



Brookland Junior School



Year 5 – Home Learning Menu – Autumn Term

ART

Create a piece of art recycling newspaper, card, paper etc. Be inspired by Ferry Staverman and David Stark!

Wellbeing

1. Design and make a smoothie.
2. Give it a rating out of 5. Would you make it again? Why/ why not?
3. Follow this recipe to make Spaghetti and meatballs (change the style of sausage to suit your dietary requirements)

<https://www.bbcgoodfood.com/recipes/cooking-kids-spaghetti-meatballs-hidden-veg-sauce>

4. Take some time to do some mindfulness colouring.

Music

1. Make a musical instrument with items around your home.

2. Research someone that plays the same musical instrument that you have made. Create a fact file about that person, their name, age, name of at least 5 songs/ albums they have made, an interesting fact about them

3. Ask a member of your family their 3 favourite songs from when they were growing up. Listen to those songs and give them a rating out of 5. What did you like/ not like about them?

Spanish

Look at this BBC website for Spanish and pronunciation of some letters:

<https://www.bbc.co.uk/bitesize/topics/zvhxt39/articles/z7mytrd>

PE

1. Design a home fitness workout with things around the home. What could you use?
2. Take your heart rate (find your pulse and count how many beats in one minute) this is your resting heart rate. Now complete 10 star jumps, 10 burpees and 10 squats. Check your heart rate again. What has happened?

3. Complete <https://www.youtube.com/watch?v=f0wNc5SKBaQ> and <https://www.youtube.com/watch?v=4vpUAcLtZ3A>

Science

Experiment

1. Choose either salt or sugar
2. Put a teaspoon amount in a cup half full of water
3. Stir with a spoon for few minutes
4. What happens to the sugar/salt?
5. Record the result of your experiment

Geography

Create a fact file about Iceland that includes information about its climate, landscape, flag, population, location, etc.

History

Design a Viking sword and shield. Explain what materials you would use. Make the sword and shield.

PSHE/OUR RIGHTS

1. Choose a person to research for Black History Month and create a fact file about them.
2. Choose a Rights Respecting article and create a poster about it.
3. Think of 5 kind acts that you could do for someone else during the month and write them down. Once you have completed them, ask the person you helped how your kindness helped them.

RE

Find a list of the Ten Commandments online. Discuss with your grown up, which ones do YOU think are the most important and why? Do you think everyone should follow these rules, even if they are not Christian? Do you think maybe only some of them are still relevant now? Think about what your own values are and put the Ten Commandments in order, from most to least important.