## This week's homework (08.06.20).

## Monday $8^{\text {th }}$ June 2020

## Handwriting:

Choose one sheet from the Handwriting Pack to complete and write each word three times in your neatest handwriting.

## Spelling:

Choose 10 words from the handwriting pack that you are unfamiliar with. These will be your spelling words this week. Practice saying, covering and writing the words every day.

## Reading:

1. Open the Reading Comprehension booklet. Choose one text and read it aloud to someone at home.
2. Answer the questions and check your answers are correct.

## Maths:

1. Complete the 4 times table multiplication wheels below.

2. Complete the activity mats on the next page.

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## Afternoon activity:

Hi 6PN and 6SD. Lots of the homework I have given you over the past couple of weeks has focused on helping you stay positive and happy as you spend more time at home. Writing and talking about our emotions is extremely important for our mental health, so we are going to do more of it this week.

Open the document called Wellbeing Journal and have a quick look at it. First, it tells you to write down your goals for the day in the journal. Goals are tasks you want to achieve. For example, your goals for the day might be:

1. Drink lots of water to stay hydrated.
2. Practice my times tables with someone at home.
3. Read a chapter of my book.
4. Teach my brother or sister how to make flowers out of paper.
5. Practice counting in Spanish.

Then, it tells you to reflect on your emotions and write and draw them down.
Please complete the journal every day this week - it is very important we talk about our feelings!

You can email me anything you have written in your journal if you would like to talk about it $-($

## Tuesday 9th June 2020

## Handwriting:

Choose one sheet from the Handwriting Pack to complete and write each word three times in your neatest handwriting.

## Spelling:

Do you remember the 10 spelling words you have chosen to learn this week? Practice saying, covering and writing these words.

## Reading:

1. Open the Reading Comprehension booklet. Choose one text and read it aloud to someone at home.
2. Answer the questions and check your answers are correct.

## Maths:

1. Complete the 5 times table multiplication wheels below.

2. Complete the activity mats on the next page and check your answers are correct.

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## Afternoon activity:

Complete the second day of your Wellbeing journal.

## Wednesday 10 ${ }^{\text {th }}$ June 2020

## Handwriting:

Choose one sheet from the Handwriting Pack to complete and write each word three times in your neatest handwriting.

## Spelling:

Choose 10 words from the handwriting pack that you are unfamiliar with. These will be your spelling words this week. Practice saying, covering and writing the words every day.

## Reading:

1. Open the Reading Comprehension booklet. Choose one text and read it aloud to someone at home.
2. Answer the questions and check your answers are correct.

## Maths:

1. Complete the 6 times table multiplication wheels below.

2. Complete the activity mats on the next page and check your answers are correct.



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## Afternoon activity:

Complete the third day of your Wellbeing journal.

## Thursday $4^{\text {th }}$ June 2020

## Handwriting:

Choose one sheet from the Handwriting Pack to complete and write each word three times in your neatest handwriting.

## Spelling:

Choose 10 words from the handwriting pack that you are unfamiliar with.
These will be your spelling words this week. Practice saying, covering and writing the words every day.

## Reading:

1. Open the Reading Comprehension booklet. Choose one text and read it aloud to someone at home.
2. Answer the questions and check your answers are correct.

## Maths:

1. Complete the 7 times table multiplication wheels below.

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2. Complete the activity mats on the next page and check your answers are correct.


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## Afternoon activity:

Complete the fourth day of your Wellbeing Journal.

## Friday 5th June 2020

## Handwriting:

Choose one sheet from the Handwriting Pack to complete and write each word three times in your neatest handwriting.

## Spelling:

It's time for a spelling test! Get someone at home to test you on the 10 words you have been practicing this week.

## Writing:

We have spent a lot of time talking about high school and what your first day at school might be like. Now, I would like you to write a story about a child's first day at high school. Before you start this task, read the story called Visiting Day - it may inspire you. You should include the following in your story:

- How does the character feel at the beginning, middle and end of the day?
- What problems do the character encounter and how do they resolve them?
- When does the character's feelings about high school change? Why does this happen?
- Was the character's first day at school positive or negative? Why is this?

1. Complete the times table challenge below.

2. Complete the activity mats on the next page and check your answers are correct.
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## Afternoon activity:

1. It's time to stand up and get active! You should go for a walk (if you can and it's safe), do some exercise in your house or do some yoga. Here are some yoga poses you might want to try!


Crescent Moon Pose


Benefits
Stretches arms, abdominals, spine and chest; calms the mind.
(1) Inhale and raise your hands over your head, pressing palms together.
(2) Exhale and tip your body to one side.
(3) Inhale and return to standing straight.
(4) Repeat on opposite side.
(5) Exhale and lower your arms.



Elephant Pose


Benefits
Stretches legs and back, relieves stress and calms the mind.
(1) Bend at the hips.
(2) Let arms hang low then clasp fingers together.
Swing arms from side to side like a
(3) Swing arms from side to side like a side to walk like an elephant.

