**Upper 6th Class - Monday and Tuesday**

**Weeks beginning: 18th & 25th May 2020**

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| **Subject** | **Activity**  | **Links /Resources** |
| Monday am (week 1)Monday am (week 2 ) | Shop, Cook and EatChoose a simple meal to make for lunch/dinner (beans/hoops on toast and cheese). Find all the food items needed and the utensils and make the snack with appropriate support. Tidy up, clean and wash up at the end of your lunch. Work on independence skills from the previous week.Choose a more challenging meal to make for lunch/dinner (sausage, veg and mash). Find all the food items needed and the utensils and make the snack with appropriate support. Tidy up, clean and wash up at the end of your lunch. Work on independence skills from the previous week. | When setting the table:* Wash your hands
* Clean the table
* Decide which cutlery you will need and find the cutlery from the drawer
* Count out the people in your family - count out individually how many knifes/spoons/forks you will need
* Count out the mats and place them on the table with the cutlery
* Count how many drinks you will need for each family member and make the drinks. Maybe you could take an order for drinks? Like in a café.
* What else do you need for the table? Sauces/ spoons to serve food out etc

Making your meal* Wash your hands
* Look at your recipe or chosen lunch
* Decide what items you will need to make it
* Find all the ingredients in your kitchen
* Find all the utensils you will need – knifes/chopping board/graters etc
* Make your chosen lunch with support from a family member

Once everyone has finished, don’t forget to wash up and clean the table!! |
| Monday pm(week 1 )Monday pm(week 2) | EnterpriseContinue working in your garden, planting, digging, weeding or watering your seeds. Continue to fill up your bird feeders. From your household recycling, find some plastic bottles. Follow the link to make some hanging pots out of plastic bottles for flowers. These can be hung in a window outside or inside.  | <https://www.youtube.com/watch?v=W10gZ2Un2QA> |
| Tuesday am(week 1)Tuesday am(week 2) | Vocational – RecyclingSort your families recycling into different sections (e.g plastic, tins, food, cardboard). Then place them in the correct bins.Continue to sort your families recycling into different sections (e.g plastic, tins, food, cardboard). Then place them in the correct bins. | Recycling symbol - Wikipedia |
| Tuesday pm(week 1)Tuesday pm (week 2) | Gym /Sensory Gym – You now have your own fitness workout that you have developed over the past few weeks. Add another 5 exercises to your routine (you should now have 15). Keep practising and improve your stamina. Encourage your family to join in with you. Remember to warm down and stretch after your work out.Sensory –Follow the link to make some sensory bags. Use any material you prefer and make them as unique as you. There is lots of opportunity for some exciting mark making. Gym –Design a relay course in your garden. You could have obstacles/ things to weave in an out of. Have races against your family members. Make a score sheet and keep score of who wins each heat…..who will win the final?! Don’t forget to warm down and stretch after your exercise.Sensory –Follow the link to make gloop. A great sensory tactile experinece and great for mark making. | <https://www.youtube.com/watch?v=be35JR7kEhc><https://www.youtube.com/watch?v=gY905BQfpeo> |
| * Please refer to annual reviews for your child’s personalised targets.

We would love to see and hear about what you have been doing, feel free to email Beth and Emma – upper6th@parklane.cheshire.sch.uk  |