

## Class 7

With the school now being partially closed here is an overview of what we would have been covering in class 7 over the next few weeks. Please have a look through and hopefully there are some activities you will be able to do or adapt at home. I appreciate this is an unprecedented time and pupils may well find it very challenging to do anything that resembles school work at home. If I can provide you with anything else, please feel free to contact me. My work phone will be on during normal school hours and you can email me at any time and I will do my best to reply as soon as possible. I hope everyone stays safe and if you need any support we as a school are here and will do all that we can to help in these uncertain times.

### Main Lesson:

- Complete a food diary for a day/week. Look at pupil's daily food intake and work out what nutrients they are getting. Are they eating the recommended amount
- Complete a sleep diary and compare how much sleep each member of the family gets. What helps us to sleep and what hinders our sleep?
- Energy we get from food – what is food energy measured in? What foods contain the most energy? Are there different types of energy in food? What do we need energy for? Research what activities/exercises we do and how much energy we use doing them
- Look at food packets/labels and
  - Identify the labels that tell you the % of daily intake
  - Find out where the food comes from and plot on a map of the world the various places our food travels from
- Talk about food miles and if we think it is good/bad that food travels so far around the world. Ask if we can be self-sufficient? Pupils to research what we could grow throughout the year in the UK?
- We were going to begin talking about our bodies, puberty and how we change throughout our lives (I will be doing this once school reopens)
  - Childhood, adolescence, adulthood & old age – what happens to our bodies and what challenges we face during each stage
  - Cleanliness and who is responsible for keeping us clean during the stages and the importance of washing.
  - We will look at various images of people from all over the world and discuss their appearance and how they look may have an impact of other people's opinions of them – people with piercings, tattoos, dreadlocks, extremely long nails, tattered and torn clothes

### Literacy:

- We have been looking at instructions this term so anything to do with reading, writing and following instructions is good. Baking is great for this. Pupils can find something they want to make then find and follow the instructions. They can write out instructions of how to do something in a game they are playing.
- Blind food tasting - obviously what each pupils will eat varies massively but pupils will taste various food items and write descriptions of how they taste/smell and feel. Can pupils identify what it is they have eaten?
- Pupils can keep a diary of what they are doing whilst being off school
- Reading – any sort of reading whether it is reading books, magazines,

### Numeracy:

We have been working on statistics this term and have been gathering data on various topics.

#### Line Graphs -

- Body temperature throughout the day- pupils to take their temperature every hour and record it
- Heart rate – pupils record their resting heart rate then do some exercise. Re-take heart rate then time how long it takes for heart rate to return to normal. Variation. Do different exercises raise the heart rate more than others

#### Bar Charts –

- Present the data from the sleep diary

#### Pie Charts –

- Energy in and energy out – Pupils to work out how many calories they eat during the day and then find out how much energy they are exerting over the course of the day and then present this information in a pie chart

#### Addition/Subtraction

- Continual practise with column addition and subtraction. Ensuring pupils start with the unit's column
- Counting in various multiples - 2's, 3's, 5's etc....
- Any 2-step multiplication and division word problems (BB & MJ)

## Science:

<http://www.reachoutmichigan.org/funexperiments/agesubject/lessons/energy/peanut.html>

What does a plant need to grow?

Pupils will set up an experiment using sunflower seeds to determine the best conditions needed for a sunflower plant to grow. They will make predictions and take measurements. What do plants/seeds need to grow? Water, light, warmth, food (soil & space). Pupils will plant seeds and take 1 variable away –

1. Soil, warmth, light and water (This is our control)
2. Soil, warmth, light (no water)
3. Soil, warmth, water (no light)
4. If possible Soil, water, light (no warmth)
5. Warmth, water light (no soil)

## Twinkl

Twinkl is an online platform that provides resources across a vast range of topics. They are currently offering a free month's membership to anyone that would like to use it.

<https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>