

Learning Project Summer 2 WEEK 2 Healthy Living

Year 6

We have chosen Healthy Living including food and mental health as this week's learning theme. The children can explore the importance of being healthy by exploring the various food groups, their well-being and emotions as well as through exercise. The [blue underlined text](#) is a link, when clicked on, will take you directly to a website or to a resource which will help with the activity.

Maths Tasks

[Times Table Rockstars](#). **At least 15 mins per day please.**

- [Mathletics](#) – children should attempt this week's assigned activities.

Arithmetic

- Practise arithmetic for different areas of Maths using [Classroom Secret Kids](#). Or children could find practical ways to practise e.g. adding different amounts of money or giving change.

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Problem Solving and reasoning

- White Rose '[Problem of the Day](#)'. Follow this link and you can look at previous ones and have a go. The answers are on here too!

BBC Maths

Reading Tasks

- Ask your child to read a chapter from their home reading book or a book that you have at home. Please ensure that they are **reading for at least 20 mins a day.**
- Encourage your child to record any words that have captured their interest from the chapter that they have read. They can write antonyms for these words.
- Challenge your child to read to another member of the family. This doesn't have to be a book so they can be as imaginative as they wish.

Don't forget to listen to David Walliams's ['Elevenses Stories'](#)

Spelling Tasks

- Encourage your child to practise the **Year 5/6 common exception words** You should already have received copies by email.
- Ask your child to choose 5 Common Exception words. They can then write a synonym, antonym, the meaning and an example of how to use the word in a sentence.
- [Spelling Shed](#) – 20 mins
- Get your child to proofread their writing from the day. They can use a dictionary to check the spelling of any words that they found challenging. This will also enable them to check that the meaning of the word is suitable for the sentence.

Writing Tasks

- Write a diary entry of how you have been feeling during lock down. How have you been feeling? What is new/ different during this time and what has been the same? How have you felt emotionally? How have you coped with your emotions and what strategies did you use?
- Write an explanation piece as to why exercise is important for your mental health and wellbeing. Also, research why it is also important for your wellbeing that you eat healthy foods in balanced diet.
- Using the [Food Groups guide](#), keep a log of your food for the week (be honest!) Are you eating healthily? There is a food diary template on the home learning section of the [school website](#).
- There are lots of different types of food available for people to eat in the UK. Ask your child to write a rap about food. This could be about a particular food group or their favourite meal.
- Fast food establishments should not be within one mile of schools. Do you agree/disagree with the above statement? Write a persuasive piece of writing to discuss the pros and cons.

Learning Project - to be done throughout the week

History: Healthy world How do people stay fit and healthy in other countries? Choose a country and research what a healthy lifestyle looks like there. What is your chosen country's favourite sports and foods? How many portions of fruit and vegetables does the average person manage to consume there? Is the advice they receive different from the advice we receive in this country? Does the weather or climate make a difference? How has the food in each of the countries developed or changed over time?

Science: Activity 1: Which Foods Contain the Most Sugar? Choose a selection of food items from the food cupboard, fridge and freezer. Identify the nutritional label and record the amount of sugar that each food contains. Once you have gathered the information, ask them to record the sugar contents on a pie chart and evaluate the data. How will their findings change what they eat?

Science Activity 2: How does the human digestive system work? Research the human digestive system and write an explanation describing this and include diagrams to represent their explanations.

Geography Activity 1: Choose a food from any of the six main food groups. Locate the country/countries of origin on a world map and work out how far the food item travels to get to their plate. Following this, sketch a diagram detailing the journey the food has taken and add captions and timeframes. What could we do to reduce how many miles our food travels?

Art: A Balanced Diet - Think about the food a toddler might eat compared to an adult athlete. Choose five different types of people (e.g. a child, teenager, athlete, teacher etc.) and draw a plate of food that will ensure they are eating a healthy, balanced diet. Underneath each plate, you must justify why you have chosen these foods. Think about the calorie intake each of these individuals might need. Can some people have more of one type of food group? If yes, why can they?

Further activities:

How Fit Are You? – Choose 4 different activities, for example jumping jacks, running on the spot, skipping, hopping. Measure your resting heart rate (find your pulse in your neck or wrist and count how many beats per minute you feel) make a note of this. Now complete one of the activities for one minute, record the number that you did and also your heart rate at the end. Repeat this for the other activities. Which activity raises your heart beat the most? Try again during the week and increase the number of jumps, skips etc each time in a minute. Is there a pattern to your resting / active heart beats? What do you notice?

Lung Capacity- Using balloons of the same size (make sure they are all stretched in the same way first to make it a fair test) take a deep breath and blow the balloon up as much as you can with one breath. Tie the balloon off and measure the circumference. Whoever has the biggest balloon has the biggest lung capacity. What do you notice about who has the biggest / smallest lung capacity?

Come Dine with Me - Your child is responsible for creating a three-course meal for their family. They need to create the recipes for a starter, main meal and dessert. Think about including the right balance of food groups and portion size. Ask them to think about what ingredients they will need to make your recipe and write a shopping list of items. They will then research how much the ingredients will cost using a supermarket website of their choice. Where is the most cost-effective place to buy the ingredients? They can test out a recipe by making it for dinner that evening. Family members may even wish to score each course!

<https://www.bbcgoodfood.com/recipes/category/family-kids>

<https://realfood.tesco.com/recipes/collections/easy-recipes-for-kids.html>

Meditation / Relaxation – What do you do to relax and de-stress? Try to do something for 15 minutes each day as part of your ongoing mental health. If you haven't already, why not try some meditation / yoga daily to see how this makes you feel. These websites are a great place to start:

<https://www.cosmickids.com/mindfulness-meditation-videos-kids/>

Additional learning resources you may want to use

Classroom Secrets Learning Packs - These packs are split into different year groups and include activities linked to reading, writing, maths and practical ideas you can do around the home.

Classroom Secrets Kids – English and Maths activities

[Twinkl](#) - to access these resources click on the link and sign up using your own email address and creating your own password. To register for free use the offer code: UKTWINKLHELPS.

[Draw with Rob](#) – Rob Biddulph (children’s illustrator) posts two new video tutorials online per week. Tuesdays and Thursdays @10am. You can join in with him live or watch his videos on the website.

[PE with Joe Wicks](#) – daily PE/ fitness sessions with Joe Wicks at 9am daily.

Keep in touch via: email
Or via Class Dojo