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

**Weeks beginning: 13th July & 20th July 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). 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 (make your own pizza with toppings of your choice). 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 bug repellent jar for your garden. It will help keep all the flies and mosquitos away in the summer months. Follow the link to make the jars. You can use any type of jar. Why not decorate or paint the outside of the jar…..be as creative as you want. Work in your garden, planting, digging, weeding or watering your plants. Over the term you have made lots of lovely things for your garden. You can also now check on our bug hotel, fill up the bird feeders, fill up the dish/bird bath for the birds, check on your bottle planters and re fil your bug repellent jars.  | <https://www.youtube.com/watch?v=8pCFGLsweUg> |
| 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 – Continue with your fitness routine that you’ve designed. Try and improve on your fitness levels. Make a progress chart and try and beat your score each time. Remember to cool down and stretch at the end.Sensory – Follow the link to make ‘cloud dough’. You can add different things to the dough such as – colours or chocolate. Gym – Follow the link from last week, or the new link, for lots of indoor and outdooor games and actvities for keeping fit. Choose a diffferent activity from last week and have a go. Encourage your family to join in. Sensory- Follow the link to make playdough. You can choose to make different colours and maybe add some essence to make different smells. Explore the textures and sensory aspects of the dough.Alternatively:Take part in a ball passing activity with your family. Focussing on communication and interaction. Choose who you want to pass the ball too, by eye pointing, gesture or saying their name. Once you have completed this, follow the link to some cosmic yoga routines or choose one you prefer on you tube.  | <https://www.youtube.com/watch?v=8xq0-M2Ut5w><https://www.youtube.com/watch?v=ZiGFTS4MiV0><https://www.youtube.com/watch?v=qCQ7BcTG4yQ><https://www.youtube.com/watch?v=YUXnSlWj7as><https://www.youtube.com/watch?v=hyD_TkhXZSc>  |
| * 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  |