

Wednesday 22nd April

Dear Year 6

We hope you and your families are well and have had a lovely Easter together. We hope you all had lots of fun in the sunshine and enjoyed many chocolate eggs!

Here are the suggested activities for this week for you to follow and complete.

Please also remember to take time to relax, exercise and be kind to yourselves.

Take care and keep smiling,

Mrs Graham and Mrs North

# Reading

As always, you should be aiming to read for at least 20 minutes everyday. Find some time today to sit quietly and read.

Remember you can now 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](#). It's okay to read books which haven't got a quiz - just keep a record of what you have read.

Keep reading and exploring new worlds and adventures!

# English Activity 3- Artistic challenge

Doors are not only exciting for what may lie behind them, they can be designed to invite you into their world. A few years ago, a derelict area of Funchal in Madeira was transformed by local artists who decided to bring the dead doors to life. The beauty of the art opened new doors, and soon homes, shops and restaurants flourished there. Here are a few of those doors.

★ Have a go at drawing, painting or creating your own door. What design would you choose? What would it represent?



# Maths Activity 3a - ten in ten 😊

1)  $356 + \quad = 638$

2) 240 minutes =  $\quad$  hours

3) 0.1 of 350 =  $\quad$

4)  $\frac{5}{7}$  of 280 =  $\quad$

5)  $\quad = 4572 - 3254$

6)  $9 - 7.023 = \quad$

7)  $292.87 \times 10 = \quad$

8) 3.5kg =  $\quad$  g

9) 50% of 560 =  $\quad$

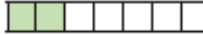


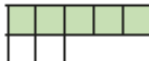
10)  $0.25 \times 860 = \quad$

You know the rule!

Ten minutes to answer ten questions 😊

## Introducing the ratio symbol

- 1 The ratios show shaded parts to non-shaded parts.  
Match the ratios, statements and bar models.

2:3	five to two	
5:2	three to two	
2:5	two to three	
3:2	two to five	

2



Mo

The ratio of purple  
to yellow is 5:4

It is 4:5



Alex

Who is correct? \_\_\_\_\_

Explain your answer.

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3

- Dani has some counters, cubes and marbles.  
Complete the sentences.

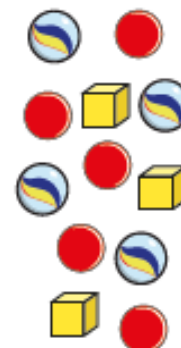
The ratio of counters to marbles is  :

The ratio of marbles to cubes is  :

The ratio of cubes to counters is  :

The ratio of counters to cubes is  :

The ratio of counters to cubes to marbles is  :  :



4

- Brett has drawn some triangles and squares.

The ratio of triangles to squares is 1:3

- a) Are there more triangles or more squares? \_\_\_\_\_

Explain how you know.

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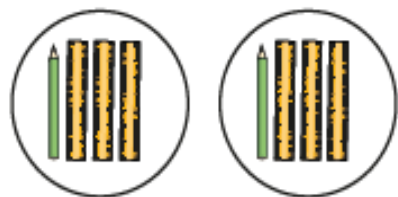
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- b) Brett has drawn more than 10 shapes.

Draw what Brett might have drawn.



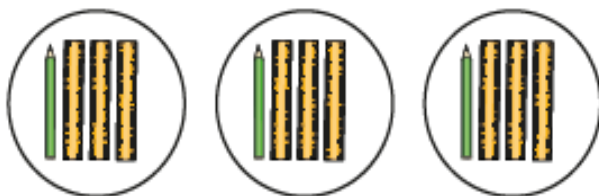
- 5 Here are some rulers and some pencils.



a) What is the ratio of pencils to rulers?

:

b) Here are some more rulers and pencils.



Ron

The ratio of pencils to rulers is the same as in part a).

Ron is wrong because there are more pencils and more rulers.



Dora

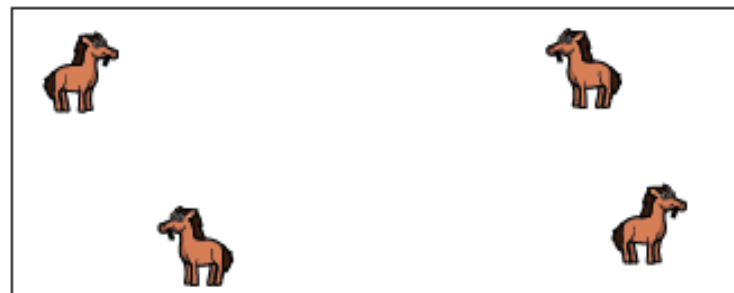
Who is correct? \_\_\_\_\_

Explain your answer.

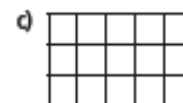
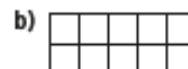
\_\_\_\_\_  
\_\_\_\_\_

- 6 The ratio of horses to chickens in a field is 2:5

Here are the horses. Draw the chickens.



- 7 Shade squares so that the ratio of shaded to non-shaded squares is 1:4



- 8 A box contains dark, white and milk chocolates.

$\frac{3}{8}$  of the box are dark chocolates.

$\frac{1}{2}$  of the box are milk chocolates.

The rest are white chocolates.

What does each ratio represent?

a) 1:3

\_\_\_\_\_

b) 4:1

\_\_\_\_\_

c) 3:5

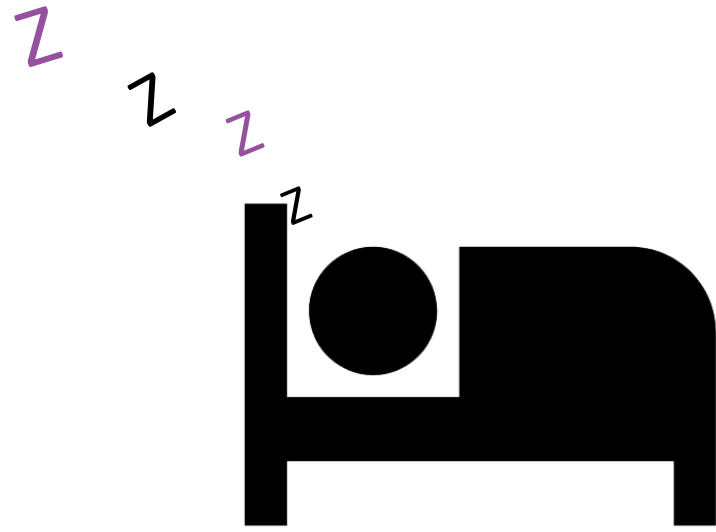
\_\_\_\_\_

# PSHE Activity

Sleep is very important for us all, especially at this unusual time in our lives.

The following few slides and activities have been created specifically to help you to think about your sleeping patterns and how you can improve them.





**Taking care of myself:  
getting a good night's sleep**



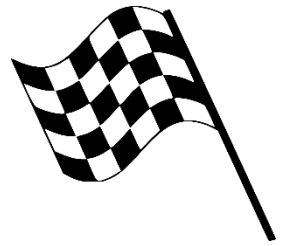
**We are learning about the importance of good sleep**



**We will be able to:**

- ✓ explain why sleep is important for a healthy lifestyle
- ✓ describe bedtime routines that help improve sleep
- ✓ identify how our sleep patterns and needs might change as we grow up

# Sleep: What's our starting point?



Draw a person getting ready for a good night's sleep — what might they be doing, thinking, feeling?

**Can you draw and write about:**

- How this person will feel when they wake up?
- Anything that is helping them to sleep well?
- Anything that might make it hard for them to sleep well?

Once you've finished your picture, put it to one side — you will come back to this later!



# Activity 1: Why is sleep important?

Go on a fact hunt...

Look at the information on the posters in your worksheet pack (pages 1-4).

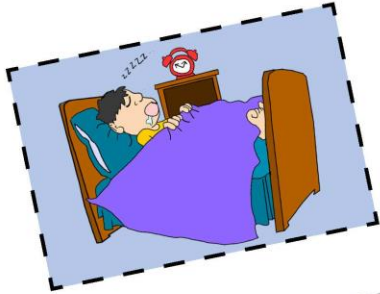
Use these posters to help you to answer the questions on the worksheet (My Sleep Factfile – page 5)

Could you now tell someone at home the 3 facts you think are most important?





# FACTS ABOUT SLEEP



Children aged 6-12 years old usually need between 10 and 11 hours sleep every night (some may need more or less). To wake up at 7am in time for school, a good time to go to bed is before 9pm.



Doing something relaxing in the hour before going to sleep can really help. This could be things like reading a book or listening to a story being read, having a bath, cuddling a pet, talking to someone in your family about your day, or playing a board game or puzzle.



Spending time outside during the day and exercising can help someone fall asleep and help them to sleep well.



Keeping to the same routine is a good idea, such as going to bed and waking up at the same time every day, even at weekends.

## TIDY YOUR ROOM!

A messy bedroom can actually affect good sleep! It is much easier to relax and fall into a deep sleep in a tidy, organised room. Making a bedroom dark and cool before going to sleep can also help.

## CALM DOWN!

Avoid running around or doing lots of exercise just before bedtime. This can make the body wake up when it needs to be winding down.



## TURN IT OFF!

All electronic screens like the TV, computer, tablet, mobile phone should be turned off at least an hour before bedtime. It's best to put them away in a room where people don't sleep.

## DON'T DRINK THAT!

Drinking or eating anything with caffeine (like coffee, tea or energy drinks) or lots of sugar (like sweets and fizzy drinks) can keep someone awake for a long time. This might mean that when they fall asleep, they don't sleep very well.

# SLEEP

**FEEL**  
happy

People who get good quality sleep are more likely to...

**MAKE**  
**GOOD**  
decisions

PERFORM  
better at sports



GET BETTER  
scores in exams

**AVOID**  
illness

**LEARN**  
better

BE MORE  
creative

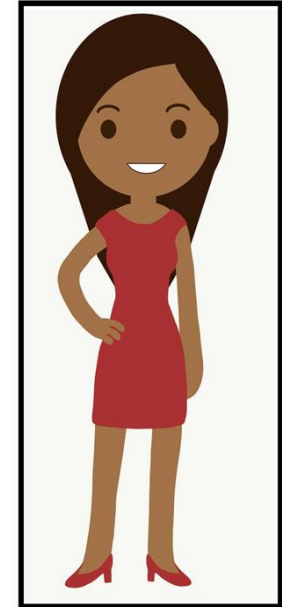


**REMEMBER**  
more

FEEL  
healthier

**HEAL FASTER**  
from an injury

# PUBERTY & SLEEP



As we get older, our sleep needs and patterns change. As children become teenagers, they need a bit less sleep each night (usually about 9 or 10 hours sleep per night).

Teenagers usually want to go to sleep and wake up about 2 hours later than younger children or adults. This is called a shift in their "internal body clock".

During puberty, a person's body produces new hormones and this mostly happens when they are in a deep sleep.

By getting good sleep the body can grow and develop during puberty. This will help to improve memory and learning. Good sleep might also reduce some other issues during puberty such as moodiness, getting spots or putting on weight.

# My Sleep Fact File

Use the previous four fact sheets to answer the following questions in as much detail as possible.

QUESTION	POSSIBLE ANSWERS
How much sleep do children need each night?	
Find 3 things to start doing that help someone get good sleep:	
Find 3 things to stop doing that would help someone sleep:	
What happens during sleep when someone starts puberty?	
Why is it important to get good sleep?	

Answers - 22/4/20



# Maths Activity 3a - ten in ten 😊

- 1) 282
- 2) 4
- 3) 35
- 4) 200
- 5) 1318
- 6) 1.977
- 7) 2928.7
- 8) 3500g
- 9) 280
- 10) 215

## Introducing the ratio symbol

- 1 The ratios show shaded parts to non-shaded parts.  
Match the ratios, statements and bar models.

2:3	five to two	
5:2	three to two	
2:5	two to three	
3:2	two to five	

2



Mo

The ratio of purple to yellow is 5:4

It is 4:5



Alex

Who is correct? Mo

Explain your answer.

For every 5 purple cubes there are 4 yellow cubes.

3

Dani has some counters, cubes and marbles.  
Complete the sentences.

4 marbles  
5 counters  
3 cubes

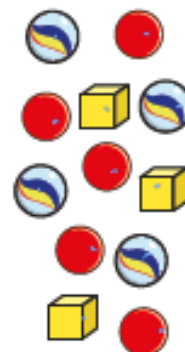
The ratio of counters to marbles is 5 : 4

The ratio of marbles to cubes is 4 : 3

The ratio of cubes to counters is 3 : 5

The ratio of counters to cubes is 5 : 3

The ratio of counters to cubes to marbles is 5 : 3 : 4



4

Brett has drawn some triangles and squares.

The ratio of triangles to squares is 1:3

a) Are there more triangles or more squares? squares

Explain how you know.

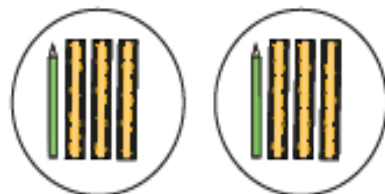
For every 1 triangle there are 3 squares.

b) Brett has drawn more than 10 shapes.

Draw what Brett might have drawn.



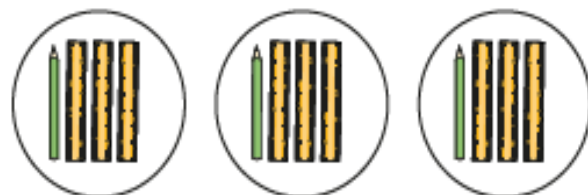
- 5 Here are some rulers and some pencils.



a) What is the ratio of pencils to rulers?

1 : 3

b) Here are some more rulers and pencils.



Ron

The ratio of pencils to rulers is the same as in part a).

Ron is wrong because there are more pencils and more rulers.



Dora

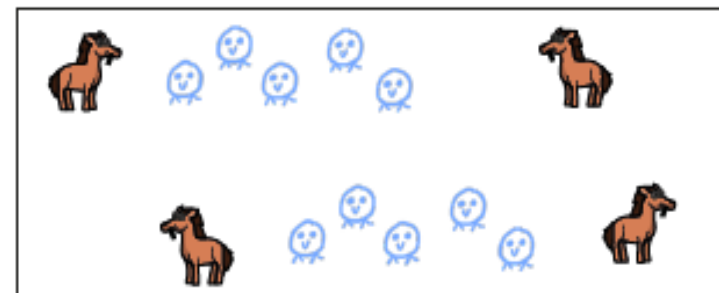
Who is correct? Ron

Explain your answer.

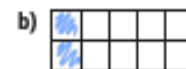
For every 1 pencil there are still 3 rulers.

- 6 The ratio of horses to chickens in a field is 2:5

Here are the horses. Draw the chickens.



- 7 Shade squares so that the ratio of shaded to non-shaded squares is 1:4



- 8 A box contains dark, white and milk chocolates.

$\frac{3}{8}$  of the box are dark chocolates.

$\frac{1}{2}$  of the box are milk chocolates.



The rest are white chocolates.

What does each ratio represent?

a) 1:3

white : dark

b) 4:1

milk : white

c) 3:5

dark : milk or white

# My Sleep Fact File : Answers

QUESTION	POSSIBLE ANSWERS
How much sleep do children need each night?	Children between the ages of 6 and 12 usually need around 10-11 hours of sleep a night and should usually go to bed before 9pm.
Find 3 things to start doing that help someone get good sleep:	Relaxing, calming activities before bed, such as reading, meditating, etc. Exercising outside during the day, keeping to the same routine, tidy their bedroom.
Find 3 things to stop doing that would help someone sleep:	Running around before bed (or rough play). Using electronics, game consoles, including phones, tablets, TV and computer (ideally these should not be in the bedroom at all). Drinking fizzy drinks or 'energy drinks' (which may keep us awake and make it difficult to fall asleep when we want to), eating sugary foods (which may make us feel hungry or thirsty not long after eating them).
What happens during sleep when someone starts puberty?	When asleep, the body makes hormones needed for the changes that happen during puberty. Sleep patterns also tend to shift around 1-2 hours later and they need slightly less sleep than they did before.
Why is it important to get good sleep?	It helps us to feel awake the next day and ready for school. We can find it easier to learn, have ideas for our school work, remember things we need to do (homework!), catch less colds and coughs, heal more quickly from injuries, perform well in tests and at sporting activities and feel well and happy.