

Elm Weekly Tasks (22.6.20)

Task 1 (Mindfulness Monday) - Cloud Meditation

Find a comfortable position outside either sitting or lying down so that you are comfortable and able to look up and see the clouds.

Take 5 deep breaths.

Are the clouds fluffy or thin?

Are they moving?

Are making shapes of things you know?

Are all of the clouds the same colour?

What about the shades of sky behind them?

Enjoy the quiet thinking time for as long as you can, observing and breathing calmly.

Think about how you feel afterwards. Did your mind wonder or were you able to focus on the clouds?

Task 2 (SPAG)

Watch the clip below

<https://www.bbc.co.uk/bitesize/topics/zvwwxnb/articles/zc773k7>

Then complete the commas to the rescue worksheet (on the blog).

Task 3 (PE)

I would like you to continue with some PE each week, you can choose how many days but it is great to do something active each day, I know you are all busy walking and cycling so I am not expecting you to complete it every day. You are all used to doing Real PE as we use it in school for some of our lessons. When you have logged on (details below) to the home page scroll down and select Key stage 2.

Early Years / Key Stage 1

Key Stage 2

Please keep working through the suggested activity calendar.

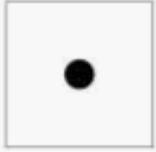
The website address is: home.jasmineactive.com

Parent email: parent@newbottlea-1.com

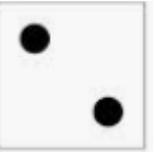
Password: newbottlea

Task 4 (Spelling)

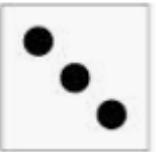
Using your Challenge words and a dice play Roll and Spin. Pick a word then roll the dice to see your challenge



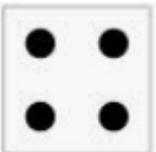
= Write the word with your other hand



= Write the word with your eyes closed



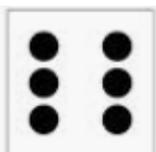
= Write the word as fast as you can



= Write the word in capital letters



= Write the word in a fancy way



= Write the word using tiny letters

Task 5 - The History of Fruit and Veg!

How are all your vegetables doing? I have quite a few peas now on the plants left at school and some carrots that are doing well too.

This task is going to get you thinking about the history of fruit and vegetables in the UK and Ireland, and how and why people from all ages grew different things.

Potatoes were said to have been introduced into England in 1586 by Sir Francis Drake, or one of Sir Walter Raleigh's men, Thomas Harriot. In the 1840s, there was a terrible potato blight across Europe which killed most of the crops. Ireland suffered catastrophically as a consequence and 40% of the population, who relied on the crop, starved to death.

Until the 8th century, Irish and British people did not grow fruit & veg. To supplement their diet of meat and fish, they foraged wild leaves, roots, berries and fungi. When veg was introduced to Ireland, the main things they grew were carrots, parsnips, celery, turnips, cabbages and onions. More exotic vegetables and fruit such as pears, plums and peaches were introduced to Ireland much later by English colonists from the 17th century.

Famous gardeners from the past include Percy Thrower, who died in 1988, and Gertrude Jekyll, a garden designer, artist and writer who was born in 1843. Gertrude created over 400 gardens in the United Kingdom, Europe and the United States. Other famous names that the children could investigate include Capability Brown or, more recently, Charlie Dimmock and Alan Titchmarsh, or Arthur Shackleton and Diarmuid Gavin in Ireland.

I would like you to go online to research the following fruit and vegetables.

Pea	Tomato
Bean	Peach
Carrot	Pear
Apple	Onion

Using the time line activity (see blog) can you mark when they were first introduced in the UK and Ireland?

Can you find out what people ate in the 1500's and the importance of fruit and veg in their diets?

How did people keep their food cool before fridges were invented?

Can you find out about exotic fruits and when they were introduced into the UK?

Extension Activities for Task 5

Research some modern gardeners such as Monty Don, Diarmuid Gavin, Chris Beardshaw and Pippa Greenwood.

Research famous fruit and vegetable gardens in the UK.

Suggested Timetable

Monday	Task 1 + Task 2	Choice of other activities + online Tasks
Tuesday	Teams Session + Task 5	Choice of other activities + online Tasks
Wednesday	Task 4 + Task 5	Choice of other activities + online Tasks
Thursday	Teams Session + Task 3	Choice of other activities + online Tasks
Friday	Task 5	Choice of other activities + online Tasks

Remember, this is only a suggestion, you can complete the tasks in any order you choose.

Other Activities to complete

Don't forget you have your packs/workbooks to continue working through

Online tasks to complete

Reading Eggs - Spelling and Reading Comprehension

Spelling Shed - New pattern and challenge words

Maths Shed - Times table practice

Sumdog - Class competition

Reading

It is important to keep reading every day, if you are running out of books, remember reading Eggs Library has a huge range of books for you to choose. In addition, you can access free books here.

<https://home.oxfordowl.co.uk/books/free-ebooks/>

Teams Meetings

Tuesday groups are below and Thursday altogether for Kahoot at 11am

11.00-11.30	11.30-12.00
Athena	Harrison
Willow	Edward
Joshua	Tom
William	Joe
Georgia	Felicity
Imogen	Toby S
Tor	Martha
George A	Louis
Lola	Thomas
Neve	Heidi
Vale	Toby B
George D	Jack
	Sophia
	Avnesh
	Kayla

Have a great week, any questions please just ask! I look forward to seeing all of this week's work.