



YEAR 5 AND 6 HOMEWORK- Theme 'Champions'



Health and Wellbeing



Plan an exercise session that lasts at least 30 minutes. Why not explain the session to the rest of your family and complete it together?

Here's an example;

Running on the spot - 1 minute

Skip - 1 minute

Star jumps - 1 minute

Hop on one leg - 1 minute

Kick a ball against a wall - 1 minute

Side-stepping - 1 minute

Lunges - 1 minute

Pause for 30 seconds between each exercise.

Complete the circuit 3 times.

Create a message to share with older and more vulnerable people across Wales. Create an original piece such as; a picture, poem, story, message, song, dance or animation. Share with the school @YsgolGwyllyllan and upload your work to HWB Heroes online, to see if you can become a Hwb Hero.

<p>Humanities</p> 	<p>International nurses day is celebrated on the 12th of May. One famous nurse was also born on this date, Florence Nightingale. Research to find out more about her and then create a power point full of interesting facts.</p>	<p>Look at how religion affects sports / people. Are there some days / parts of the year that some people cannot compete in sports? E.g. Dan Walker (BBC sports and news presenter) does not work on Sundays as he is a Christian.</p>
<p>Science and Technology</p> 	<p>Visit madlablive.co.uk and complete some of their Kahoot quizzes to see how much you remember / know about science.</p>	<p>Follow the instructions in the video below to grow your own rainbow at home. https://www.youtube.com/watch?v=8iZCNnYewmk Once you've completed the task, why not share your results on twitter? Remember to tag the school - @YsgolGwenllian.</p>
<p>Expressive Arts</p> 	<p>Can you get arty with maths? Using mathematical symbols and digits, can you create a picture like these?</p>	<p>Design a new emblem / logo for a championship that has been postponed e.g. Olympic Games 2020/2021 Tokyo, Euros 2020/2021.</p> <p>Here is the current emblem for Tokyo - https://tokyo2020.org/en/games/emblem/</p>



You may complete the work on paper and send a picture to me via Google Classroom, or digitally on Hwb.