

Y5 Topic Homework for Term 5

*This term we will be focusing on 'Moving and Grooving' as our topic, where we will be learning about maintaining a healthy lifestyle and how our bodies work. We have tried to choose activities that will extend the children's understanding, as well as encouraging them to share their learning with you. Feel free to help them as much as you feel is appropriate. Homework will be shared and celebrated and some pieces will be displayed in class. In preparation for secondary school it is extremely important that homework tasks are **completed on time**.*

Week commencing 21st April 2014: Create a food diary of all the food and drink that you consume within the week. You can present your results in a table, where you can also include the portion size and amount of food eaten. ***Hand in: Thursday 1st May 2014.***

Week commencing 28th April 2014: Design a healthy menu for a three course meal. Ensure that you include healthy choices. Please present your menus to encourage younger children to choose your healthy meal.

CHALLENGE: Try to make your three courses stay within the daily recommended allowance. Hand in: Tuesday 6th May 2014.

Week commencing 5th May 2014: Keep a log of some activities that you participate in over the week. These could be: reading, playing football, doing homework or playing a video game. Measure your pulse rate before and after the activity and record this in the log to share with the class. ***Hand in: Monday 12th May 2014.***

Measuring your pulse tip: Take your first two fingers and apply gentle pressure on your wrist, just below your thumb.

Week commencing 12th May 2014: Write a short story or a non-fiction report about the day in the life of a blood cell or how the heart works. ***Hand in: Monday 19th May 2014.***

Week commencing 19th May 2014: Half term homework: Create a fact file about a famous mover and groover for example: an athlete, a dancer or a key person who lives a healthy lifestyle. ***Hand in: Wednesday 4th June 2014.***