

13th - 17th July 2020

Year 5 and 6 Challenge and Life Skills Week!

After many weeks of hard work we have decided to end with a **Challenge and Life Skills Week**. Please complete as many challenges or tasks as you can and share photographs or videos of them with us on Twitter or post to your Class Team. We hope you have fun and are as helpful as possible. Aim to complete 2 -3 tasks per day.

Don't forget that your Project Assignments have to be handed in by **Wednesday 15th July**.

Plus there will be one FINAL TT Rock Stars battle to finish off the year.

We look forward to seeing many of you in school throughout the week.

Mr B and Miss L

Challenges

- Place your hand on your shoulder with your elbow out on front of you. Place a coin on your elbow. See if you can move your arm quickly down and catch the coin before it hits the floor. (See video on Class Team).
- Eat a slice of lemon - can you keep your face expressionless?
- Put on as many layers of clothes as possible (tops and bottoms) - how many items of clothing can you fit on?
- Sit at a table with a pencil and paper. Ask someone to blindfold you. Draw a picture of yourself. What did it look like?
- Move 20 'Smarties' or some other type of sweet / fruit e.g. Maltesers, cherries, currants, sultanas, Gold Bears from one bowl to another as fast as you can without using your hands. What is your best time?
- Eat a piece of cake with your hands behind your back.
- Blow the biggest bubble possible - you could use soapy water and hands, a bubble blowing kit or even bubble gum.
- Build a cracker (Cream Cracker) or playing card house. How many floors can you build without it falling down?
- Take on a physical challenge e.g. complete so many steps per day, cycling, running, skipping, walking, keepy uppies, press ups, sit ups, star jumps etc. This should be a challenge and push your boundaries.
- With adult supervision / help design your very own challenge.

Life Skills

- Make a healthy lunch for yourself.
- With help / supervision - prepare a family meal.
- Bake something.
- Be responsible for the cleaning and putting away of all dishes for a day.
- Wash the car.
- Housework - give your bedroom a spring clean (including polishing, cleaning and hoovering). Complete any other household tasks set by your parents.
- Make the beds.
- Wash and dry a full load of laundry.
- Gardening - get rid of any weeds, help to cut the grass or tidy the garden or any outside spaces.
- Take your family on a walk - you are responsible for the route.
- Help put shopping away.
- Take the rubbish out / sort recycling.
- Clear / tidy the garage or shed.
- Anything else that will be helpful around your house.