



Year 6 Isolation Activities Spring Term - Symud (Move)

LITERACY	NUMERACY	HEALTH & WELLBEING	CREATIVE
Produce a persuasive poster or leaflet to encourage people to exercise more. Explain how often people should exercise and write about the benefits.	Practice your times tables. Times table blast on Hwb is great for this.	Plan your own schedule for keeping fit for 1 week. Follow the plan. How did you do?	Take a selfie of yourself showing an expression e.g., happy, frowning, shocked... Or you could do this looking in a mirror. Sketch your face, showing this expression. Add colour if you wish.
Choose a game or sport (make sure it is something that involves movement). Write a list of instructions showing how to play, or a list of game rules.	Create an exercise timetable, showing activities for each day of the week and the length of time each should be done. Show start times and end times for each activity. Perhaps you could do some research into the amount of exercise that people should do each day first.	Have a go at some yoga. https://www.youtube.com/watch?v=X655B4ISakg or Cosmic Kids Yoga are good places to start.	Have a look at the video showing the evolution of dance: https://www.youtube.com/watch?v=uqHt2VeYJN4 Which is your favourite decade? You could even try copying some of the moves!
Choose a type of exercise e.g., cycling, running, yoga. Carry out some research and present some facts about the activity. This could be a poster, fact page or even a presentation or video.	Look at the number of calories (kcal) in different foods - this should be displayed on food packaging in your home. Order foods from largest to smallest number of calories. Add/subtract amounts of calories in different foods. Find the average amount of calories in a selection of foods.		

Research: Find out information about forces e.g., gravity, magnetism, upthrust.