



Rook's Nest Academy Homework

Year	5	Week beginning	6 th July 2020
<p>Our isolation homework will be a mixture of structured lessons from the Oak National Academy website https://www.thenational.academy/online-classroom (choose the Subject and Year group options) and more practical activities based around the Rook's Nest Academy curriculum.</p> <p>You should be reading for at least 15 minutes every day. This can be independent or aloud with an adult. Log on and do an Accelerated Reader quiz when you finish your book (you can access this from the Rook's Nest Student Start Page).</p> <p>Remember that daily lessons can also include sessions on TT Rockstars, Prodigy and Education City as well as PE lessons such as that run by Joe Wicks.</p> <p>Other useful websites include - https://classroomsecrets.co.uk/ , https://whiterosemaths.com/ , https://www.twinkl.co.uk , https://www.literacyshed.com/home.html and https://www.ase.org.uk/ase-coronavirus-hub-primary-remote-learning-resources . This list is not exclusive, there are many more!</p> <p>You will need to take breaks and make sure that you take daily exercise.</p>			

	English	Mathematics	Foundation Subjects/Practical activity
Monday	https://classroom.thenational.academy/lessons/reading-comprehension-9b9274	https://classroom.thenational.academy/lessons/to-describe-the-properties-of-diagonals-of-quadrilaterals	<p>Our topic for this half term is 'The Yorkshire Coast'.</p> <p>Complete the following activities during the week.</p> <ol style="list-style-type: none"> 1. West Yorkshire is the county that we live in but what things originate from Yorkshire, which are well known in UK and maybe around the world. You can also include famous people! Produce the information in any way you wish. Here are some ideas. 2. With sports day approaching this week, explain why it is important to get regular daily exercise. What are the short and long-term benefits to this? What types of exercises could people of different ages do around the house and in the garden? Combine these ideas to produce an explanation text. <p>Use the video below to help!</p> <p>https://www.bbc.co.uk/bitesize/clips/zgqw2hv</p> <ol style="list-style-type: none"> 3. Having a balanced diet is another way to promote good health. What are the five different food groups? Can you give at least 4 examples for each one? Produce a diagram similar to the one below and write a short paragraph for each one explaining why it is important. Extension: Create a diary of what you eat during the week. Do you have a healthy balanced diet?
Tuesday	https://classroom.thenational.academy/lessons/reading-comprehension-d297ca	https://classroom.thenational.academy/lessons/to-identify-describe-and-classify-3-d-shapes-based-on-the-properties	
Wednesday	https://classroom.thenational.academy/lessons/identifying-the-key-features-of-a-newspaper	https://classroom.thenational.academy/lessons/to-recognise-2-d-representations-of-3-d-shapes	
Thursday	https://classroom.thenational.academy/lessons/spag-focus-direct-and-indirect-speech	https://classroom.thenational.academy/lessons/to-recognise-describe-and-build-simple-3-d-shapes	
Friday	https://classroom.thenational.academy/lessons/to-use-key-features-in-order-to-write-own-newspaper-report	https://classroom.thenational.academy/lessons/to-illustrate-and-name-parts-of-circles	

Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 1040kJ 246kcal	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
12.5%	7%	6.5%	38%	15%
	LOW	LOW	HIGH	MED

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options

Oil & spreads
Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS