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

**Weeks beginning: 15th & 22nd June 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 (pizza and salad). You can make your own pizza or just use a frozen pizza. 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 (pasta bake). 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) | EnterpriseIts Father’s day on Sunday 21st of June. Make a card or a gift to celebrate. You can be as creative as you wish and use various textiles/paint. Follow the links to make something traditional or something different like the ‘Origami envelope’. Work in your garden, planting, digging, weeding or watering your plants. See if you have any new residents in your bug hotel that you made two weeks ago and remember to fill up your bird feeders for our feathered friends. | <https://www.youtube.com/watch?v=Bg421On6ruQ><https://www.youtube.com/watch?v=fBMZXPe2xuQ> |
| 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 – 30 minutes of exercise each day is very important to keep your heart healthy. Follow the link to a Joe Wicks workout. Encourage your family to join in too. Sensory –It’s Fathers Day on Sunday 21st of June. To go with your card/gift you made yesterday, with support, make a special afternoon tea – sandwiches and cakes for your dad. You could make a cake or cupcakes. The perfect present to say thankyou.Gym – It is suggested that young adults should do at least 30 minutes a day of excercice. So, lets have some fun! Choose **8** of your favourite dance tunes , invite your family for a danceathon. It should only take around eight songs for you to get your 30 minutes in, so make sure you choose your favourite tunes to get your heart beat up!Sensory- On the 20th of June it was ‘Summer solstice’ – the longest day, the day summer begins. Explore textiles, textures, paint and other sensory iems to create a piece of art work to celebrate.  | <https://www.youtube.com/watch?v=q20pLhdoEoY>Introducing Afternoon Tea the bistrot way... - Bistrot Pierre <https://www.youtube.com/watch?v=dqUemGLomFI>Summer Solstice Art Prints for Any Decor Style | Society6 |
| * 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  |