan- Everybody Worries \(YouTube\)](#)

Music

Log onto Charanga, using the letter below for your class. Lessons have been assigned by our Music Teacher Lauren.

Art

Experiment with architectural collage and have a go at redesigning your street for future generations: <https://www.royalacademy.org.uk/article/family-how-to-portraits>

Social Communication

Practice your polite interrupting skills using these Functional Skills videos

<https://www.bbc.co.uk/bitesize/topics/zvvg4qt/articles/zq9jsrd>

KS5 are learning about manners. Click the PowerPoint for this week's lesson

Cooking

A quick and easy guide to making coleslaw. This is a good chance to copy save chopping skills. https://www.bbc.co.uk/food/techniques/how_to_make_coleslaw

Our recipe of the week can be found below

Computing

Explore how to create pictures out of code: <https://csunplugged.org/en/at-home/squeezing-pictures/>

Tips from the therapists:



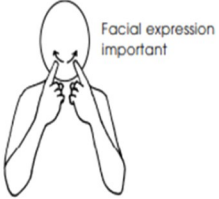

Occupational Therapy Top tips:

Here are some activities that you can do at home that have hidden sensory benefits. You could do these independently or in a circuit. If you are doing these as a circuit, start with the more alerting activities and follow by calming, unless you feel your child is already very alert and needs to calm down – in which case go straight to calming.

please add link

Alerting	Calming
• Wall press ups	- Squeezy hugs
• Star jumps	- Deep breathing
• Movement break videos – YouTube or GoNoodle!	- Wrapping up in a blanket
• Dancing	- Massage
• Workout videos – Joe Wicks on YouTube	- Play-doh
• Eating crunchy foods	- Yoga – Cosmic Kids Yoga on YouTube

Makaton

To Want 	The Best  <p>Dominant thumb tip brushes non-dominant thumb tip sharply forward and up</p>
Smile  <p>Facial expression important</p>	To Show 

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