



Prophets Class Week Commencing 25/5/20

Here you will find some suggestions of activities that you can do this week.

Please note: this is not a compulsory list or requirement to complete.



Keeping Active	Being Creative	Family Time
Every day Joe Wicks is completing a free session at 9:00am to help you start the day in the right way. We have been using these in school and they are great fun! https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ Look at the underneath this page for an activity challenge.	This week we are going to try some observational drawing. Pick an item in your home, a piece of fruit or maybe some other food might be a good idea. Place the object somewhere in front of you and make sure you don't move it while you are drawing. Look at how the light reflects off the object and capture it in your drawing.	It is half term this week so a lot of your time should be spent playing in the garden, playing board games or interacting with your family. If you do anything special this week, or even have a brilliant family time idea, then please tweet it over to our Prophets page on twitter. @STNProphets
RE and Mindfulness	English	Maths
Our RE topic for this term is life journeys in Hinduism and Islam. This week we will be looking at the Hindu gods and goddesses, all of whom have different and important roles. Please look at the powerpoint in the resource section, creating notes on each one.	On the resource section of this page, I have added a descriptive picture. Your job this week is to write a descriptive setting to create atmosphere. Pretend you are on a boat heading towards the storm. How would you feel? What would the noises be like? What can you see? Remember, this is a Year 6 description so you should be explaining subtly what is happening, not just telling me.	This week in Maths, we will be looking at some games and challenges. Some of them are solo and some of them might require someone else's help. https://nrich.maths.org/14587
Reading	Spelling	Topic
This week for our reading task, as last week would have been another poetry recital in the hall, I would like you to read a very famous poem called the highwayman. Click the link below to see the whole poem. https://www.poetryfoundation.org/poems/43187/the-highwayman	Homophones (words which sound the same, but having different spellings and meanings): https://spellingframe.co.uk/ Scroll down to Spelling Rules 53 to practice a range of homophones. Click on spelling tiles to play games with this rule. You could always play four in a row, hangman or nonsense sentences.	Our new topic for this term is Revolution where we will be exploring the Victorians. For your half term Victorian task, we are going to be drawing portraits of famous Victorians. You may choose which Victorian you want to draw, it could be Queen Victoria or it could be a famous inventor you have found.

Healthy Hearts

Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

How to play:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- Station 1:** Perform 10 star jumps.
- Station 2:** Perform 10 mountain climbers.
- Station 3:** Skip or jump for 10 seconds.
- Station 4:** Perform 10 burpees.
- Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

Top Tips

Break into a sweat!

When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

Let's Reflect

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?

60 Second Challenge

Squat Jumps

Can you be honest when counting your score?

The Physical Challenge

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

30 Squat Jumps



Achieve Silver

20 Squat Jumps



Achieve Bronze

10 Squat Jumps

