

Monday 22nd June

Hello Year 5,

We do hope that you are all well and taking care of yourselves and your families during these very strange times.

Here are the activities for this week for you to follow and complete. We're starting a new writing unit, learning about percentages, decimals and fractions in Maths and also focusing on healthy eating in PSHE. There's a sprinkling of art, P.E. and outdoor learning too! If you have some spare time or want to do some extra learning, you could visit <https://www.bbc.co.uk/bitesize> or <https://www.thenational.academy/online-classroom> where there are lots of lessons and activities to choose from.

As always, try to read for at least 20 minutes a day and take 'Accelerated Reader' quizzes from home by using this link [Howley Grange Renaissance at home](#) and logging on as usual using your username and password. To check that the book you are reading has a quiz, you can check it using on [Accelerated Reader Bookfinder](#). Remember you can read or listen to books online using <https://readon.myon.co.uk> and <https://stories.audible.com/start-listen>.

As well as learning, take time to relax, exercise and be kind to yourselves and each other.

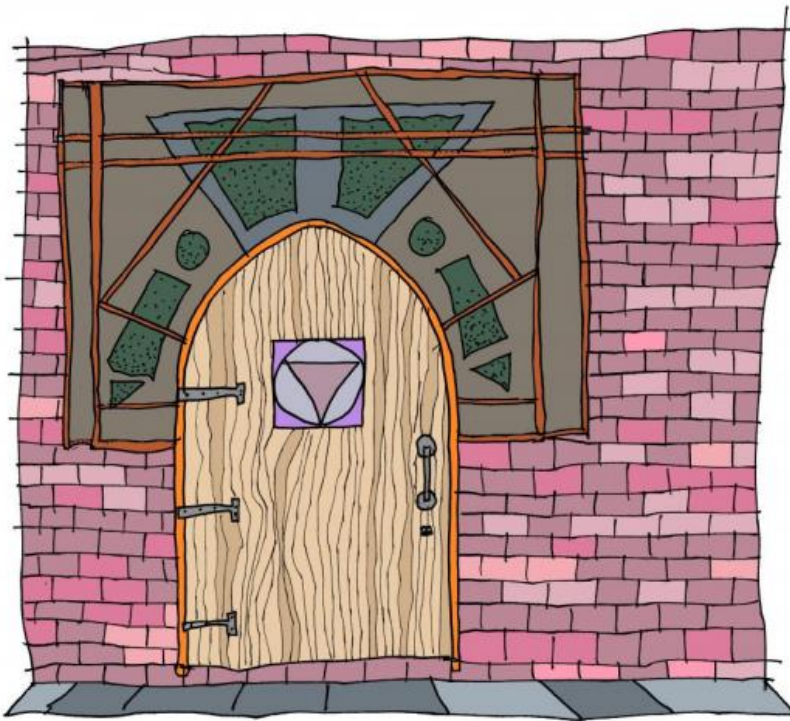
Best wishes,

Miss Savage, Mrs Montgomery and Mrs Graham too!

Doors

-the world of possibility

by Jamie Thomas



Introduction

Have you ever looked at a door and wondered what might be on the other side? Where may it lead? What may be hiding within? At first glance, a door is just a piece of wood, glass or metal that is opened and closed so that people can get in and out of a room, a vehicle or a space. But in the hands of a writer, a door represents a world of possibility, a world where things are not only hidden but often closed off and restricted. Together, through poetry, text games and narrative, we shall explore the potential that a door offers to you, the writer.

English Activity 1a

As you read this, our world is emerging from lockdown, having been shut behind doors for our own safety and the safety of everyone else. We have seen things that we had taken for granted being temporarily closed or stopped, like playing in the park with our friends.

★ **Make a list of all the things that you miss doing. You may like to think about some of the following categories:**

- seeing family
- seeing friends
- day to day things
- playing sports
- exploring your interests
- places you love to visit

Throughout these sessions, you may like to use these personal reflections to inspire and influence your writing.

English Activity 1b

This is an idea inspired by Kit Wright's poem 'The Magic Box' (you could search for this on the internet to read his poem). In the poem, Kit imagines what may be contained inside a magical box. We can use this idea to connect to what could be behind the magical door.

★ **Before you begin, brainstorm a list of ideas for what might be behind the door. Let your imagination run wild as there is no wrong answer. Once you have your list, have a go at writing a poem, using the repeating opener: *I opened the magical door and saw ...***

Here's an example to help you get going:

There is a copy of 'The Magic Box' by Kit Wright on the next slide and an example of a poem written by Year 5 children on the following slide.

I opened the magical door and saw shadows dancing.

I opened the magical door and saw a rainbow leading to another world.

I opened the magical door and saw people crying.

I opened the magical door and saw a magical fairground flooded in lights.

Once you have collected your ideas, go back and see if you can add to them. You can add more description or bring the thing to life through action, e.g. *I opened the magical door and saw a shoal of hungry shadows, tangoing through busy streets.*

'The Magic Box' by Kit Wright

I will put in the box

the swish of a silk sari on a summer night,
fire from the nostrils of a Chinese dragon,
the tip of a tongue touching a tooth.

I will put in the box

a snowman with a rumbling belly
a sip of the bluest water from Lake Lucerne,
a leaping spark from an electric fish.

I will put into the box

three violet wishes spoken in Gujarati,
the last joke of an ancient uncle,
and the first smile of a baby.

I will put into the box

a fifth season and a black sun,
a cowboy on a broomstick
and a witch on a white horse.

My box is fashioned from ice and gold and steel,
with stars on the lid and secrets in the corners.
Its hinges are the toe joints of dinosaurs.

I shall surf in my box
on the great high-rolling breakers of the wild Atlantic,
then wash ashore on a yellow beach
the colour of the sun.

You can listen to the poem being read by Kit Wright using this link:
<https://www.bbc.co.uk/bitesize/clips/zkpmhyc>

The Magical Door

I opened the magical door and saw ...
a world turned upside down:
the sea, now a floating ceiling,
the clouds, an inviting carpet.

I opened the magical door and saw ...
the reflection of myself:
standing, searching, staring,
questioning how this was possible.

I opened the magical door and saw ...
a sweet-treat paradise:
clouds of candy floss,
drifting across a bubble gum sky.

I opened the magical door and saw ...
a field of waves:
blue potatoes were leaping,
playing in white foam,
as puzzled farmers watched from sunny shores

I opened the magical door and saw ...
The image of a street I used to know,
But as I entered, everything changed;
As I reached out, everything had gone.

I opened the magical door and saw ...
A forest of mirrors,
surrounding me in dazzling white light,
leading me into a world of mystery.

I opened the magical door and saw...
A feast of my favourite foods
Guarded by monster chips
Waiting to fight off all invaders.

I opened the magical door and saw ...
Monstrous mobile phones
Herding people into little houses
And laughing, laughing, laughing.

I opened the magical door and saw...
The future.



MATHS 10-4-10

1. Which of these numbers is divisible by 5:

32 51 45 20 18

2. $\frac{2}{10} + \frac{3}{10} + \frac{4}{10} =$

3. $9278 = 9008 +$ _____

4. Round 3.48 to the nearest whole number.

5. How many hours in 3 days?

6. $2.39 \times 10 =$

7. $2.7\text{km} - 500\text{m} =$

8. $\frac{1}{4}$ of 12 =

9. How many sides has a pentagon?

10. $234\text{cm} =$ _____m

Remember -
ten questions
in ten minutes.

If you find one
tricky, just
move on to the
next and come
back to any
you have
missed at the
end.

Maths Activity - Understand percentages


For the next three days we are learning about percentages, decimals and fractions.


Use the following link to White Rose Maths Home Learning and watch the video for Summer Term - Week 8 - Lesson 1 - Understand percentages.


<https://whiterosemaths.com/homelearning/year-5/>

The video explains the concept in different ways; you can pause the video and complete the questions on the sheet or in your homework books, or you may prefer to watch the whole video first before completing the sheet. If you feel you want to just go ahead and complete the sheet, then feel free to do so. You can then check your answers to see how you got on (answers are at the end of the presentation).

Again you should have a go at completing the questions you feel confident to. Remember, don't worry, just try your best.

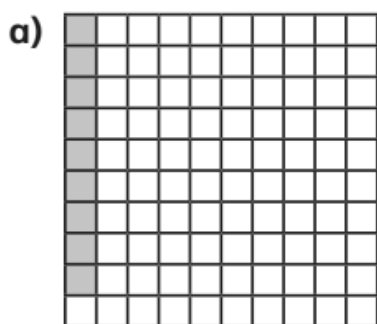
Questions 1 - 3 

Questions 1 - 6 

Questions 1 - 8 

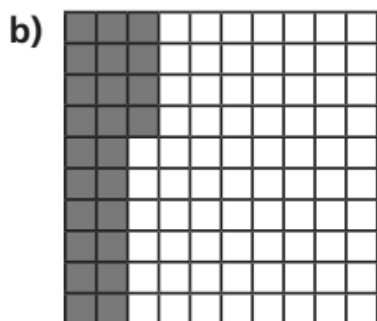
Understand percentages

1 Complete the sentence for each diagram.



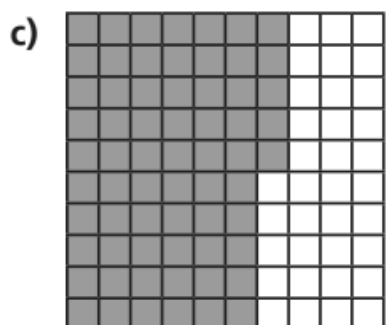
There are parts out of a hundred shaded.

This is %.



There are parts out of a hundred shaded.

This is %.

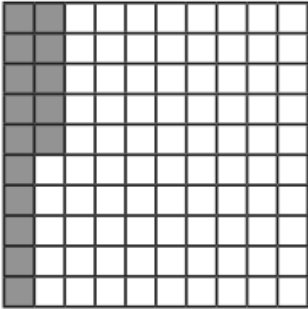
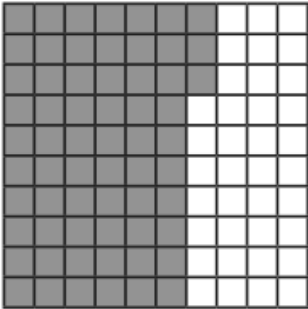
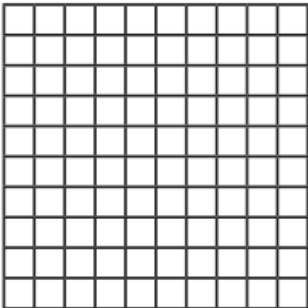


There are parts out of a hundred shaded.

This is %.

2

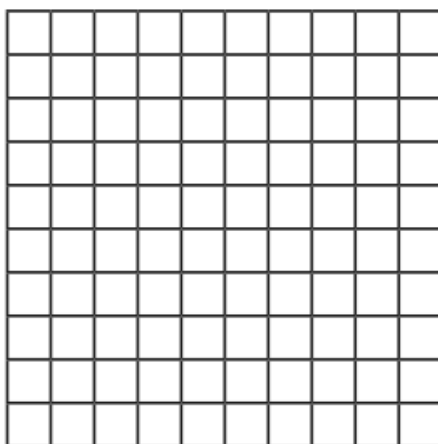
Complete the table.

Hundred square	Percentage
	
	
	82%

3

Shade 15% of the hundred square red.

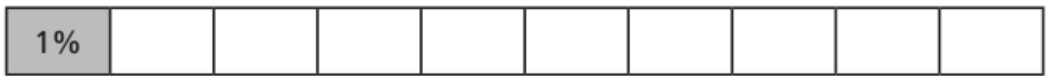
Shade 32% of the hundred square blue.

What percentage of the hundred square is **not** shaded?
 %

8

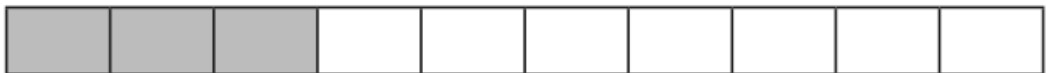
4

a) Is 1% of this bar model shaded? _____



Explain your reasoning.

b) What percentage of each bar model is shaded?


 %

 %

5

Passengers are boarding a plane.

The plane has 100 seats.

a) 10% of the seats are already full.

How many passengers are already on the plane?

b) 15% of the seats have not been booked.

How many seats have been booked?

c) How many passengers still need to board the plane?

7

Aisha and Brett have been selling tickets for the school play.

There are 100 seats available.

- On Monday they sold 34% of the tickets.
- On Tuesday they sold 42 tickets.
- By the end of Wednesday, 95% of the tickets had been sold.

How many tickets did they sell on Wednesday?

On Wednesday they sold tickets.

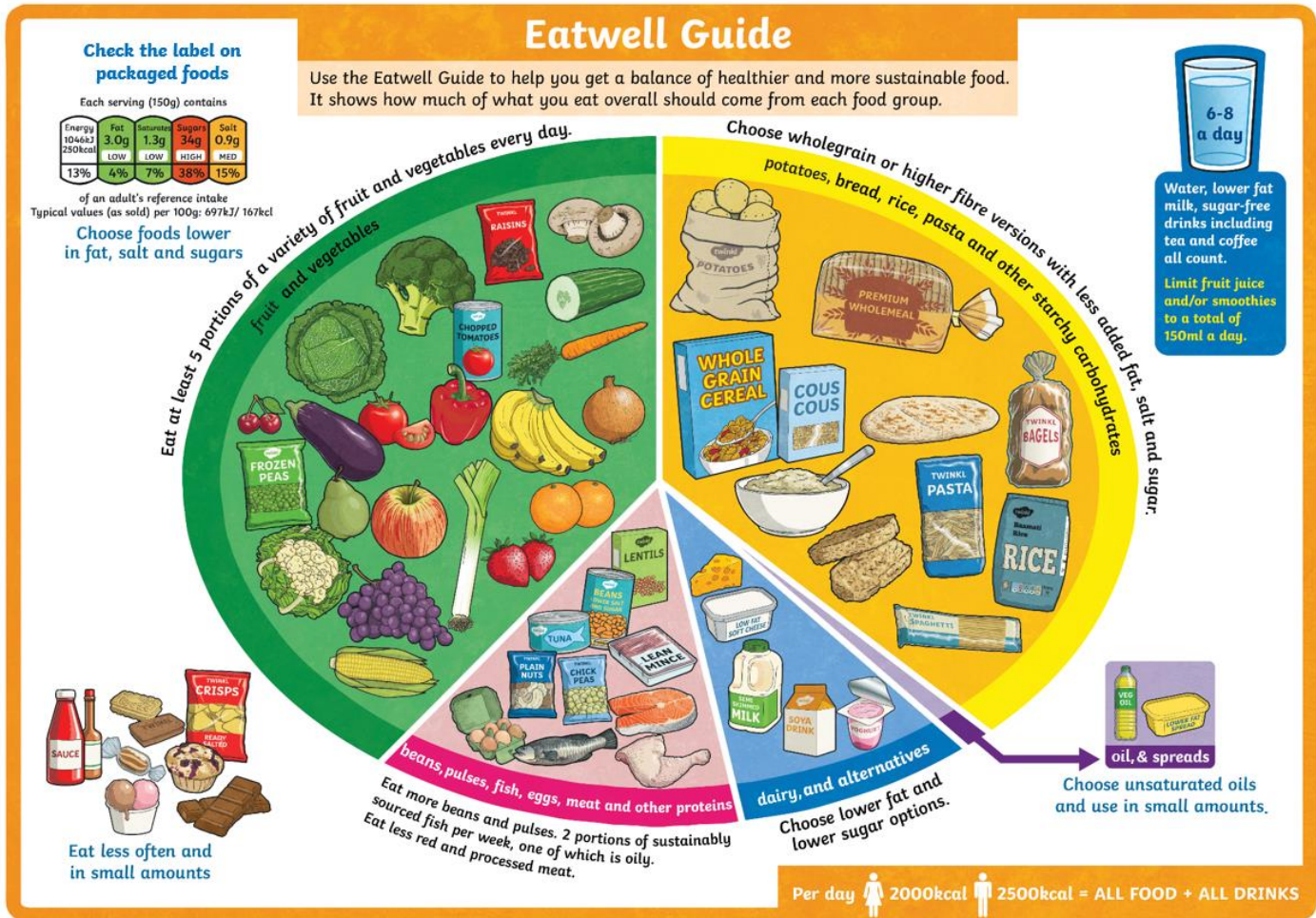
8

Shade 85% of this bar model.



PSHE - Healthy Eating

This week we are learning about how to stay healthy by thinking about the food we eat.

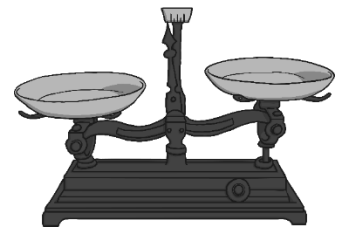


The healthy eating model for the UK is called the 'Eatwell Guide'.

Why do we need food?

Food keeps us healthy and help us grow.

Food gives us energy to be able to do things during the day.



Without proper nutrition, your body can't survive.



When you eat a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

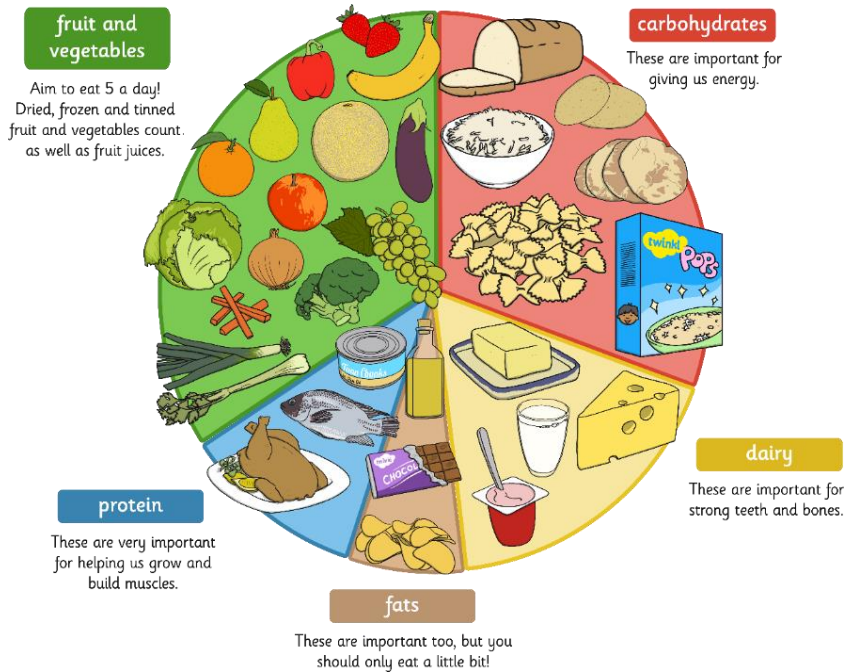
For example:

- Your body needs minerals to make hormones, build bones and regulate your heartbeat.
- Water is needed to flush out toxins, transport nutrients to cells and perform other vital bodily processes.

What should we be eating?

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.



Fruit and vegetables

Fruit and vegetables are a good source of vitamins and minerals, including vitamin C and potassium.

They're an excellent source of dietary fibre, which vitamins and minerals keep to help maintain healthy digestion.

A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers.

Vitamins and minerals help to keep your body healthy, to grow and repair and help to fight infections.

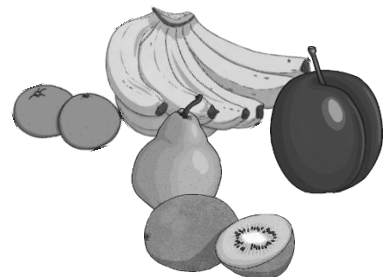
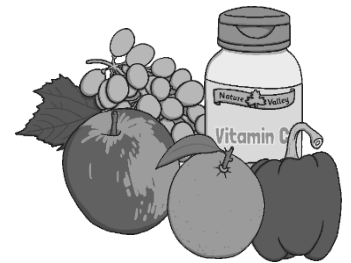
Fruit and vegetables taste delicious and there's a wide variety to choose from.

A portion of fruit (150g) is roughly equivalent to:

- 1 medium apple, banana, orange or pear.
- 2 small size apricots, kiwi fruit or plums.
- 1 cup of diced or canned fruit (no added sugar).

A portion of vegetables (75g) is roughly equivalent to:

- $\frac{1}{2}$ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin).
- $\frac{1}{2}$ cup cooked dried or canned beans, peas or lentils (preferably with no added salt).
- 1 cup green leafy or raw salad vegetables.



Bread, rice, potatoes and pasta (and other starchy food)

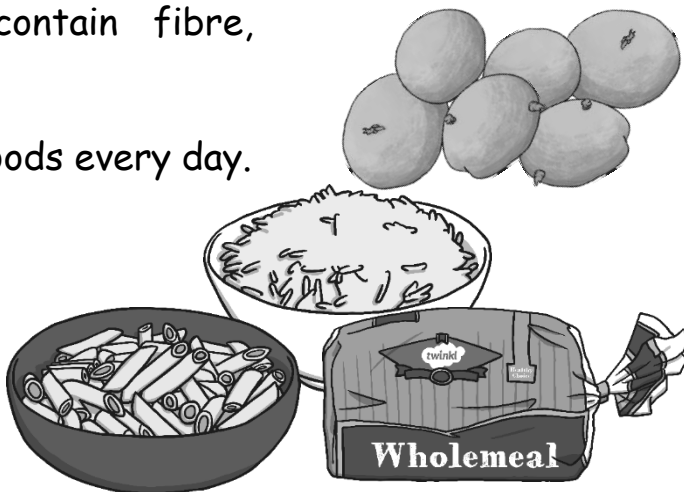
Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

Remember - potatoes don't count as one of your fruit or vegetables!

As well as starch, they contain fibre, calcium, iron and B vitamins.

You should eat lots of these foods every day.

Watch out for the added fats used when you cook and serve them; this is what increases the calorie content.



Milk and dairy

Milk and dairy products are great sources of protein and calcium. To make healthier choices, go for lower-fat milk and dairy foods.

Our bodies need protein to work properly and to grow or repair themselves. Calcium helps to keep our bones and teeth strong.

The calcium in dairy foods is particularly good for us because our bodies absorb it easily.



What counts as 1 portion of milk and dairy?

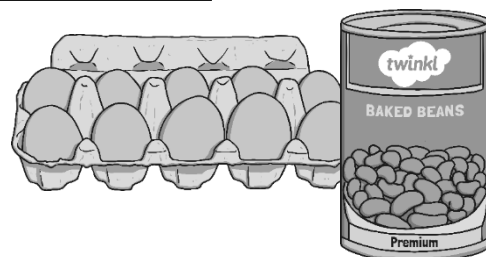
You should eat 2-3 portions of these every day.

200ml glass of milk;
150g or a pot of yogurt;
30g or a matchbox-sized piece of hard cheese.

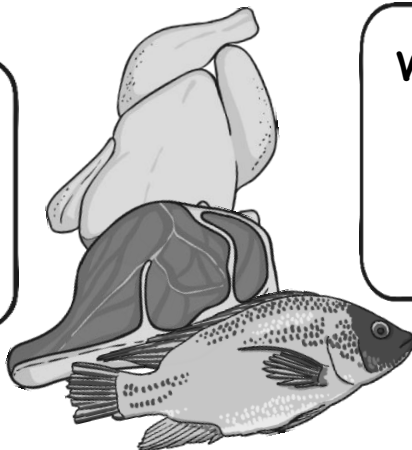
Meat, fish, eggs and beans

These products are a good source of protein, vitamins and minerals in your diet.

These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong.



Some meats are high in saturated fat, which can raise blood cholesterol levels.



We should eat some foods from this group every day.

Food and drinks high in fat and sugar

These foods provide the body with energy, warmth and insulation around vital organs.

Too much fat in your diet can raise cholesterol, which increases the risk of heart disease.

A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.



Saturated fats are found in many foods, both sweet and savoury. Foods high in saturated fats include:

- fatty cuts of meat.
- meat products, including sausages and pies.
- butter, ghee and lard.
- cheese, especially hard cheese.
- cream, soured cream and ice cream.
- some savoury snacks and chocolate.
- Confectionery.
- biscuits, cakes and pastries.
- coconut oil and cream.



It's best to reduce your overall fat intake and swap saturated fats for **unsaturated fats**. There is good evidence that replacing saturated fats with unsaturated fats can help lower cholesterol. Foods low in saturated fats include:

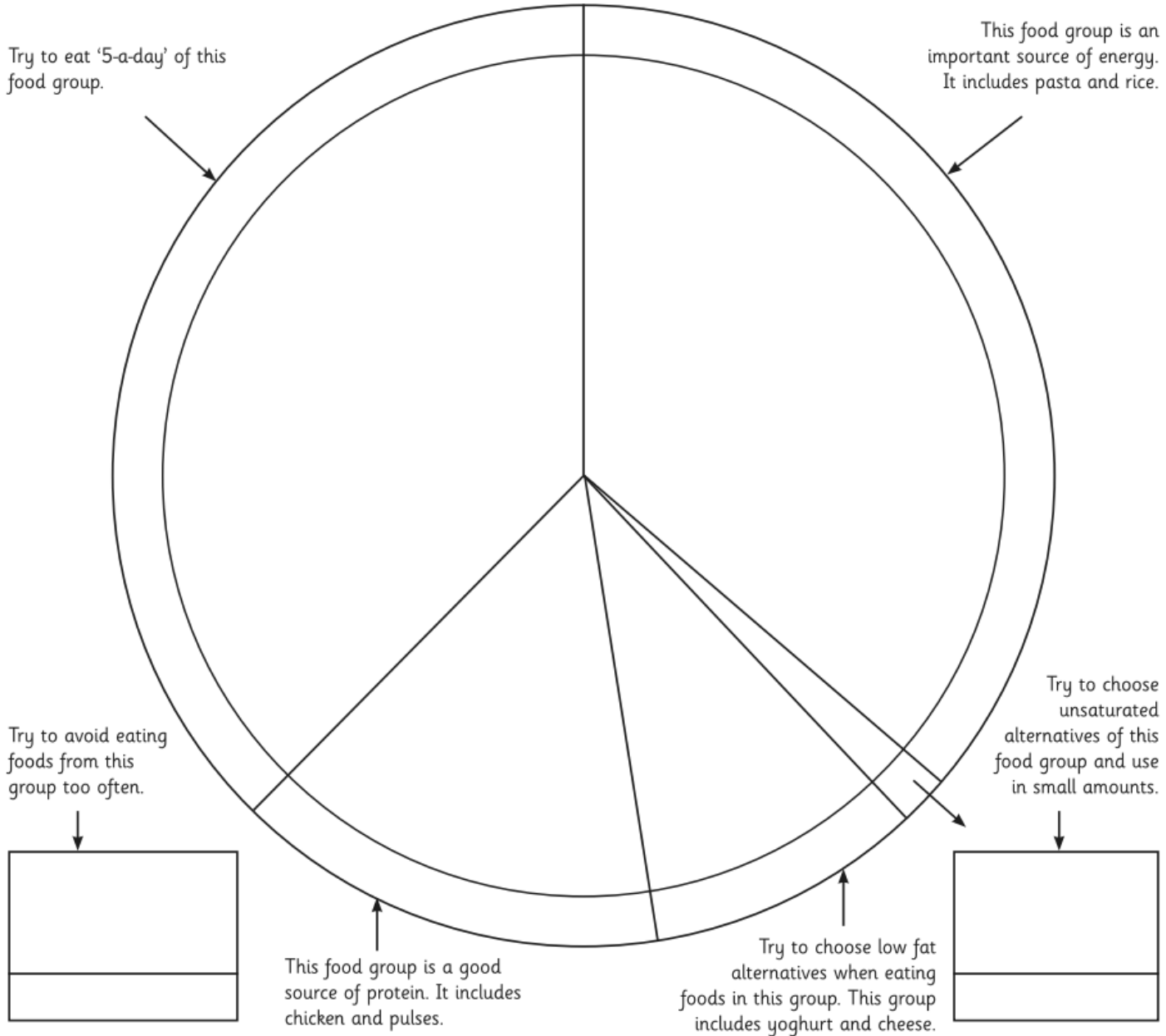
- olive oil, rapeseed oil and their spreads.
- avocados.
- some nuts, such as almonds, brazils and peanuts.



PSHE Activity 1 - Create your own 'Eatwell Guide'

During his career as an entertainer, French performer Monsieur Mange-Tout (Mr. Eat-It-All) ate bikes, shopping trolleys, beds, televisions and even a Cessna 150 aeroplane!

To keep healthy, there are certain types of food we should eat in moderation. No metal is included!



Label each section of the plate with one of the following:

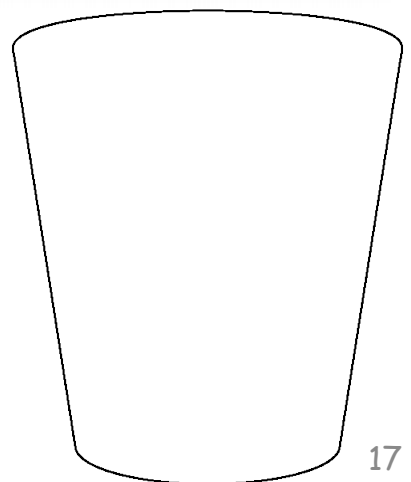
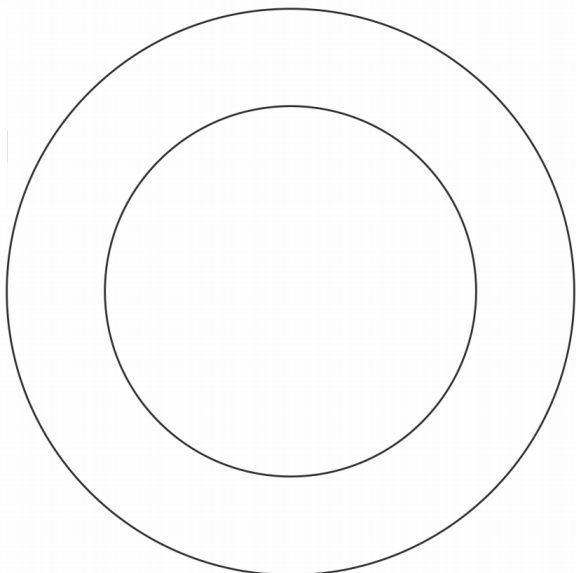
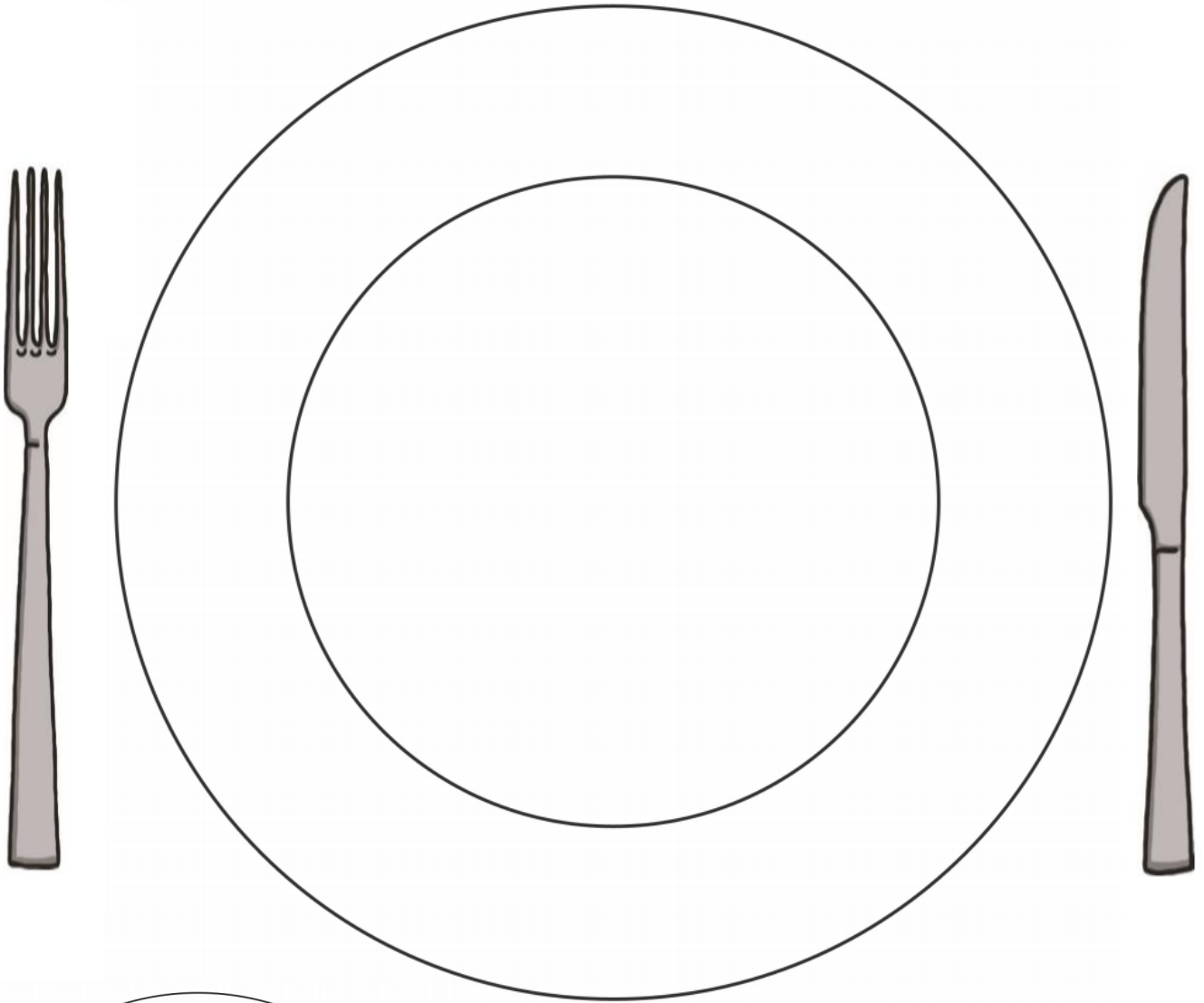
1. bread, rice, potatoes, pasta and other starchy foods
2. fruit and vegetables
3. meat, fish, eggs, beans and other non-dairy sources of protein
4. milk and dairy foods
5. foods and drinks high in fat and/or sugar
6. oils and spreads

Cut out and stick, draw or write the name of each food in the correct section of your 'Eatwell' plate. You may need to look back at the previous slides to help.



PSHE Activity 2 - Plan your healthy meal

Use today's learning to plan a healthy balanced meal for your family to eat. Try to use the correct proportions of the different food types. You may want to include a pudding too! Don't forget to think of a healthy drink to have with the meal.



PSHE Activity 3 - Design a food diary

Now is your change to get creative! Design a food diary to record everything that you eat for the next week. You can use the table on the next slide to help, or make your own on paper, as a booklet, a poster or maybe on the computer.

As you fill in your diary over the week, think carefully about what you have learnt about how much of each food group is needed for a balanced diet.

Amazing Fact

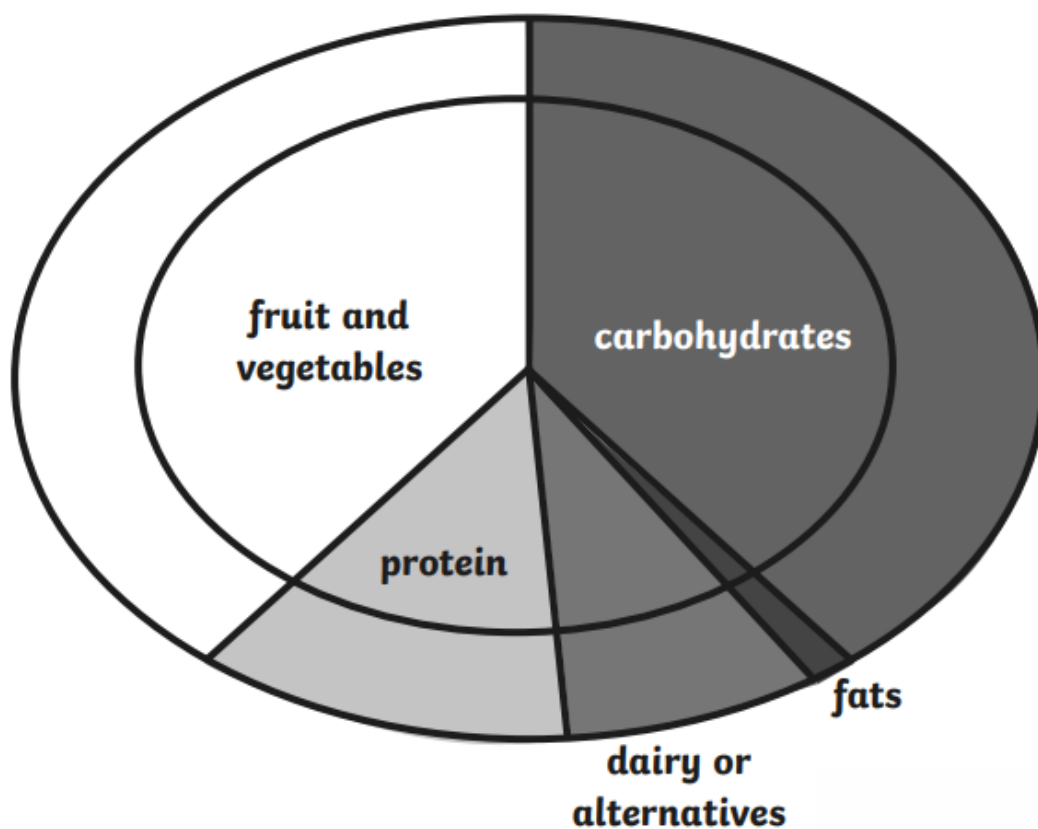
The Vision Diet, an unusual weight loss concept, was invented in Japan in the late 2000s. Based on the fact that most foods that look appetising are in the red-yellow colour spectrum, the dieter wears blue tinted glasses so that all food looks blue and therefore less appealing.

Challenge

Think about what makes a healthy diet.

Look carefully at the healthy eating plate and think about what foods would be included in each category.

Design a food journal for each day of the week. Be sure to include the correct proportion of each food type throughout the day.



You could also try to find out:

- what other strange diets have been developed;
- what percentage of the population at any one time are on a diet;
- what percentage of the population are overweight;
- what the most popular food in the world is.



My Healthy Eating Food Journal



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

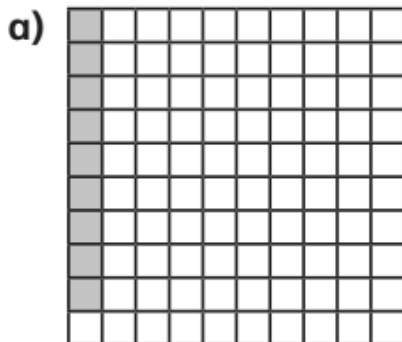
ANSWERS

ANSWERS 10-4-10

1. Which of these numbers is divisible by 5:
32 51 **45** **20** 18
2. $\frac{2}{10} + \frac{3}{10} + \frac{4}{10} = \frac{9}{10}$
3. $9278 = 9008 + \underline{270}$
4. Round 3.48 to the nearest whole number = **3**
5. How many hours in 3 days? **72**
6. $2.39 \times 10 = \underline{23.9}$
7. $2.7\text{km} - 500\text{m} = \underline{2.2\text{km}}$ or **2200m**
8. $\frac{1}{4}$ of 12 = **3**
9. How many sides has a pentagon? **5**
10. $234\text{cm} = \underline{2.34\text{m}}$

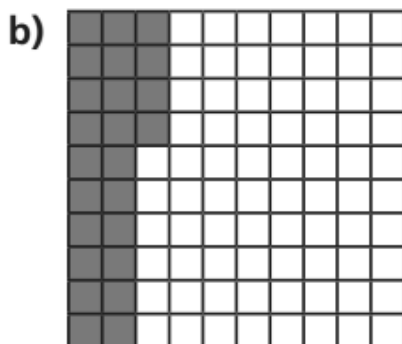
ANSWERS: Understand percentages

1 Complete the sentence for each diagram.



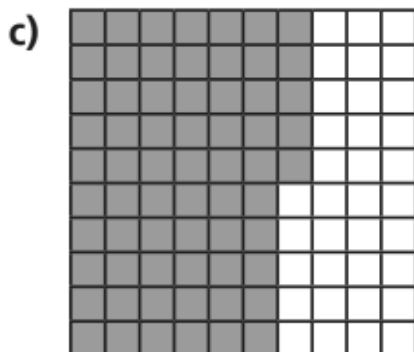
There are parts out of a hundred shaded.

This is %.



There are parts out of a hundred shaded.

This is %.

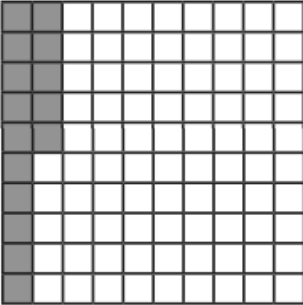
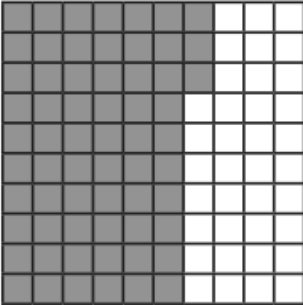
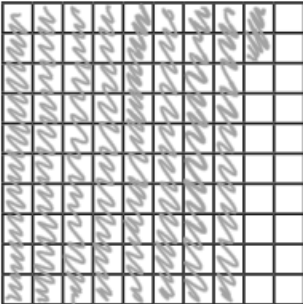


There are parts out of a hundred shaded.

This is %.

2

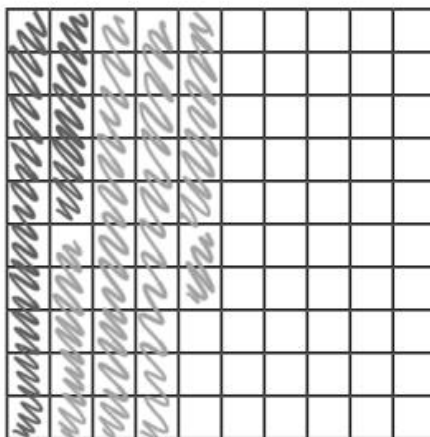
Complete the table.

Hundred square	Percentage
	15%
	63%
	82%

3

Shade 15% of the hundred square red.

Shade 32% of the hundred square blue.

What percentage of the hundred square is **not** shaded?

23
53%

4

a) Is 1% of this bar model shaded? No

Explain your reasoning.

It's split into 10 parts so each part is 10%

b) What percentage of each bar model is shaded?


 %

 %

5

Passengers are boarding a plane.

The plane has 100 seats.

a) 10% of the seats are already full.

How many passengers are already on the plane?

b) 15% of the seats have not been booked.

How many seats have been booked?

c) How many passengers still need to board the plane?

- 6 Dexter has £1 to spend.
He buys some stickers.



I got 35p change.



What percentage of his money did Dexter spend?

$$£1 - 35p = 65p \leftarrow \text{spent}$$

$$\frac{65p}{100p}$$

%

- 7 Aisha and Brett have been selling tickets for the school play.

There are 100 seats available.

- On Monday they sold 34% of the tickets. (34)
- On Tuesday they sold 42 tickets.
- By the end of Wednesday, 95% of the tickets had been sold. (95)

How many tickets did they sell on Wednesday?

$$34 + 42 = 76$$

$$95 - 76 = 19$$

On Wednesday they sold tickets.

- 8 Shade 85% of this bar model.

