

# It's all Greek to me

## Year 5 - Working At Home - Week 5 - Commences on 4<sup>th</sup> May 2020

This Summer Term Year 5 will be learning about the Greeks across the curriculum.

You will need to send the coloured activities to us as pictures/scans/documents/photo etc... this can be at the end of the week or after each activity.

We would love to see anything else you are doing as a family – baking/making/creating whatever it may be...

We understand that for some families this might be a lot to achieve, please only do what you can and contact us for any support during this time.

	Monday	Tuesday	Wednesday	Thursday	Friday
English Spelling Shed/Reading ding	<p><b>Reading:</b> Read and complete the reading comprehension on Pandora's box. See resource pack.</p>	<p><b>Reading and Writing:</b> The next 3 days we will be plotting our own myth. Today you are designing your own mythical beast.</p> <p>Make sure you have some annotations to tell us all about it!</p> <p>You can display this however you wish, some of you may choose to make, build or draw it depending on what you have at home. See resource book for examples.</p>	<p><b>Reading:</b> Today create your own hero. Like yesterday you can record this in whichever way you prefer: make, build, or draw.</p> <p>Make sure you have some annotations to tell us all about it!</p> <p>See examples in the resource book as well as some Greek Names.</p>	<p><b>Reading and Writing:</b> Today you will plan out your own myth. We would like you to plan this on an S or as a storyboard. See example.</p> <p>You can either: -Create your own myth from scratch -Use a myth you know or have read and change it for your characters -Use the example myth plans and change them slightly</p>	<p>It is Bank Holiday so we will not set anything formally.</p> <p>As it is VE day we are sharing an activity in the Wider curriculum box that you could do if you wish.</p> <p>Alternatively if you are looking for activities to do during the day then look at the Whole school activities with lots of creative and fun activities to do at home.</p> <p>Baking, Building, Exploring, Drawing, Designing and so much more...</p>
	<p><b>Writing:</b> CPG – Workout 8</p>		<p><b>Writing:</b> 5 minute write – use the picture in the resource booklet</p>		
Maths Daily Rockstar	<p>We are continuing with decimals this week. Each activity has a video, worksheet and answer. These can be printed if you wish, otherwise just read the questions and put your answer in your books. If anything is too tricky or you do not understand, we have provided different starting points to support you just like we would do in class, still on the same Maths theme. Work through either the Green, Yellow or Red across the weeks, it does not matter where you start!</p> <p><b>This week is Summer Term Week 1 on White Rose for some of you – if you have already done this go back to Week 1 and Week 2 before this.</b></p>				
	<p>Decimals Y5 – Week 2, Lesson 3 <a href="https://whiterosemaths.com/homelearning/year-5/">https://whiterosemaths.com/homelearning/year-5/</a> Y4 – Summer Term Week 1, Lesson 1 <a href="https://whiterosemaths.com/homelearning/year-4/">https://whiterosemaths.com/homelearning/year-4/</a></p>	<p>Decimals Y5 – Week 2, Lesson 4 <a href="https://whiterosemaths.com/homelearning/year-5/">https://whiterosemaths.com/homelearning/year-5/</a> Y4 – Summer Term Week 1, Lesson 2 <a href="https://whiterosemaths.com/homelearning/year-4/">https://whiterosemaths.com/homelearning/year-4/</a></p>	<p>Decimals Y5 – Week 2, Lesson 5 <a href="https://whiterosemaths.com/homelearning/year-5/">https://whiterosemaths.com/homelearning/year-5/</a> Y4 – Summer Term Week 1, Lesson 3 <a href="https://whiterosemaths.com/homelearning/year-4/">https://whiterosemaths.com/homelearning/year-4/</a></p>	<p>Decimals Y5 – Summer Term Week 1 – Lesson 1 <a href="https://whiterosemaths.com/homelearning/year-5/">https://whiterosemaths.com/homelearning/year-5/</a> Y4 – Summer Term Week 1, Lesson 4 <a href="https://whiterosemaths.com/homelearning/year-4/">https://whiterosemaths.com/homelearning/year-4/</a></p>	<p><a href="https://www.merdon.hants.sch.uk/whole-school-activities/">https://www.merdon.hants.sch.uk/whole-school-activities/</a></p> <p>Feel free to share anything with us.</p> <p>Have a great Bank Holiday!</p>

	<p style="text-align: center;"><b>Over the week you need to complete the following tasks, they can be completed on any day</b></p> <p>All of our wider curriculum subjects will be covered over the course of the weeks. If there is a subject that we haven't set a task for and you would like to do something linked to it then see the school website: <a href="https://www.merdon.hants.sch.uk/whole-school-activities/">https://www.merdon.hants.sch.uk/whole-school-activities/</a></p>
<b>Active</b>	<p>These are active ideas to pick from across the week – If you're able to play outside, ride your bike or take your dog for a walk then do that.</p> <ul style="list-style-type: none"> <li>-Joe Wicks PE session 9am Monday to Friday</li> <li>-Supermovers</li> <li>-Just dance</li> <li>-Cosmic Yoga</li> <li>-Create your workout below - Spell out anything</li> <li>-Olympic ten minute house workout – details below</li> </ul>
<b>Wider Curriculum</b>	<p><b>HISTORY</b></p> <p><b>Ancient Greek Olympics (2 sessions)</b></p> <p>Using your notes from last week, design and make a presentation about the Ancient Greek Olympics. You can choose the format of your presentation – it could be poster, a word document, a power point or something else!</p> <p>Think about your subject – you may choose one specific sport and give details of how the athletes competed, how the event was won etc, or you might look at where the Olympics were held and when, or give details about the range of sports. Remember you could also link to the modern day Olympics – what changes have there been since Ancient Greek times?</p> <p>In the resources there is a selection of photographs for some of the Ancient Greek Olympic events – you may want to use these in your presentation.</p> <p><b>Olympic values (1 session)</b></p> <p>The Olympic and Paralympic Games are about much more than sporting excellence. Underpinning the Games is the philosophy of Pierre de Coubertin, the founder of the Modern Olympic Movement. Between the Olympics and the Paralympics, de Coubertin came up with 7 values that are integral to the games. Look at the power point in the resources to find out what the seven values are.</p> <p>At Merdon we enjoy and value our sporting activities. Every year (and hopefully this year if we can) we all take part in sports day. What values do you think we demonstrate when competing against each other? Choose five and then give each one a different colour – complete the Merdon Sports Day rings (see resources or draw your own) and identify what each ring represents.</p> <p><b>SCIENCE</b></p> <p><b>Water resistance (1 session)</b></p> <p>Watch the clip at <a href="https://www.bbc.co.uk/bitesize/topics/zsxxsbk/articles/zxw6gdm">https://www.bbc.co.uk/bitesize/topics/zsxxsbk/articles/zxw6gdm</a> about air and water resistance – also read the information about water resistance on the Forces knowledge organiser.</p> <p>You are going to investigate water resistance – there are 3 different investigations depending on the equipment you have available. You can choose which enquiry to complete but only need to do one.</p>

1. Read the Fact File 'The push force of water'. You will need a bowl or container of water. You are going to investigate which objects float and which sink. Choose a selection of objects – maybe 5 – make a prediction for each one, will it float or sink? Then test each item individually. Record your findings. What does this tell you about each object? – write a conclusion using the words up-thrust, gravity and weight.
2. Water resistance with playdough. <https://kidminds.org/water-resistance-experiments-for-kids/>
3. Water resistance with foil. <https://kidminds.org/water-resistance-experiments-for-kids/>

For experiments 2 and 3 you do not need to complete any of the documents on the webpage, however you need to record your investigation and your results. Choose a method (writing, drawing, photographs) to show what you did and what it tells you – how could you investigate further?

### VE DAY FRIDAY 8<sup>TH</sup> MAY 2020

Watch the video

<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-ve-day/z7xtmfr>









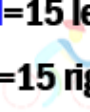


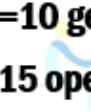
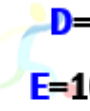

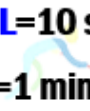


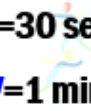








Look at the power point in resources.

Make VE bunting and display in your home from Friday 8<sup>th</sup>. We would love to see photographs of this

[http://downloads.bbc.co.uk/england/pdf/how\\_to\\_make\\_your\\_great\\_british\\_bunting\\_step\\_by\\_step.pdf](http://downloads.bbc.co.uk/england/pdf/how_to_make_your_great_british_bunting_step_by_step.pdf)

You could write an entry for your time capsule to show how you remembered the 75<sup>th</sup> anniversary of VE day.


**Alphabet Workout**

 ARCHERY	 ARTISTIC GYMNASTICS	 ATHLETICS	 BADMINTON	 BASKETBALL	 BEACH VOLLEYBALL	 BOXING	 CANOE SLALOM
 CANOE SPRINT	 CYCLING MOUNTAIN BIKE	 CYCLING MOUNTAIN BIKE	 DIVING	 EQUESTRIAN	 FENCING	 FOOTBALL	 GOLF
 HANDBALL	 HOCKEY	 JUDO	 MARATHON SWIMMING	 MODERN RHYTHMIC GYMNASTICS	 ROWING	 RUGBY SEVENS	 SAILING
 TENNIS	 TRIATHLON	 VOLLEYBALL	 WATER POLO	 WEIGHTLIFTING	 WRESTLING	 ARCHERY	 ARTISTIC GYMNASTICS

<b>A=10 sit ups</b>	<b>I=15 left leg lunges</b>	<b>R=10 genie poses</b>
<b>B=5 burpees</b>	<b>J=15 right leg lunges</b>	<b>S=15 open the gates</b>
<b>C=10 squats</b>	<b>K=1 minute quick feet</b>	<b>T=15 close the gates</b>
<b>D=25 star jumps</b>	<b>L=10 sumo squats</b>	<b>U=30 sec punches</b>
<b>E=10 right leg hops</b>	<b>M=1 minute high knees</b>	<b>V=1 min toe taps</b>
<b>F=10 left leg hops</b>	<b>N=1 minute heel flicks</b>	<b>W=20 toy soldiers</b>
<b>G=40 sec arm circles</b>	<b>O=20 shoo the chickens</b>	<b>X=1 minute step ups</b>
<b>H=1 min mountain climbers</b>	<b>P=6 flying frogs</b>	<b>Y=12 side lunges</b>
	<b>Q=20 skaters</b>	<b>Z=6 tuck jumps</b>

# TOKYO TEN | 東京10

 A 10-minute activity to get everyone moving!

## HOUSE WORKOUT かじたいそう | Kaji taisō

**Did you know?**  
In Japanese homes, you take off your shoes when you enter the home. Indoors, you wear socks or slippers.



Colour me in!

[getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)



#TravelToTokyo

10 Mins



## HOUSE WORKOUT かじたいそう | Kaji taisō

Move & Dance



Tokyo Ten activities are 10-minute activities designed to get everyone moving. Try this activity out in school as part of a whole-school active assembly, or as an energiser for the class. Set it as an active homework challenge for families and see if they can add new moves to the routine!

Activity type

Home Away Indoor Outdoor

Equipment

Music



## How to play

### 1. Super Sweeper

Pretend to sweep the floor. Push forward with right hand and right foot 4 times. Do the same on the left 4 times. Repeat.

### 2. Window Wiper

Pretend to clean the windows. Reach up with right hand and make 4 big circles. Do the same with the left hand. Repeat.

### 3. Washing-up Wiggler

Pretend to reach for dishes. Step right with right foot and stretch right with both hands. Do the same on the left. Repeat 8 times.

### 4. Laundry Linger

Pretend to hang out the washing. Bend knees and touch the floor. Stand up and stretch both hands high. Repeat 4 times.

### 5. Play some music

Play some music. Create a routine using all 4 moves. Repeat as many times as you can!

### Variations

- Make up your own moves for other household chores.
- Hold a tin of beans in each hand to act as weights.

### Challenge yourself

- Can you work faster?
- Can you push and stretch further?
- Can you move for longer?

### What next?



Try something similar  
Aerobics, cheerleading, boxercise, salsa, Zumba®



Try something different  
Basketball, volleyball, football, rugby, hockey



Log your activity and find more Tokyo Ten activities and resources at [getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)

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