

Summer Term Week 11: week commencing 6th July 2020

PSHE



Wellbeing Week!

As a whole school we would like to focus on our physical and mental wellbeing.

Research shows that if we do the following five things, our happiness will increase!

Connect

Building solid and varied social connections in your life can increase your feelings of happiness and self-worth.

Be Active

What you do with your body can have a powerful effect on your mental wellbeing. There are loads of ways to stay active whilst enjoying life.

Keep learning

Step out of your comfort zone in order to grow. You will learn new things that you never knew before!

Help others

Whether it's giving a friend or family member a hand or just supporting other people in some way. Giving is so important for our mental wellbeing.

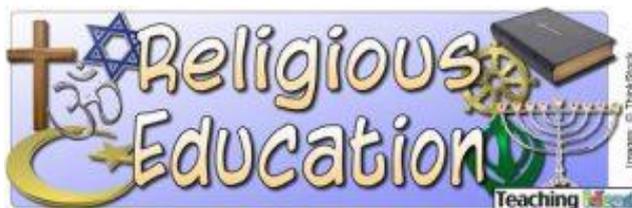
Taking notice

Happiness is often right in front of you. Take time to think about all the things that you appreciate and are thankful for.



We will be sharing staff photos showing some of the projects/skills that teacher's have been busy doing! Check our twitter page everyday to see what's happening. You could send your teacher some wellbeing photographs or tweet them with the hashtag [#northcotewellbeing](#).

RE



Wellbeing Week!

As a whole school we would like to focus on our physical and mental wellbeing.

Jesus told many stories. Parables are stories told by Jesus that give us guidance in life. These parables help us if we're not sure what to do in a certain situation. One of the most well known is *The Good Samaritan*. This parable shows us how it is important to help others. Take a look at this story and other parables here:

<https://request.org.uk/restart/stories/jesus-parables/>

We would love to hear your favourite parable from this selection or another story that you have read that gives you guidance in life. For example, *Matilda* by Roald Dahl. This story teaches us we can achieve great things and friends are important. You could send your teacher some photographs of you reading your favourite parable or story or tweet them:

[#northcotewellbeing.](#)

PE



Task: Northcote 'Sports Month' Fitness Challenge

Well done if you're been able to complete the fitness challenges this week. We will continue to set daily challenges. Each day you need to check the school's Twitter account to see what the daily fitness challenge is.

<https://twitter.com/northcotesch?lang=en>

If you are able to complete all of the week's challenges you will receive a certificate.

To be able to receive the certificate, you need to post an image on Twitter of you either completing the activity or an image of the fitness record completed. You can also send an email to your class teacher. (Remember when posting a photo on Twitter do not include your name.)

We will be highlighting children's efforts throughout the week so keep checking the page.

Good luck and let's get fit!

[Sports Month Plan -](#)

DT

Northcote Cooks



As a whole school, we are going to continue looking at healthy eating this week!

As we are focusing on getting fit and healthy, we thought it would be the perfect opportunity to share some healthy recipes with everyone! We will be posting some ideas for healthy snacks which you could make after your daily workouts!

Check our twitter page everyday to see what tasty dishes the teachers have been cooking! Everyday we will be posting recipe ideas that you can try with your family.

You can join in by creating one of the recipes we post, or sending your own ideas in! Whatever your family makes this week, send your teacher some photographs or tweet them with the hashtag [#northcotecooks](#)

Reading:



Reading speed and questioning: Make sure you keep reading daily on your **Reading Plus!** Not everyone is using this resource, if you're not sure how to access it, please email me and I can help you! Reading Plus is such a fantastic tool to improve reading skills and there are lots of different texts to choose from!

Find the website and the guide below:

[Reading-Plus-Guide-for-Northcote-Parents-1](#)

<https://student.readingplus.com/seereader/api/sec/login>

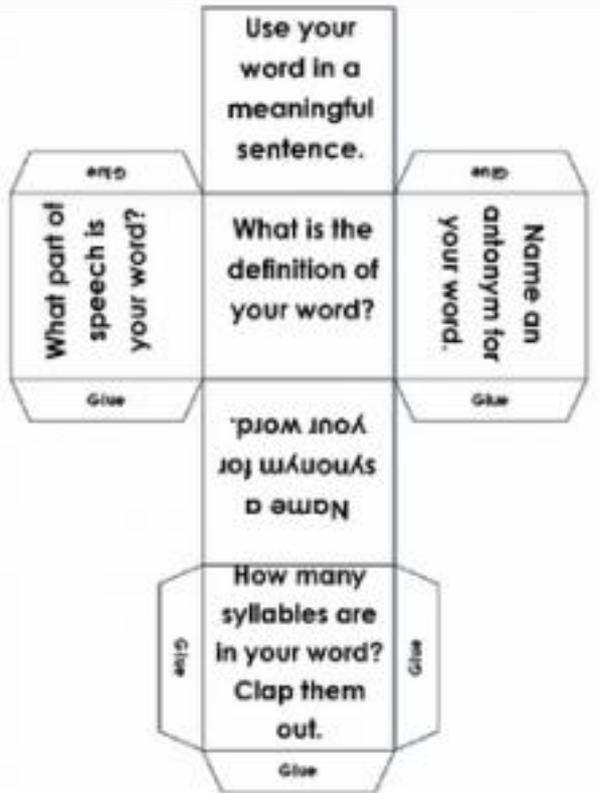
Reading for pleasure: Have you tried this year's Summer Reading Challenge yet? <https://summerreadingchallenge.org.uk/>

Vocabulary task: Have a read of the following extract from the book **The story of the Blue Planet** by **Andri Snaer Magnason**. Write down any of the unfamiliar or tricky words. Then follow the instructions below about the dice game.

[Blue Planet FINAL opening extract](#)- with permission, this extract has been sourced from www.lovereading4schools.co.uk

Vocabulary Dice game

- Cut out the cube template
- Fold along the lines and glue the tabs together to form a cube.
- Working alone or with a partner, roll the dice and complete the task that it lands on linked to unfamiliar words you have found in the text.



Writing



Task One: Make sure you have read the extract from the reading task - *The Fastest Boy In The World* by Elizabeth Laird. The story starts with Solomon describing how he can remember running from such a small age. Your task this week, is to write about one of your earliest memories. What can you remember and why is this memory so memorable?

Task Two: Pobble 365 - <https://www.pobble365.com/> - this is a fantastic website that puts a different (usually very unusual) picture up every day! Be as creative as you like! Write a news report, a story, a poem a letter - the possibilities are endless!

WILF (What I'm Looking For) Examples/Explanations

Use these at the start of your sentences to give more information. E.g.

One sunny day,

Fronted adverbials

Later that afternoon,

As I was running,

When the moon was bright,

2 adjectives come before the noun

2A sentences

The white, fluffy cat

The beautiful, talented dancer

Put extra information in the middle of your sentence using brackets.

Sandwich Sentences

The old lady (who lived by herself) was feeling particularly lonely today.

Use these to compare objects/people to things they are not.

Metaphors/Similes

She was as fast as a racing car.

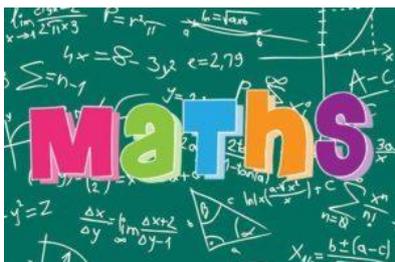
The snow was a blanket on the grass.

Use 3 words that end with and “ed” to start your sentence.

3ed openers,

Abandoned, terrified and exhausted, I knocked on the old, rickety door.

Maths:



Last week's answers: [Task 1 Woody maths answers](#) [week 10 answers](#)

This week's focus: percentages

Remember, as always these two resources are great with to help with our multiplication tables.

you can use tt rockstars and hit the button to help with your times tables.

<https://play.ttrockstars.com/auth/school/student/28033>

<https://www.topmarks.co.uk/maths-games/hit-the-button>

Now let's look at what percentages are:

<https://www.bbc.co.uk/bitesize/topics/znjqtf/articles/z8ws3k7>

Percentages

The sign % stands for '**per cent**' which means 'out of 100'.

40% means 40 out of 100

11% means 11 out of 100

Task 1: Match of the Day Pitch Percentages - Gary Linker will ask you questions about percentages linked to football.

<https://www.bbc.co.uk/bitesize/topics/znjqtf/articles/zsgwq6f>

When we want to work out percentages of amounts, we can find 10% first to help us.

10% of 300 = 30

20% of 300 = 60 (double 10% to work out answer)

30 % of 300 = 90

Task 2: Work out these percentages - some have been filled in to help you.

1. 10% of 600 = 60
2. 20% of 600 = 120
3. 30% of 600 =
4. 40% of 600 =
5. 50% of 600 =
6. 60% of 600 = 360
7. 70% of 600 =
8. 80% of 600 =
9. 90% of 600 = 540
10. 100% of 600 =

Task 3: Only the first one has been completed to help you.

1. 10 % of 240 = 24
2. 20 % of 240 =
3. 30% of 240 =
4. 40% of 240 =
5. 50% of 240 =
6. 60% of 240 =
7. 70% of 240 =
8. 80% of 240 =
9. 90% of 240 =
- 10)100 % of 240 =

Task 4: Have a go at questions 11 -20. The first one is completed for you.

11. The new price would be £20.

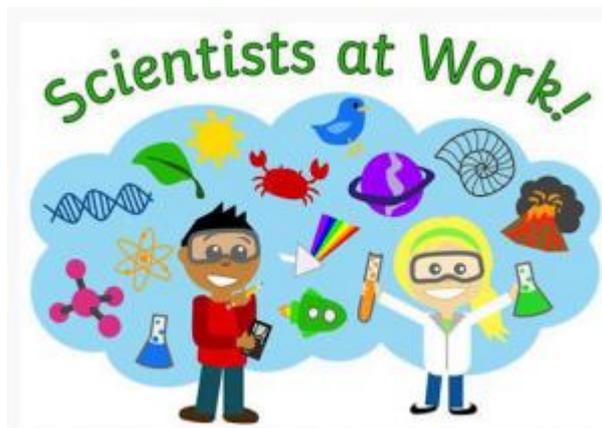
11		13		15		17	
	Was £40 50% off		Was £60 30% off		Was £100 5% off		Was £50 60% off
12		14		16		18	
	Was £50 20% off		Was £80 25% off		Was £20 40% off		Was £40 15% off

Solve these word problems.

19 Rama spends 30% of his day sleeping, 25% at school, 10% watching television and 10% eating. How many hours does he have left for other activities?

20 In a book sale, all books have 50% off. Natalie buys four books with original prices of £4.50, £1.60, £12.80 and £3.40. How much does she save?

Science



This week's focus: recognise that some mechanisms including levers, pulleys and gears allow a smaller force to have a greater effect

Task 1: Read the following about levers, pulleys and gears. <https://www.dkfindout.com/uk/science/simple-machines/>

Task 2: The Pyramids are huge structures made of millions of tonnes of stone, and yet the Ancient Egyptians built them thousands of years before the invention of modern machinery. Blocks were lifted into place using simple but

powerful machines, such as ramps, rollers and levers. Blocks weighed around 2.5 tonnes. Imagine you were an Egyptian building the pyramids. Write a short diary entry of how using a lever helped you to lift the blocks and move them into place. Remember they were very heavy!

Computing



This week's focus - Digital footprints

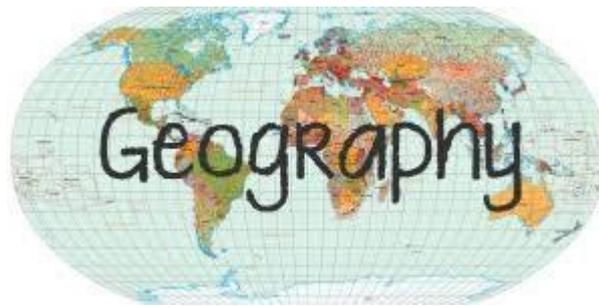
A digital footprint is a trail of 'footprints' that you leave behind every time you go online. Think about how you use the Internet

- Do you visit websites?
- Do you message friends?
- Do you stream music?
- Do you post photographs?

Task 1 - Complete the digital footprint by including the websites that you visit regularly and approximate time that you spend on particular websites. Compare it with friends and family.

[t2-i-118-your-digital-footprint-activity-sheet](#)

Humanities: Geography



The Mediterranean Biome.

This week we are looking at the Mediterranean biome. Can you remember what a biome is? Use this link to help remind you...<https://www.bbc.co.uk/bitesize/topics/z849q6f/articles/zvsp92p>

Task - research what the biome is like along the Mediterranean. Create an information poster - you might want to focus on an animal that lives in the Mediterranean and why it is suited to living there. You could focus on the weather and vegetation. You decide!

Spanish



This week's focus: **colours**

<https://www.bbc.co.uk/teach/class-clips-video/spanish-ks2-painting-and-colours/zbc47h>

Task 1 - Complete the Spanish colours word search

[T-T-6049-Spanish-Colours-Wordsearch](#)

Task 2 - Have a go at a painting or drawing similar to the ones in the video and then label your Spanish colours.

Music



This week's focus: create a news bulletin with the help of CBBC's Newsround.

<https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-at-home/zjy3382>

Discover the music of Joseph Bologne, the first classical composer of African ancestry. Naomi Wilkinson explores the extraordinary story of a composer who took Paris by storm.

Task - Using the handy journalism tips from Newsround's Hayley Hassall; write and present a news story about Joseph Bologne's life and achievements.