

## W/C 15.6.20 Year 5 Week 8 Topic Tasks

### Science

Last week we looked at the life cycle of a flowering plant. This week we move on to look at the life cycles of humans and animals.

Home Learning focus

Explore life cycles in humans and animals

This lesson includes:

- two videos
- six activities to reinforce learning

<https://www.bbc.co.uk/bitesize/articles/zjppf4j>

[The Life Cycle of an Amphibian worksheet can be found in Year 5 home learning tab](#)

### Design Technology

Home learning focus

Learn the basics of mechanical systems.

This lesson includes:

- two video clips demonstrating the use of cams and followers
- two activities to try at home

<https://www.bbc.co.uk/bitesize/articles/zktckmn>

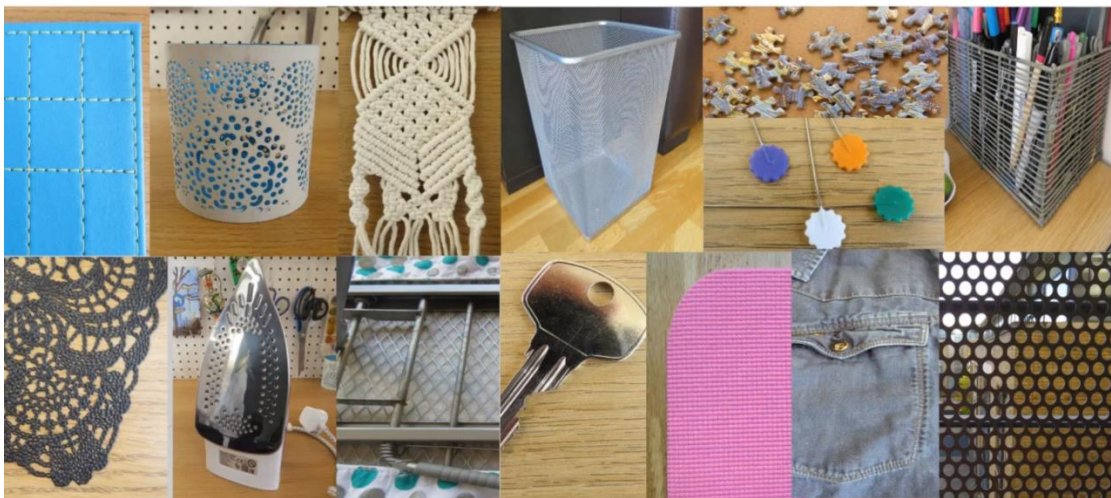
## Art

### Texture Treasure Hunt

In this lesson we will create a frottage patchwork from rubbings of textured objects which you find around your home. You will need a pencil and paper.

<https://www.thenational.academy/year-5/foundation/texture-treasure-hunt-year-5-wk1-5#slide-1>

**What I used - be inspired or discover your own:**



## Mindfulness Ideas

In between lessons this week try the activities on the mindfulness cards below. They all link to different breathing techniques. Find which one works best for you.

### Brain Break Breathing

#### Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



### Brain Break Breathing

#### Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



### Brain Break Breathing

#### Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



### Brain Break Breathing

#### Starfish Breaths

Sit on the floor with your legs comfortably crossed in front of you. Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in. Go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished, switch hands and repeat.



## P.E.

Continue to add to your log.

Below are a couple of YouTube channels you might like to try:

**Go Noodle:** <https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

**Kidz Bop:** <https://www.youtube.com/user/KidzBopKids>

**Cosmic Kids Yoga:** <https://www.youtube.com/user/CosmicKidsYoga> - which is great for mindfulness too.

**Superhero Workouts:** <https://www.youtube.com/watch?v=8dLNbAcMqzc> (Batman)  
[https://www.youtube.com/watch?v=TGex6z\\_t4Mk](https://www.youtube.com/watch?v=TGex6z_t4Mk) (Super Girl)

There are many more on the **GET KIDS MOVING** YouTube Channel.

## Short Write Tasks

**Is soup a food or a drink?**



Describe a time when you stepped out of your comfort zone. What were you doing? How did it make you feel?

You walk into class and instead of your teacher you find an astronaut sitting in the chair. He tells you, that you can ask three questions. What three questions would you ask him and why?



