

Daring to aim high, scale new heights, spread our wings and fly far.

Year 6 Homework Takeaway Tasks

Healthy Body, Healthy Mind

Spring Term

English		Maths		Foundation subject	
Setting goals can help keep our mind healthy! List 5 goals you would like to achieve this year. Then write or draw how you are going to achieve these goals. Draw a picture of your future-self achieving these goals, add speech bubbles to show how you think you will feel once you've completed them.		Having a routine and being organised can help us to have a healthy mind! Create a timetable of your weekly activities. Colour code what you are already doing that is good for a healthy body and a healthy mind. Add any other activities to your weekly timetable that you think could help you to have a healthier body and a healthier mind.		Create your own Mind Plan Poster. What can you do to help you keep your mind healthy when you are feeling confused or worried? Who would you talk to? What might you do to help calm yourself down? Where do you like to go to relax? What makes you happy? Try to remember these tips, it's healthy to be happy!	
Memorise a poem of your choice and either record yourself reading it aloud at home or read aloud in front of the class at school.		Research a healthy meal. Record the amount of ingredients needed for 4, 6 and 12 people. If time, make your meal and take photos of it.		Sleep is vital for a healthy body and a healthy mind! Collect a Public Health England Sleep Action Plan from Miss Hill, complete it and follow it through as best as you can, then reflect on it by half term.	
Create an informative presentation for younger children with advice about how to stay healthy. Think about what you can encourage children to do to have a healthy body and a healthy mind. You could do this on the computer on powerpoint or by hand.		Improve your memory and play a brain training game of your choice! Perhaps you could complete a jigsaw puzzle, a sudoku grid, do a crossword, play the tray game, scrabble, concentration, Uno, Go Fish or chess! Or play this matching pairs game, can you get quicker each time? Take photos and stick them in your book. https://www.mathsisfun.com/games/memory/index.html		Create a rhythm for 8 beats 1, 2, 3, 4, 5, 6, 7, 8 Record this in any way that will help you remember it. Tea, tea, coffee, tea / coffee, coffee, tea, tea X X xx X / xx xx X X Use body percussion to play it back, record it or perform in front of the class in school.	
Challenge activity Read the book: 'Giraffes Can't Dance' –you can borrow a copy of the book from Miss Hill and then write your own 'Growth Mindset' story about a character who feels like they can't do something...		Challenge activity Take your resting pulse rate. Complete a Joe Wicks Workout. Take your pulse rate straight after the workout. Then take your pulse rate 5minutes and then 10minutes after you have completed your workout. Plot your pulse rate results on a line graph and explain what and why your pulse changes in this way. Can you predict what your pulse rate might be 15minutes after your workout?		Challenge activity Create a collage of a healthy person – Try to think out of the box and think about all the different aspects that make up a healthy person, such as exercise, music, diet, hobbies and sleep! Be creative and think about what symbols or materials you could use to represent the different aspects of a healthy lifestyle.	

Please remember to read at home three times a week or more and record this in your reading record. Please also remember to practise your weekly spellings on spelling shed.