

Year Group:6

Date: Friday 19<sup>th</sup> June

Today is Enrichment Day so you will not have the usual lessons, instead please complete these activities.

P4C		Discuss the following questions with your families. Send some of your answers to your teachers. How should we treat animals? ... What is love? ... Is everything connected? ... Can kindness change the world? ... Can I think myself happy? ... What is so great about the world anyway? ... What's the difference between grown-ups and children? ... What is friendship?
Catch up!		Catch up with your reading, Mathletics or SPaG.com
		Cook a meal or do some baking with someone in your house, don't forget to take a picture and send it to your teacher!

**Having fun while exercising**

Look at some of the exercises suggested below for week 3 and select one or two to do today (send a photo in if you can).

15 Try and do some <b>crunches</b> : Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches	16 Do some <b>lunges</b> on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg	17 Do a <b>wall sit</b> – remember, stay still: Bronze: 20 seconds Silver: 30 seconds Gold: 60 seconds	18 <b>Squat</b> – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	19 <b>High knees</b> – Keep going without stopping Bronze: 30 seconds Silver: 50 seconds Gold: 1+ minute	15 Challenge yourself to <b>learning some new yoga posts</b> – watch a Youtube video to help.	16 Practise those yoga skills your learned and <b>see if you can balance for longer</b> than you did yesterday.
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Reading:

Please read daily and complete your reading record. You can access Accelerated Reader clicking here and putting in your user name and password:

<https://ukhosted2.relearn.co.uk/1894742/>

You may find that some of your books at home are also on AcceleratedReader, so re-read them and give the quiz a go.