**A picture containing food, room

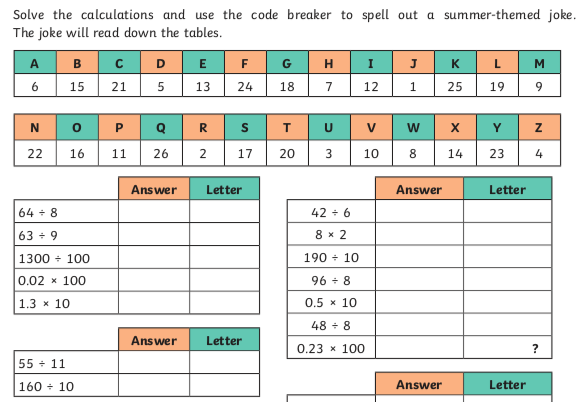
Description automatically generatedYear 5 – Home Learning Challenge 11**

**Daily activities**

* **Reading** for 20 mins per day- choose a book you love.
* **Spelling (15 mins)**  practice using Look, Say, Cover, Write and Check – Test yourself on a Friday.
* **Maths (20 mins) –** a task from the fluency ladder – only move onto the next step when you are an expert! Test yourself on a Friday.
* **Mindfulness (10 mins) –** find a calm, quiet space and listen to some relaxing music. Close your eyes, be very still and breathe in for 3 counts and out for 4 counts.
* **Physical activity –** Listen to a piece of upbeat music every day, turn up the volume and dance like no-one is watching! Not into dancing? Why don’t you join the Body Coach for a live workout Monday – Friday at 9am? Go to YouTube and search ‘The Body Coach TV’.

|  |  |
| --- | --- |
| Spellings | |
| Special | Partial |
| Official | Essential |
| Financial | Initial |
| Social | Confidential |
| Artificial |  |

Write a post card to a friend or a neighbour to tell them some of the things you have been up to during your time off.

Write

Code Breaker