

Tuesday 14th July

Theme - Celebration

Step 1 - The world is waiting for you is our new school vision for September.



"One step at a time," the climber muttered to himself as he ascended the escarpment.

The climb had been long and arduous, and he had to be mentally tough to ignore the ache in his legs.

Soon though, he would reach the summit, and all of the pain would be worth it. Climbing Europe's tallest mountain had been a dream of his ever since he was a child...

Discussion Points -

What does 'ascended' mean? What is the opposite of 'ascended'?	What does 'arduous' mean? Can you think of any words that have a similar meaning?	What might he find at the summit?
What is an escarpment?	What is the climber wearing on his feet?	How would a climber prepare for a climb such as this?
What ambitions do you have for your future?		

English task

Tasks - Early Years

Can you draw a picture of something you would like to achieve in the future?

Reception: Write a sentence explaining what you would like to be when you grow up. Upload it to seesaw, with your full name, for your new teacher to see.

Tasks - Key Stage 1

What is your dream?

Write a letter to your new teacher, telling them about your ambitions and dreams.

Tasks - Lower Key Stage 2

The climber in the picture set himself a goal and that was to get to the summit of Europe's tallest mountain. He had dreamt of doing this since he was a child.

What is your dream?

What would you like to achieve in your life?

Where will you have to go to achieve your dream?

What are the steps you have got to take to get there?

Do you know anyone who has achieved the same dream as you?

Maybe they are doing the same job you dream of.

Maybe they are living where you dream of living.

What challenges do you think they faced?

Discuss your dreams with an adult. Then think how you are going to achieve your dream.

Write down a plan detailing how you are going to achieve your dream?

How would you celebrate if you achieved that dream?

Tasks - Upper Key Stage 2

Sometimes people compare life to climbing a mountain. You are faced with many challenges you need to overcome and you celebrate every success you make along the way; small or big.

Think about the year ahead of you, either going into Year 6 or starting high school.

What do you hope to achieve this year?

Write a paragraph about one thing that you hope to achieve a year from now and outline how you will achieve it. It could be mastering a method you struggle with in maths, or making new friends at high school, or learning more skills in your favourite sport, or being a good role model to the younger children.

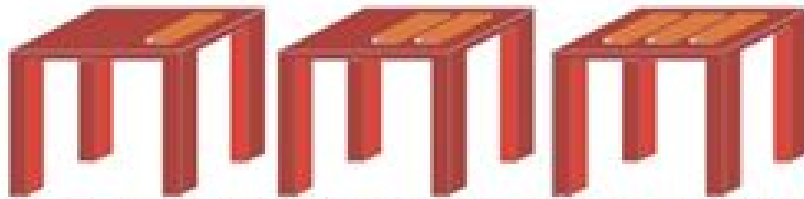
Maths task

This challenge is about chocolate. You have to imagine (if necessary!) that everyone involved in this challenge enjoys chocolate and wants to have as much as possible.

There's a room in your school that has three tables in it with plenty of space for chairs to go round. Table 1 has one block of chocolate on it, table 2 has two blocks of chocolate on it and, guess what, table 3 has three blocks of chocolate on it.

Now ... outside the room is a class of children. Thirty of them all lined up ready to go in and eat the chocolate. These children are allowed to come in one at a time and can enter when the person in front of them has sat down. When a child enters the room they ask themselves this question:

"If the chocolate on the table I sit at is to be shared out equally when I sit down, which would be the best table to sit at?"



However, the chocolate is not shared out until all the children are in the room so as each one enters they have to ask themselves the same question.

It is fairly easy for the first few children to decide where to sit, but the question gets harder to answer, e.g.

It maybe that when child 9 comes into the room they see:

- 2 people at table 1
- 3 people at table 2
- 3 people at table 3

So, child 9 might think:

"If I go to:

- *table 1 there will be 3 people altogether, so one block of chocolate would be shared among three and I'll get one third.*
- *table 2 there will be 4 people altogether, so two blocks of chocolate would be shared among four and I'll get one half.*
- *table 3, there will be 4 people altogether, so three blocks of chocolate would be shared among four and I'll get three quarters.*

Three quarters is the biggest share, so I'll go to table 3."

Go ahead and find out how much each child receives as they go to the "best table for them". As you write, draw and suggest ideas, try to keep a note of the different ideas, even if you get rid of some along the way.

THEN when a number of you have done this, talk to each other about what you have done, for example:

- A. Compare different methods and say which you think was best.
- B. Explain why it was the best.
- C. If you were to do another similar challenge, how would you go about it?

Well-being task



Create a proud cloud. Draw a big cloud shape on a piece of paper and fill it with all the things you are proud of.

Creative Learning

Many people have big dreams about things they want to achieve in their life, but they might lack confidence or think their dream is not achievable.

Picturing yourself achieving your dreams can give you the confidence to do what it takes to achieve them!

Draw a self portrait of who you want to be in the future and the dreams you hope to achieve.

Are you a doctor? Artist? Teacher? Lawyer? Vet? Athlete? Adventurer? The Prime Minister? Police officer? Musician? Marine Biologist? Computer Programmer? It's up to you!

Imagine yourself being that person!

DREAM BIG!

Make sure you post your self portrait onto Seesaw and tell your teacher who you want to be in the future!

Outdoor Learning

To be able to achieve your goals it helps if you are both physically and mentally fit. We practised these in week 2 and will do so again on Thursday. Do you think you will improve over the week?

Go outside and find a space. Within your own space, try each of these ideas and then using some of your favourites practice them and make up your own fitness sequence. You may need someone to demonstrate them for you.

Run: Run on the spot for 30 seconds.

Burpees: From standing, squat down, place your hands on the ground, and jump your feet back into a plank position. Lower body to the floor for a push-up. Push back up to plank. Hop feet back in and stand up.

Calf raises: From standing, lift up onto your tiptoes and hold, then lower

Crab walks: Sit with your knees bent and feet flat on the ground; place palms on the ground behind you. Lift hips a few inches and walk forward on your hands and feet like a crab, then walk backward.

Crab toe touches: From your crab position, lift left leg and right arm and try to touch your toes. Lower and repeat on the other side.

Hip bridges: Lie on your back with knees bent and feet flat on the ground; rest arms by sides. Press feet firmly down as you slowly lift your hips off the ground; hold for a few counts, then lower.

Inchworms: Bend forward at the hips and place hands on the ground with knees slightly bent, then walk them forward until you're in a plank position. Now walk feet in to meet your hands and stand back up.

Planks: Lie on the ground on your belly, chest lifted off ground. Flex your feet (toes on the floor), engage legs, and lift body up, balancing on forearms and toes. Keep entire body strong and butt in line with shoulders and heels. Hold.

Side leg raises: Lie on one side, with your feet and hips stacked; prop yourself up on your forearm. Align shoulder over elbow. Lift your top leg straight up, keeping foot parallel with the ground and flexing your toes; pause at top, then lower.

Squat jumps: Stand with your feet hip-width apart, bend your knees, and squat your butt back and down, then jump straight up in the air, and land back down in the squat with knees bent.

Supermans: Lie face down, with your arms and legs extended. Slowly lift your arms and legs off the ground as high as you can; keep the neck relaxed and look down at the ground. Hold, then lower.

Balancing: balance on one leg for as long as you can, then try on the other leg.