

Health & Wellbeing

Year 5 – Useful Links

English

Change 4 Life. Activities to stay active at home and healthy recipes: <https://www.nhs.uk/change4life>



Headspace. Mindfulness app with free sessions during coronavirus: <https://www.headspace.com/covid-19>



Insight timer. Free meditation: <https://insighttimer.com/>

Yoga with Adriene YouTube channel: <https://www.youtube.com/user/yogawithadriene>



The Body Coach. 5 minute workouts for children. Live 30 minute PE sessions Monday – Friday: <https://www.youtube.com/channel/UCAxW1XTOiEJoOTYlRfn6rYQ>

Just Dance YouTube channel: https://www.youtube.com/watch?v=gCzgc_RelBA



Internet Legends. Internet safety game: https://beinternetlegends.withgoogle.com/en_uk/interland

Thinkuknow internet safety information and games: https://www.thinkuknow.co.uk/8_10/stay-safe/

Childline. Videos and games to support good mental health. Helpline - talk about anything: <https://www.childline.org.uk/>



Audible are offering free stories while schools are shut. No logins, card details or passwords needed:

<https://stories.audible.com/start-listen>



BBC Bitesize English Key Stage 2. Learner guides and games: <https://www.bbc.co.uk/bitesize/subjects/zv48q6f>

Topmarks. A selection of spelling, punctuation & grammar games and activities: <https://www.topmarks.co.uk/english-games/7-11-years/spelling-and-grammar>

IXL Year 5 English: <https://uk.ixl.com/ela/year-5>

Maths

Mathletics. <https://login.mathletics.com/>



BBC Bitesize maths Key Stage 2. Learner guides and games: <https://www.bbc.co.uk/bitesize/subjects/z826n39>

Top Marks maths games: <https://www.topmarks.co.uk/maths-games/7-11-years/times-tables>

Nrich. Open ended investigations and problem solving activities: <https://nrich.maths.org/9084>

Daily 10 mental maths. Choose what skills to practise: <https://www.topmarks.co.uk/maths-games/daily10>

Discovery

CBBC Newsround. Keep up-to-date with the latest news stories: <https://www.bbc.co.uk/newsround>



KS2 BBC Bitesize. Learner guides & games including science, languages, RE, music, history and geography: <https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

BBC live lessons: <https://www.bbc.co.uk/teach/live-lessons/primary-live-lessons/zmc9jhv>

Duolingo. Learn a language for free! Try 10 mins a day: <https://www.duolingo.com/learn>



BBC2 learning zone. A range of short films designed to inspire children: <https://www.bbc.co.uk/programmes/articles/4sOC9LC4YQsOZJKQnNZgg6R/learning-zone-ages-7-11>

TED Ed. Five minute animated films on a range of interesting topics: https://ed.ted.com/lessons?content_type=animations+talks&direction=desc&sort=publish-date&user_by_click=student



A selection of science experiments using household items: <https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>

National Geographic kids: <https://www.natgeokids.com/uk/discover/history/general-history/victorian-facts/>

Hetty Feather on BBC iPlayer. A drama set in Victorian London about a young girl and her life in the Foundling Hospital: <https://www.bbc.co.uk/iplayer/episodes/b07bpj6l/hetty-feather>



BBC Victorians videos: <https://www.bbc.co.uk/bitesize/topics/zc9xhyc/resources/1>



Operation Ouch on BBC iPlayer. Dr Chris, Dr Xand and Dr Ronx explore the ins and outs of the human body in a variety of eye-opening, entertaining experiments: <https://www.bbc.co.uk/iplayer/episodes/b03cdr8s/operation-ouch>



BBC Bitesize Forces: <https://www.bbc.co.uk/bitesize/topics/znmn39> <https://www.bbc.co.uk/bitesize/topics/zvr3nrd>

Tinkercad 3D modelling tool. Our school code is 1L6N RL8N 7EL4. If you don't have your login, email me! <https://www.tinkercad.com/>

Outdoor learning

Create some natural art
 Create a map of your flat/house/garden
 Make a stickman – then create a story of his adventures
 Go on a scavenger hunt (find something smooth...that smells nice...that animals might eat...)
 Sing a song using sticks or pebbles as your instruments
 Leaf threading – collect bundles to practice counting, time tables, patterns, symmetry
 Identify plants and trees that you can s
 Make a tree rubbing

List the changes now that Spring has come!
 Build a den for your favourite teddy
 Make a potion – list the ingredients, write the method to make it and what this potion will do!
 Enjoy some mindfulness – go out and get some fresh air
 Walk and talk with someone
 Write a poem about the natural world
 Take photos from an insect's point of view. Write down how the insect might feel. Try turning your thoughts into a story – a bug's life...




Scouts

Don't have a garden or can't get outdoors? Don't worry!
 The Scouts have come up with a list of fantastic activities to make the most of the great **INDOORS**:
<https://www.scouts.org.uk/the-great-indoors/>



Bicycle Kick

1



Lay flat on your back with your arms and hands straight and touching the floor.
 Copy the motion of being on a bicycle.



Lunging

2



Stand with your legs together and then lunge forward until one leg is right out in front of you.
 Bend your knee and flex your hip so your rear leg is almost in contact with the floor.
 Finally, return to your starting position.



Scissor Kick

3



Lie on your side with one arm stretched out and the other supporting your weight on the floor. Have your legs stretched out and toes pointed. Slowly lift your leg as high as you can lift it and hold for 5 seconds before gradually lowering to original position.



Toe Touch

4



Keep feet and legs together. Arch your back and stretch your arms and hands to reach and touch your toes whilst keeping your legs straight. Hold for 5 seconds and slowly go back to standing position.



Squat Thrust

5



Put your hands on the floor, shoulder width apart. Thrust your legs out behind you and in one movement bring both legs back into a lunge position, bending the knees into the chest. Repeat.



Sit and Reach

6



Sit on the floor with your back upright and legs out straight. Gradually bend your back, stretching your arms and hands out to reach your toes. Hold for 5 seconds and slowly go back to starting position.



Music

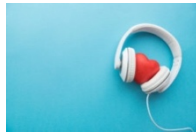
Stop the Verse

Children (and adults!) often know the first verse and chorus of a song well but are much less certain of the other verses. Sing the third and fourth verse of a song they know and stop in the middle of a line before a crucial word. Your child must then finish off the verse.

Drawing to Music

What you'll need:

Sheets of paper
Colour pens/pencils



Choose some songs from YouTube (movie soundtracks work really well) and have your child create a piece of art based on the song. Don't tell them the name so they are coming up with something that is completely their imagination.



Song Mixing

What you'll need:

Radio, paper, pencil

If you've ever jumped from radio station to radio station in search of a better tune, you know how much fun this game can be. Turn your radio to the first available familiar tune, and write down the first phrase you hear.

Now turn to the next station, and write down the second phrase. Go to the next station, and the next, until you have six phrases. When you're done, read the phrases as a new song.

Now try to sing it! Did you wind up with a third song that's fun?

Make your own music

This cool idea can be implemented in music classes. This game allows you to encourage your child's interest in music in a fun and entertaining way.

What you'll need: Sheets of paper, colour pens/pencils

Create symbols and denote the sounds they mean. For example, a star symbol means 'clap', a circle means 'stomp your foot', a triangle means 'hit the desk', and a square means 'snap your fingers'.

Display these symbols and get the children to compose their own music, using only the symbols.

Let the children display their music on the board while the others follow the 'notes' to create the music.



Hamstring Stretch

- Sit on the ground with both legs straight out in front of you.
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg.
- Allow the left leg to lie relaxed on the ground.
- Bend forward keeping the back straight.
- You will feel the stretch in the hamstring of the right leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.



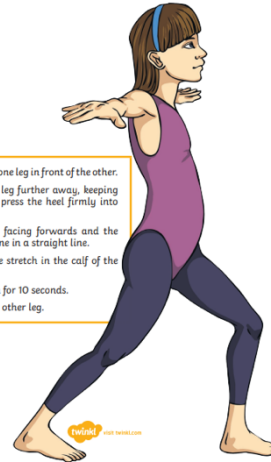
Hip and Thigh Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel with the ground and the right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use the arms to balance.
- You will feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Hold the stretch for 10 seconds.
- Repeat by turning and facing to the left.



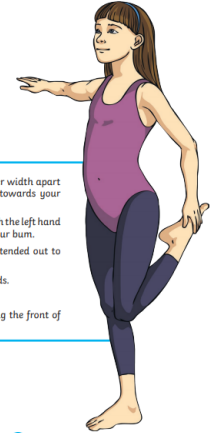
Calf Stretch

- Stand tall with one leg in front of the other.
- Ease your back leg further away, keeping it straight and press the heel firmly into the floor.
- Keep your hips facing forwards and the rear leg and spine in a straight line.
- You will feel the stretch in the calf of the rear leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.



Quadriceps Stretch

- Stand with your feet shoulder width apart and bring your left foot up towards your bum.
- Take hold of the left ankle with the left hand and ease the foot closer to your bum.
- Your right arm should be extended out to the side for balance.
- Hold the stretch for 10 seconds.
- Repeat with the right leg.
- You will feel the stretch along the front of the thigh.



Press-Ups

You can put your knees on the floor to make the move easier.



Step-Ups

Carefully, step on and off the bench, one foot at a time.



Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.



High Knees

Raise each knee in front of you, one at a time, as high as you can. To make this more challenging, try to do this quicker.



Leg Raises

Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor. Repeat with the other leg.



Plank

Hold your body in the plank position for as long as you can. Take a rest when you need to. You can put your knees on the floor to make the move easier.

