**Upper 6th Form**

**WK: 1st June & 14th June 2020**

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| **Area** | **Activity** | **Links** |
| PE/ Healthy Living  (Weekly) | 1. Go for a walk/cycle.  2. Take part in on online fitness session. Joe wicks  3.Fitness work out using household objects  4. Complete the yoga session. See link  5.I have also attached some virtual sports challenges sent to me from our local SSCO (schools sports coordinator)  6.Learn a tiktok dance/ or create your own | Yoga link  https://www.youtube.com/watch?v=ho9uttOZdOQ  <https://www.thrillist.com/home/10-ways-you-can-use-household-objects-to-work-out-diy-home-gym>  https://www.kidsyogastories.com/kids-yoga-poses/  Compass point challenge  <https://www.youtube.com/watch?v=90IuC7CAp8M&feature=youtu.be>  See information sheet on class distance learning page  Tri golf challenge  See information on class distance learning page  Volley Ball challenge  See information on class distance learning page  Handball challenge  See information on class distance learning page  <https://www.youtube.com/watch?v=uCLfS61R9pE> |
| Cookery/Daily living skills | Take part in a cookery session. Pasta salad for your picnic.  Make your own wraps for a picnic lunch. Choose your own fillings. Use the symbols provided to help you.  Making ice-cream/ ice lollies for the hot sunny days  Help around the house. Helping to wash and dry up, dusting, hoovering, making your own bed etc. | Pasta salad for your picnic.  C:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\EF582C11.tmpE.g. BLT pasta salad  <https://www.bbcgoodfood.com/recipes/blt-pasta-salad>  Other examples of lunchbox recipes  <https://www.bbcgoodfood.com/recipes/collection/lunchbox>  <https://www.bbcgoodfood.com/recipes/collection/wrap>  C:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\735129C.tmp  <https://www.youtube.com/watch?v=N4ztYjFxwmI>  C:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CF2BCE8A.tmp  <https://www.bbcgoodfood.com/recipes/collection/ice-lolly>  C:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\8F44922.tmp |
| Vocational Studies | Vocational – Recycling  Sort your families recycling into different sections (e.g. plastic, tins, food, and cardboard). Then place them in the correct bins. | Recycling symbol - Wikipedia |
| Countries and Cultures | This term the class will also be learning about Wales. Here are some things you could do. (See separate Wales file for work sheets)   * Make welsh cakes and welsh rarebit * Listen to and watch video of the welsh national anthem * Look at other traditional Welsh things. (See Power point) * Find and add Welsh flag to the map of Great Britain * Colour a template of the Welsh flag (see Scotland File) * Make a welsh daffodil | Making welsh cakes  <https://www.bbcgoodfood.com/recipes/welsh-cakes>  Making welsh rarebit  <https://www.bbc.co.uk/food/recipes/perfectwelshrarebit_13772>  C:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\570C2E0D.tmp  <https://www.pinterest.co.uk/redtedart/st-davids-day/> |
| Community  Community visit | Look at photographs, name friends & family members;  Go for a walk around your local area/ park. Return to your garden and enjoy the picnic lunch you made for yourself.  These are some of the places we hope to visit at some point this term.  Find photos and some information about these places.   * Buxton Town and pavilion gardens * Bramhall Hall and park * Fernillee Reservoir * The Goyt Valley * Rudyard lake * Carsington Waters | Carsington Waters Buxton  C:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1712BD0A.tmpC:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3645E09C.tmp |
| Art and  Extra | Watch and measure the sunflowers growth. Continue to Plot the growth of each sunflower on a homemade Sunflower design-measuring chart and a recording table.  C:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\8A4FF5FC.tmpSpring Art ideas  Summer artwork | C:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CCDADBB0.tmp  C:\Users\emarnell.PARKLANE\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\64F78508.tmp  <https://www.google.com/search?q=sunflower+measuring+char>t  <https://www.projectswithkids.com/spring-art-projects/>  <https://www.pinterest.co.uk/kidssteamlab/spring-art-projects-for-kids/>    <https://www.pinterest.co.uk/danettefos/summer-art-ideas/> |
| * Please refer to annual reviews for your child’s personalised targets.   I would love to see and hear about what you have been doing, feel free to email myself anytime – [eshaw@parklane,cheshire.sch.uk](mailto:eshaw@parklane,cheshire.sch.uk) | | |

