

Remote Learning - 6

Wednesday 27th January, 2020

Good morning 6 Trinity,

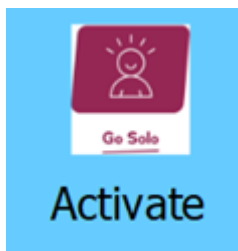
Go to your work you collected. If you're confused, email me straight away: year6.year6@hovingham.org

8.30 - 9: Wake up, get dressed and have your breakfast.

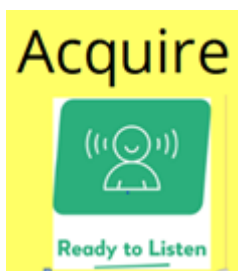
9 - 9.45: Maths

Aim

LI: to identify common factors.



Complete the Maths Mania sheet in your pack. If you don't have your new pack or have a go on TTRS.



Visit the website below for a lesson on common factors

<https://www.bbc.co.uk/bitesize/articles/z2w8r2p>

Let's find all the factors of 9 and 15 and see which factor they share!

Factors of 9:

1, 3 and 9

Factors of 15:

1, 3, 5 and 15

The common factors are 1 and 3.



1)

3

5

The common factors are:

2)

8

40

The common factors are:

3)

30

12

The common factors are:

4)

21

42

5)

50

20

The common factors are:

6)

16

44

Yellow

1)

10

25

75

The common factors are:

2)

6

42

84

The common factors are:

3)

28

36

64

The common factors are:

4)

27

54

90

The common factors are:

RED

Complete yellow and then continue with the questions below.

Name one common factor of 35 and 60, explaining how you know.

1. Can you find the highest common factor of 35 and 60?

Name one common factor of 28 and 54, explaining how you know.

2. Can you find the highest common factor of 28 and 54?

Assess

Check your answers!

9.45 – 10.30: *Grammar/Writing*

Aim

LI: to write a setting description



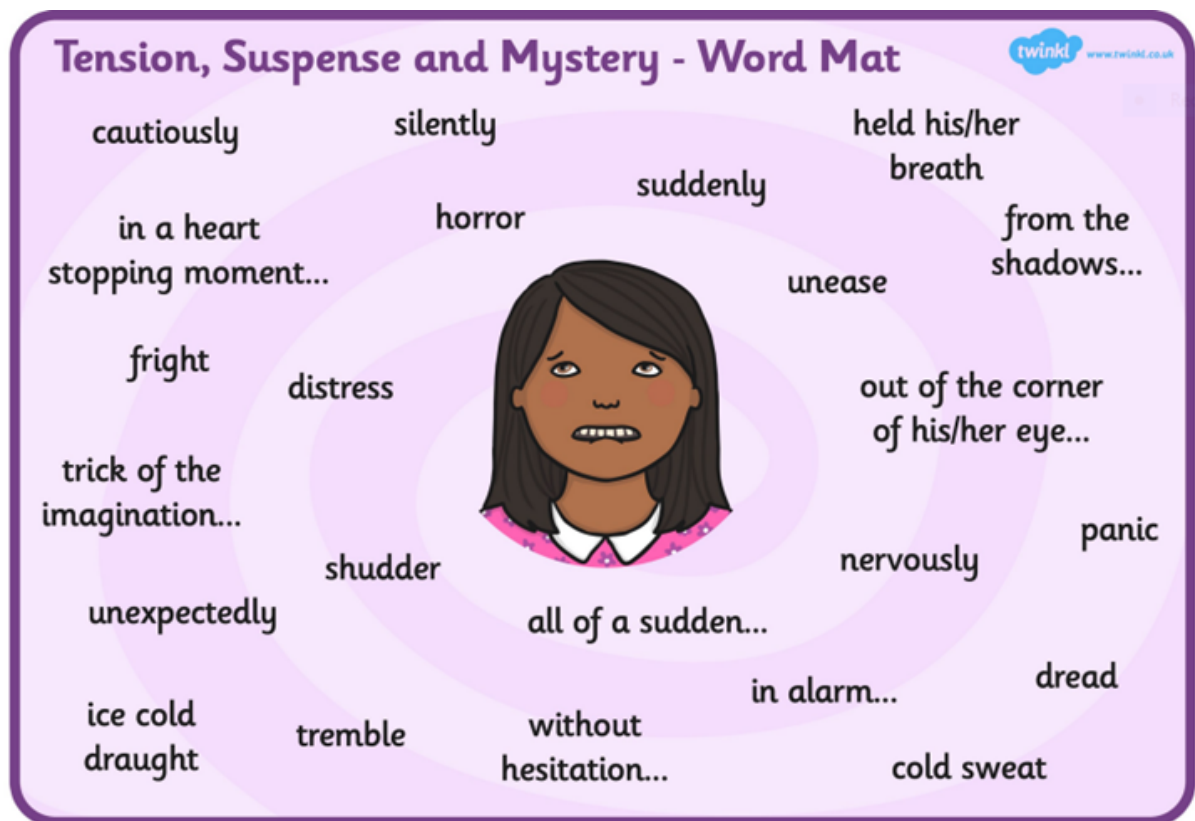
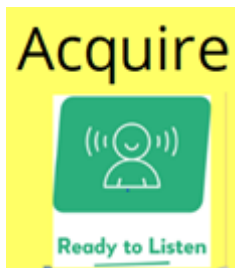
Activate

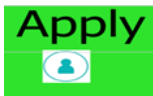
Look at the picture. How does it make you feel?



For example: **creepy,**

sinister, hazardous





Write a story using this as the first sentence: I crept carefully into the cellar and realised that there was something down there, waiting for me.

For example:

I crept carefully into the cellar and realised that there was something down there, waiting for me. The cellar was covered in a **pale** mist which leaked from its **cracked** panels and **splintered** beams. As I **slowly snuck** down the stairs, it seemed like **something was breathing deeply, like a dragon with smoking nostrils**. As I rounded the corner, into the **pitch-black** room **that smelt of mildew**, a **horrifying** feeling held me back. It was a moment of hesitation – I knew I had two choices: be brave and face the cellar (**so I could find my football**), or **dash** back upstairs and go back to bed!

Think about:

- What was in the cellar?
- What can you see?
- What can you hear?
- What can you smell?
- How did it get into your cellar?
- Is it good or evil?

Remember to include and check for:

Blue

- **Full stops, capital letters and commas**
- **First person (I)**
- **Paragraphs**
- **Ambitious adjectives**
- **Joined and neat handwriting**

Yellow

- **Include all blue steps**
- **Similes, hyperboles and metaphors (grammar lesson from Thursday)**

Red

- **Include all blue and yellow steps**
- **Include parenthesis using brackets, dashes or commas**

Assess

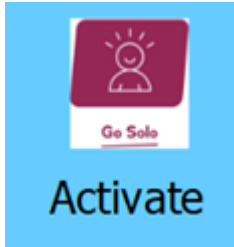
Re-read your work out loud!

10.30 – 11: Break-time. Have a snack and a drink of water or juice, play some games, draw or read!

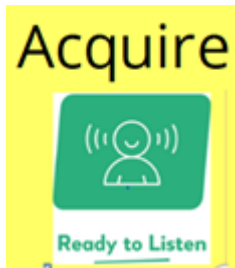
Aim

LI: to retrieve

information and make inferences.



When a text has factual information in it, what is it called?



Non-fiction: writing that is informative or factual rather than fictional (not real).

Consistent: acting or done in the same way over time

Posture: the position in which someone holds their body when standing or sitting



Running

Introduction

Running is free, you can do it almost anywhere and it has many potential health benefits. Suitable for adults and children, it can improve your fitness, reduce your risk of illness and help to maintain a healthy active lifestyle. It's no wonder an estimated six million people in the UK are now going jogging at least once a week.



Beginner's Guide

If you've never been a runner and are thinking of giving it a try, there are a few useful tips for beginners. It is always a good idea to build your fitness gradually. The key is consistency and a slow increase in speed and distance. Try to run regularly - a few times per week – but there's no need to go too far or too fast straight away.

Begin each run with a gentle warm-up for at least five minutes.

1. If you're totally new to running, start by walking for any amount that feels comfortable from about 10 to 30 minutes.
2. When you can walk comfortably for at least 30 minutes, include some short running intervals of one or two minutes.
3. As time goes on, make the running intervals longer and the walking sections shorter until you're just running the whole way!
4. Keep an upright posture, smooth stride and aim to have your arms and shoulder relaxed with elbows bent.
5. Always give yourself time to cool down properly when you finish a run by walking and gently stretching for at least 5-10 minutes.

Staying Motivated

Goals - Set yourself regular targets of either time, frequency or distance. You don't need to be involved in a race to be in competition. Sometimes, competing with yourself can be just as much of an exciting challenge.

Clubs and Company - Run with a friend or local group. Most clubs cater for all ages and ability levels, including beginners, and are usually a very friendly bunch. According to research, you're more likely to stick with regular exercise if it's a sociable activity that you do with someone else.

Diary - Keep a training log of your runs. This could include as much or as little detail as you like. You could note your route, distance, time and how you felt. If you ever feel like you're not making as much progress as you wanted, look back over your past achievements!

Variety – mix up your routes and distances to avoid the same old routine becoming boring. Doing other forms of exercise is known as cross-training. Swimming and cycling are other great ideas to support and improve your running, as well as being enjoyable exercise too.

Different Distances and Types

Track Running	Usually involves athletes running over specified distances on an oval running track. Events are generally categorised as sprints, middle distance and long distance, plus hurdles races.
Road Running	Anyone can enjoy road running and even compete in events with measured courses over an established distance. This could be running safely along pavements or in an organised events roads may have special permission to be closed to all vehicle traffic. These events normally start at 5km or 10km, ranging up to half marathons (13.1 miles) and marathons (26.2 miles).
Cross Country Running	Also similar to Fell running or Trail running – this usually takes place over open or rough terrain which may include grass, mud, woodlands, hills or even water.

1. According to the introduction, how many people in the UK are estimated to be going jogging at least once a week?

2. Look at the 'Beginner's Guide'

Find and **copy** the information to complete this table with the correct amounts of time.

Activity/Stage	Time to Spend
Gentle warm-up before each activity	
Start by walking any amount that feels comfortable	
Short running intervals to begin including	
Cool down by walking or gently stretching	

4. Look at the section 'Staying Motivated'.

Which of these ideas are suggested in the text to help with motivation? Tick **four**.

- | | | | |
|------------------------------|--------------------------|-----------------------------|--------------------------|
| Set yourself regular targets | ☐ | Run once every week | ☐ |
| Eat healthy food | ☐ | Keep a training log | ☐ |
| Run with a friend or group | ☐ | Mix up routes and distances | ☐ |

5. What does the guide suggest you might write in a running diary?

6. Look at the section 'Different Distances and Types'

Draw lines to match up the headings with the correct explanations.

Track Running

Safely on pavements or in events where roads are closed to all vehicle traffic.

Road Running

Over open or rough terrain which may include grass, mud, woodlands, hills or water.

Cross Country Running

Over specified distances on an oval running track.

P.E with Joe

<https://www.youtube.com/watch?v=-8o8wMgAT-Y>

PSHE

- Finish *Healthy Living* poster

- Write down 5 healthy living tips from your poster that you will do this week! Try to include when and how you will achieve them. For example, I will make myself a healthy breakfast every day. I will have a banana, an egg and a piece of whole wheat toast.

Spelling:

Write your spelling words out 3 times each and then circle the vowels (a, e, i, o and u).

Assess

Check your answers!

12 – 1: Lunch-time. Can you help the adults make lunch and tidy it away?

1 – 1.30: Spelling practice.

Write your spelling words out 3 times each and then circle the vowels (a, e, i, o, u)

Spelling words:

1. applicable
2. tolerable
3. operable

4. considerable

5. dependable

6. comfortable

7. reasonable

8. perishable

9. breakable

10. fashionable