

## Longman's Learning Project WEEK 10 – Sport

**Year Group: 6**

### \*\*YEAR 6/7 TRANSITION ACTIVITIES INCLUDED\*\*

These activities will help your child to make the transition to secondary school. Scroll down to the end of the Learning Projects to find some optional activities to complete with your child.

Weekly Maths Tasks (Aim to do 1 per day)	Weekly Reading Tasks (Aim to do 1 per day)
<ul style="list-style-type: none"> <li>• <b>DfE Online lessons from Oak National Academy</b> Daily Maths lessons available @ <a href="https://www.thenational.academy/online-classroom/year-6#schedule">https://www.thenational.academy/online-classroom/year-6#schedule</a> We are now on Week 8.</li> <li>• Ask your child to access Mathletics.</li> <li>• Get your child to watch this <a href="#">video</a> to understand the difference between reflection, translation and rotation.</li> <li>• Using this <a href="#">online resource</a>, ask your child to make a pattern and then reflect it. Or try this <a href="#">activity</a> that allows reflecting, translating and rotating practice</li> </ul>	<ul style="list-style-type: none"> <li>• Ask your child to read an age-appropriate book from their own collection or from <a href="#">Oxford Owl</a>.</li> <li>• Ask your child to read the sports pages of a newspaper and consider the language used. They could add interesting language to a sports' word bank.</li> <li>• <a href="#">Here</a> is a reading comprehension activity about circus performers. Ask your child to read the text in under 3 minutes and complete the questions.</li> <li>• Ask your child to listen to and read along with <a href="#">Arundel Swimming Pool</a>. Ask your child to summarise each verse using one word only.</li> <li>• Ask your child to consider the actions of a character in a book they've recently read. Do they agree or disagree with the actions? They should verbally give reasons for their opinions and justify them using evidence from the text.</li> </ul>
Weekly Spelling Tasks (Aim to do 1 per day)	Weekly Writing Tasks (Aim to do 1 per day)
<ul style="list-style-type: none"> <li>• Pick 5 Common Exception words from the Year 5/6 spelling list. Challenge your child to spell them as you throw a ball to each other. Every time the ball is thrown the next letter must be said.</li> <li>• Then 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.</li> <li>• Get your child to practise spellings on <a href="#">Spelling Frame</a>.</li> <li>• Can your child list sport related noun phrases and verbs that correspond with each letter of the alphabet? This will support their writing tasks.</li> <li>• Can your child unscramble these sporting words: queenmipt, poicmlys, tannidmob, cagminssty &amp; pochmashpini.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>DfE Online lessons from Oak National Academy</b> Daily Literacy lessons available @ <a href="https://www.thenational.academy/online-classroom/year-6#schedule">https://www.thenational.academy/online-classroom/year-6#schedule</a> We are now on Week 8.</li> <li>• Visit the Literacy Shed for this wonderful resource on <a href="#">The Catch</a> or write a short victory story on the character succeeding.</li> <li>• Task your child with writing two newspaper articles on a sport of their choice, one reporting on an event and the other reporting 'behind the scenes'. Pay attention to the different language that will be used in each. Can your child include direct speech from 'interviews'?</li> <li>• Ask your child to choose a sports person they admire. Encourage them to create a biography which tells the story of their life in chronological order.</li> </ul>

## Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about music. Learning may focus on famous musicians, listening to and performing music and exploring a range of music genres and instruments.



**Sport Genius-** Ask your child to research about [sporting history](#) and see how many different [facts](#) they can find out about sports from the past. Ask them to create their own sporting trivia quiz which they can test out on members of the household or with friends if they have a way of doing this online.



**Sporting Heroes-** Get your child to select their favourite sporting star. Then they can draw a portrait of them in the style of the famous pop artist [Roy Lichtenstein](#) using felt tip pens or paint.



**Name that Sport -** Get your child to create an [orienteeering](#) map of your home/garden. At each location they will need to create a question relating to a sport e.g. Which sport has the most rules? The answers can then be recorded on an orienteeering sheet. How about giving them a challenge? Can they create an answer that begins with the letter of the next location? Get your child to test it out on a family member.



• **Beat It!-** Begin by getting your child to measure their resting heart rate by counting how many beats in a minute. Then get them to carry out an exercise e.g. running, skipping, star jumps etc. for 3 minutes. Once they have completed this they are to carry out a recovery activity e.g. walking or sitting and see how long it takes for their heart rate to go back to normal. Ask them to repeat this with different recovery exercises to see which is the most effective at getting their [heart rate](#) back to normal the quickest. Can they create a way of showing their results?



**Be Active –** Your child could take part in one of [Oti Mabuse's](#) dance lessons or you could go to [Mr Sylvester's](#) YouTube channel to try one of his challenges.

Take part in The Body Coach's daily 30 minute PE lesson as a family.

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

If you would like a change from Joe Wicks, maybe try some Pilates.

<https://www.youtube.com/watch?v=WO-UiX5iSEY&list=PL0CYaC2A69vAnD5wBjGOtFjiYutQRV5qJ&index=2>

There are also lots of 60 second challenges for your child to do here:

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

## Breathing Practice



Put some calm music on and stretch your body in different ways. Stretch up tall and breathe, curl up small and breathe. Relax and move your body in time to the music. Keep breathing.

## TRANSITION ACTIVITIES

**Monday-** Your child might be attending a secondary school that none of their friends/peers are attending. Even if they are, they might not be in the same classes or on the same timetable as them. Therefore, they will need to make some new friends. Ask your child to make a top tips poster on the best way to make new friends. Get them to watch this short [video](#) to help them gather some ideas on the best way to make friends or speak to family members about how they made friends when they went to secondary school (this could be parents, older siblings, aunts/uncles etc).

**Tuesday-** In September, your child will be facing lots of changes and they will need to be reassured that they have people at home that are there to support them. Have a discussion about who they could turn to for help or advice in your household or family. Afterwards, ask them to create a diagram or pyramid of family and friends they would turn to. Get them to think about specific things they would go to particular people for.

**Wednesday-** At your child's new secondary school, your child will have different members of staff for each lesson. It is important that your child begins to recognise these teachers as safe adults and considers who they will go to with problems and worries. Ask your child to research their new school website and find out which teachers are in different departments. Ask them to consider which teacher they may go to if they have forgotten homework, if they have concerns over a friendship group and if they are finding a piece of work difficult.

**Thursday-** Ask your child what online platforms they use; this could be games, social media or websites. Ask them how they know it's safe and what they do online to keep themselves safe. Discuss how social media and technology will come into their lives more as they grow up and how it is really important to use them wisely and what impact this may have at school and in the future. Ask them to create a set of guidelines to make sure that they are safe online.

**Friday-** Your child may be leaving some of their friends from primary school and this may add to their worries about the transition. Have a conversation with your child about which of their friends are going to the same secondary school and which friends are going to different schools. Ask your child how they could keep in contact with them. For example: meeting outside of school in a safe place, using an online classroom that has been set up by your school or over the phone.