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

**Weeks beginning: 29th June & 6th July 2020**

|  |  |  |
| --- | --- | --- |
| **Subject** | **Activity**  | **Links /Resources** |
| Monday am (week 1)Monday am (week 2 ) | Shop, Cook and EatChoose a simple meal to make for lunch/dinner (soup and sandwiches). You can choose from a variety of fillings for your sandwiches. 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.Make a more challenging meal to make for lunch/dinner (sausage, mash and vegetables). 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) | EnterpriseMake a planter for your garden from recycled materials from you recycling collection from home. Follow the link to make a hanging planter from plastic bottles. You can use any size or type of bottle and be as creative as you want. Finish off your planters from last week or maybe make some more to add to your collection. Once you have finished you can work in your garden, planting, digging, weeding or watering your plants. Maybe add to your bug hotel, don’t forget to fill up the bird feeders and fill up a little dish/bird bath for the birds.  | <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 – Remember to do your 30 minutes of exercise each day. Choose a work out on you tube or go for a walk with your family. Maybe you could do your own exercise work out that you planned last term in the garden…. encourage your family to join in too!Sensory –It’s Independence Day on the 4th of July. Folllow the link to learn about what ‘Independence day’ means.Then, make some independence day themed crafts of your choice.When you have finished, follow the link to make some deliciios 4thof July snacks.Gym – Follow the link for lots of indoor and outdooor games and actvities for keeping fit. Why not try some of the suggestions that you may not have tried before! Sensory- Folow the link to make some beautiful sensory marbled paper. Explore the textures and paint to create a beautiful marbled art. (Please note..you can use ordinary paint for this activity).  | <https://www.youtube.com/watch?v=l0scSuHDlF4><https://www.youtube.com/watch?v=ITPokC0ztoM><https://www.youtube.com/watch?v=c_DhpRGwpck><https://www.youtube.com/watch?v=97p1ViKDau8><https://www.youtube.com/watch?v=ZiGFTS4MiV0><https://www.youtube.com/watch?v=65e5hKRPEnA>  |
| * 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  |