

6th - 17th July

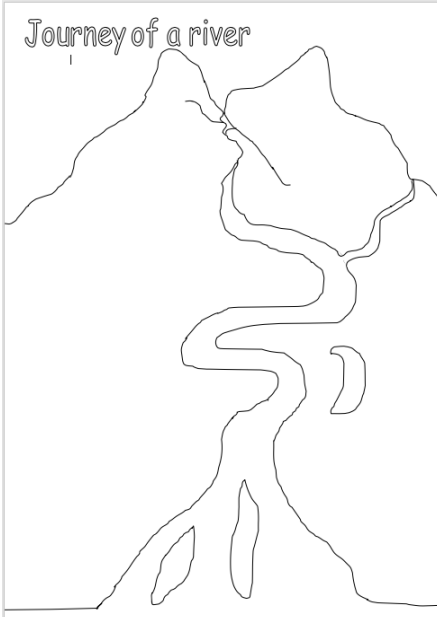
Science

These next few weeks we are going to look into rivers of the Northeast!

Your goal is to watch the BBC Bitesize video: Rivers and create your own "journey of a river" map. Using the template below, take as much information as you feel is important to share, and label then colour your journey!

Video:
[BBC Rivers](#)

There is a larger template below!



PSHE

Do you understand what a **relaxation** feels like?

Relaxation techniques can be used anywhere and also can be made fun! Using the techniques below, practice your breathing and relaxation with a family member and answer the questions during your practice!

After, you can create a relaxation pinwheel (in the art section)!

Students should close their eyes, or look down to their hands.

Guide students in taking three slow deep breaths in and out to see if they can feel their hands being moved.

You may like to count "1, 2, 3" for each breath in and "1, 2, 3" for each breath out, pausing slightly at the end of each exhale.

Encourage students to think about how the breath feels, answering the following questions silently, in their mind.

- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?

Geography

Create your own model of weathering, erosion and deposition!

All these materials you should be able to find outside or in your home!

Watch the video and create your own!

You may create the model, or draw it out on a piece of paper. Make sure you explain what is happening.

Video:

[DIY weather and erosion](#)

Instructions

- 1 In one half of the tray make a landmass with the sand (must be sloped downward).
- 2 Lightly drag a pen or pencil through the sand in an "S" shape to create a riverbed.
- 3 Place stones along the riverbed.

	<ul style="list-style-type: none"> - Can you feel it moving out through your nose? - Does the air feel a little colder on the way in and warmer on the way out? - Can you hear your breath? - What does it sound like? <p>Students can stand or sit for this activity.</p> <p>Ask students to put both hands on their belly.</p>	<p>4 Slowly pour water where the riverbed starts.</p> <p>As an extension, you may complete the weathering quiz, attached below!</p>
<p style="text-align: center;"><u>ICT</u></p> <p>Country Research Powerpoint!</p> <p>Pick a country and find out as much as you can or want about that specific country! If you have time, you can create a powerpoint with the information you find!</p> <p>Below are some questions that can help guide you in the right direction!</p> <ul style="list-style-type: none"> -Where it is in the world? -How far away it is from Britain (in kilometres) and how long it takes to get there by plane? -Does it have a coastline? -Is it an island or do other countries surround it? -What does the country's flag look like? -What is the name of the language spoken? 	<p style="text-align: center;"><u>RE</u></p> <p>Use your knowledge of Christianity that we have been learning over the year, and write a summary based on the most important facts!</p> <p>Remember, a summary has a main idea and 2-3 pieces of evidence or facts to elaborate on your main idea!!!</p>	<p style="text-align: center;"><u>Art/DT</u></p> <p>Can you create a relaxation pinwheel, using the template and your breathing techniques you learned through PSHE this week?</p> <p>Attached you will find the paper pinwheel (below) for our breathing/relaxation exercise!</p> <p>Decorate the pinwheel with a paper straw, thumb tac and a stopper. While it's true that pinwheels do turn better on a real pin the activity includes instructions for a pin free/split pin assembly too!!</p>

What is the money called?

How many people reside there?



PE

Lamp post training!

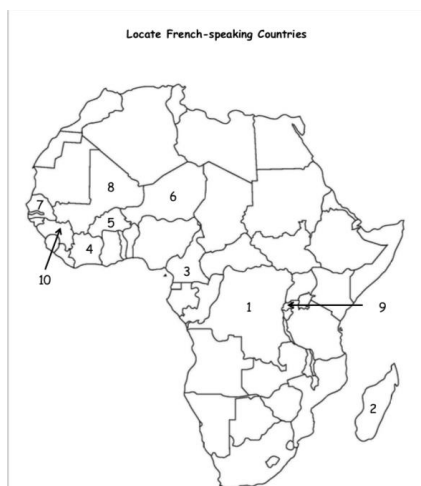
Go outside and complete some interval training using lamp posts!

By running and walking to every other lamp post on your street, try and beat Mr. Taylors high score of 20!

Objective is to run to the first lamp post, walk to the second, run to the third, walk to the fourth and so on!

French

Using an atlas or the internet, locate and label these french speaking countries! There is a large template underneath the curriculum board!



Music

Can you create your own musical instrument?

In school this year we are challenged to make maracas!! Attached you will find a way (one way) to create maracas at home! You may follow this clip or create your own! If you want to try and create one of the three other instruments on the, feel free!

Watch this clip:
[How to make Maracas](#)

WEATHERING & EROSION

1. Which of these might be carried by the wind, which causes the weathering of rocks?

- a. fog b. mud c. pollen d. sand

2. What caused the pipe in the team's demonstration to crack? _____

3. List three things that may cause the weathering of rocks.

1. _____ 2. _____ 3. _____

4. What is the process called when Earth's surface is broken down into smaller pieces?

5. What is the process called when pieces of Earth's materials are moved to another location?

6. Which of these does not cause erosion?

- a. liquid water b. ice c. sunlight d. wind

7. True or false: sedimentary rock is formed by deposition. _____

8. What is a major land feature formed through weathering and erosion by the Colorado River?

9. Which two weathering agents form mudslides?

1. _____ 2. _____

10. Explain how sunlight can cause a crack in the street.

MAKE A PAPER PINWHEEL

YOU WILL NEED:

- Scissors
- Glue Stick
- 1 x rubber eraser
- 1 x paper straw
- 1 x Pin (a map pin or thumb tac)
- 1 x Stopper (a rubber earring back, a seed bead or a Styrofoam ball)



INSTRUCTIONS

1. Colour in the front of your pinwheel and the small pentagon.
2. Cut along the black lines.
3. Glue each of the black dots into the centre, one of top of another.
4. Glue the pentagon on top, in the centre of the pinwheel.
5. Pinch one end of the paper straw to make it flat.
6. Lay the flat end of the straw on the eraser, and place the centre of the pinwheel on top of it.
7. Very carefully push your pin through all the layers of your pinwheel and the straw.
8. Pull the eraser off and put a stopper on the point of the pin.



A Pin Free Alternative

Use a medium paper fastener (split pin) instead.

Use a hole punch to form large holes on each dot. Fasten and open the split pin. Pinch the top of the paper straw together and cut a 1cm slit down the centre. Slide the split pin into the slit in the paper straw.

Locate French-speaking Countries



Journey of a river

