



Year 6 Self Isolation Activities

LITERACY	NUMERACY	HEALTH & WELLBEING	CREATIVE
Write a set of instructions how to play a game of football, hockey or basketball.	Practice your times tables	Plan a series of exercises which help improve your muscles?	Find a piece of music which is good to dance to - can you describe it? Why is it good to dance to?
Find out about Sir Isacc Newton.	Produce a bar graph showing how much exercise you have over a week.	Produce a poster showing why it is so important to have exercise?	Sketch someone running or jumping.
Find some pictures of people moving - can you add arrows and explain the forces at work?	Set yourself some multiplication sums to try using the grid method.	Find some relaxation activities to try? Which do you like? Why?	Can you find any paintings which show moving? Can you re-create it?

Research: Choose one of the forces - gravity, friction or air resistance to research. You can choose how to present your information.