**Year 6 planning**

**Thursday 25th June**

* **9am- live PE session with Joe Wicks (Body Coach TV on YouTube)**
* **9.30 am- Break**
* **10.00- 12 pm- Eat Well Plate-** look at the poster of the Eat Well plate showing the 5 different food groups and the percentage of each group you should eat and complete the following tasks:
1. Make a list of the different foods that go into each group.
2. Use the ‘My own eat well guide’ sheet to record the amount of food in each group you ate yesterday and then calculate the percentages.
3. Use the Eat Well plate percentages to calculate the angle of each food group section (complete the 1 dot, 2 dot or 3 dot sheet) Get a paper plate and draw your own Eat Well plate pie chart. You will need a protractor to measure the angles accurately and remember to colour each section using the correct colour for that food group. Include a key.
4. Create a balanced meal that includes the correct proportion of food from each food group in it.
* **1.00- Reading activities- relax for half an hour and enjoy a bit of quiet time as it is going to be an afternoon full of physical activity!**

**.** You can do ERIC reading with a book you have at home, listen to an audio book, read one of your Ereaders on Bug Club or play on Nessy. I have also included reading comprehension activities, The First News Children’s’ Newspaper and a link to Daily Write tasks on Google Classroom (try a different task each day)

* **1.30pm- 20 minute Kids dance workout and rest**

<https://www.youtube.com/watch?v=9WgkiB-GQMI>

* **2.00-3.00pm-** Have a go at the activities in the fitness challenge and circuit training cards. Record how many of each activity you can do in a minute (make the time longer of you want a challenge!) and record your results in the table. Challenge a member of your household to beat your scores!