

Week beginning – Monday 11th January 2021

KS2 Computing

Dance Mat Typing Game

There are four different levels of challenge using the whole keyboard, work through them in order and change the level as you make progress.

Go on to BBC Bitesize:

- <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Play the Dance Mat typing game to improve typing skills.



KS2 Topic / Humanities

2A KS2 History – Stone Age to Celts

- 1) Read Section One – History and Prehistory (page 2 & 3), in the Study Book.
- 2) Answer the questions on pages 2 & 3 in the Stone Age to Celts Activity Book.

2B KS2 History – Vikings

- 1) Read Section One – Who Were the Vikings (page 2 & 3), in the Study Book.
- 2) Answer the questions on pages 2 & 3 in the Vikings Activity Book.

All KS2 Geography – Living Things

- 1) Read Section One – The Solar System (page 2 & 3), in the Study Book.
- 2) Answer the questions on pages 2 & 3 in the Living Things Activity Book.

KS2 PSHCE

Read the worksheet and answer that questions that are included – they are underlined.

KS2 RE

1. Research one of these Hindu gods: Brahma, Vishnu and Shiva.
2. Draw a picture of your favourite Hindu God; in full sentences, describe the way that they look and write down important facts about your chosen God.

KS2 Creative Art

1. Paper Lantern.
2. Paper Chinese Dragon Craft Activity.

KS2 PE

Day 1

Go for a 30-minute walk

Make sure to wear suitable shoes and clothing if it is cold outside and you are walking over different terrains.

Wall-sit for as long as possible

Challenge someone else in your household for extra fun.



Can you beat Mr. Nicholas' 58 seconds?

Back flat against the wall slide down into a 'seated' position and hold for as long as possible.

How many Star-jumps can you do in one minute?

Can you beat Mr. Dennis' 42 Star Jumps?

Arms down by your sides with feet together. Swing arms upwards and jump with feet going out to the side creating a 'star' or 'X' shape with your body



Day 2

Complete as many Press-ups as possible
Challenge someone else in your household for extra fun.

Can you beat Mr. Dennis' 46?

Press-up position: On the floor on all fours, positioning your hands slightly wider than your shoulders. Extend your legs back so that you are balanced on your hands and toes. Lower body until elbows are bent then return to starting position.



Farmers Walk

Workout with someone in your household for extra fun.

Grab two weight or fill two carrier bags with tins of food so that the weight is challenging. Walk 20 steps turn around and walk again making sure to stay upright keeping your back straight and feet in line with shoulders.



Repeat this exercise 5 times or as many times as you can for extra challenge.

Bicep Curls

Workout with someone in your household for extra fun.

Grab two weight or fill two carrier bags with tins of food so that the weight is challenging. Starting with your arms at the sides curl one arm towards your chest and return to your side. Then repeat for the other arm. Aim to complete 10 repetitions for each arm, so 20 repetitions in total.



Repeat this exercise 3 times or as many times as you can for extra challenge.

Day 3

Go for a 30-minute walk

Make sure to wear suitable shoes and clothing if it is cold outside and you are walking over different terrains.

Plank for as long as possible

Challenge someone else in your household for extra fun!

Can you beat Mr. Dennis' 83 seconds.

Plank position: On the floor on all fours, positioning your hands slightly wider than your shoulders then place forearms flat with hands and elbows on the floor. Extend your legs back so that you are balanced on your hands and toes and hold keeping your body straight.



How many Squat Jumps can you do in 1 minute?

Can you beat Mr. Nicholas' 39 squat jumps.

Stand up straight feet should width apart, lower body until knees are bent keeping your back as straight as possible, then push up from your legs as hard as possible into a jump.



Self-Awareness and Sensitivity

What is self-awareness?

Self-awareness means knowing who you are. This sounds very simple, but it takes a long time and a lot of thought to truly know the answer to that question. In order to know who you are, you have to know many things about yourself: not just facts, but your own character traits and personality. To be self-aware, you have to know the emotions you have and why you feel them. You also have to know why you behave in the ways you do, and why you might react to people or situations in a particular way. Another part of self-awareness is understanding what is important to you and what motivates you.

Nobody is born perfectly self-aware; everybody has to put a lot of work into discovering these things about themselves. You could argue that it takes a lifetime to achieve full self-awareness; it certainly is a useful skill throughout your life.

How can being self-aware help me?

When you are more self-aware, you are in a better position to value yourself as an individual. You are also in a better position to develop your strengths and build on your areas for improvement. It helps you to set goals for yourself as well as to appreciate what you are already good at. This will help you to gain healthy levels of self-esteem. You can also use self-awareness to understand how other people might perceive you, so that you can understand and empathise with people more effectively – and you can understand why they react to you in the ways they do. This will lead to better relationships in life, whether friends, family, romantic or professional.

Also, understanding what motivates you and what 'makes you tick' means that you'll be in a better position to achieve your goals.

How can I become more self-aware?

There are lots of things that you can do to develop your self-awareness. Remember that this is a process, which will take time. There are no short cuts to self-awareness! Here are some suggestions to get you started.

1. Make a list of your strengths and weaknesses

This can be strengths and weaknesses in any area – not just school subjects. You might want to consider things like being a good friend, being reliable, being patient, being a good cook – anything that you genuinely feel that you do well. Similarly, think about weaknesses as targets for development in any area – for example, being a better listener, being more willing to speak out, learning to be more resilient etc.

You could also write down what people like about you, and what people don't like about you, as well as what kinds of people you like and any kinds of people you don't like. Don't name individuals here – focus on the type of person. For example, you might like kind people and dislike arrogant people.

If you can't think of any strengths or weaknesses in yourself, this is an urgent sign that you need more self-awareness. Ask friends, family or a teacher to help you if you need more input.

2. Keep a journal

One way to gain self-awareness is to write down your thoughts and feelings in a journal. You don't have to write in it every day, but it's a good habit to get into if you want to understand what you are feeling and why. You could focus on writing about one thing that you are proud of or that you are pleased with, and one thing that you are struggling with or that's challenging you. If the idea of writing down your feelings doesn't appeal to you, you can keep a more factual journal about where you've been and what you've been doing. Being aware of how you're spending your time still counts towards greater self-awareness. However, if you really don't like the idea of writing about your feelings, consider why that might be. Lots of people are scared of facing up to their emotions, which prevents them from becoming as emotionally healthy as they could be.

3. Listen to your self-talk

By 'self-talk', we mean the kind of messages that your mind gives you. People sometimes refer to this as their 'inner voice'. Some people have very critical self-talk, which means that they have a lot of negative messages in their minds. This might be thoughts like 'this is going to fail', 'you don't deserve to be happy', 'you're not good enough' and so on. Some people have more positive self-talk, which means that they are more at ease with themselves. Positive self-talk might include thoughts like 'I'm going to give this a go', 'If I fail then I can learn from it', 'I am worth listening to', 'I deserve to be here as much as anyone else', and so on. The kind of self-talk we have depends on many things: our personality; the way we've been brought up; the experiences we've had, and many other factors. However, you can influence your self-talk and develop more healthy habits. The first step is knowing what your self-talk is like. A good way to do this is to stand in front of a mirror and notice what thoughts come into your head. Are they positive, negative, or a mixture of both? Are they focused on your appearance or your personality? Write down what you find and then choose some more positive statements to say to yourself. Some examples of positive statements could be 'I am interesting', 'My worth as a person does not depend on how I look', or even 'I look amazing!'. Part of being self-aware is the ability to choose the right kind of self-talk for you.

What about sensitivity?

Sensitivity links with self-awareness as if you are more self-aware you can control how you react to sensitive issues. We develop our self-awareness so we can react sensitively. When handling a sensitive issue, let's say a conflict between two people where both sides feel very strongly, you need to be diplomatic, fair and reasonable. Don't throw oil on the fire by saying things that will make people even more upset (even if this is your true opinion).

Don't make things worse!

There are ways of expressing yourself clearly without making arguments worse. Think about your tone of voice, do you sound annoyed? If so this will make others more annoyed. Do you sound calm? This can calm down others. The voice is a very powerful tool.

When people are upset, sometimes they don't want to hear opinions or advice, especially if they've just had a shock. Sometimes people just want you to listen, or need a shoulder to cry on. Every situation is different and has to be handled carefully when strong feelings are involved.

As you become more self-aware, you gain the ability to handle sensitive issues more successfully.

Paper Lantern

You will need:

Lantern Template

Red paper (optional)

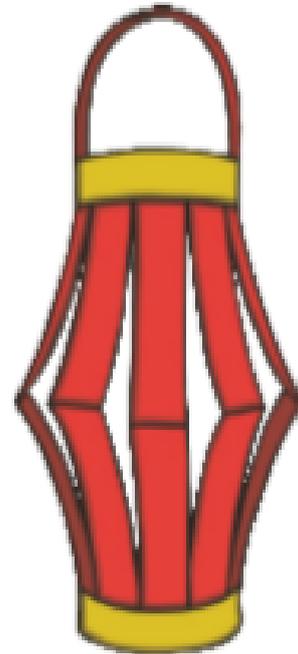
Red and gold paint/coloured pens

Scissors

Glue

Sticky tape

Stapler

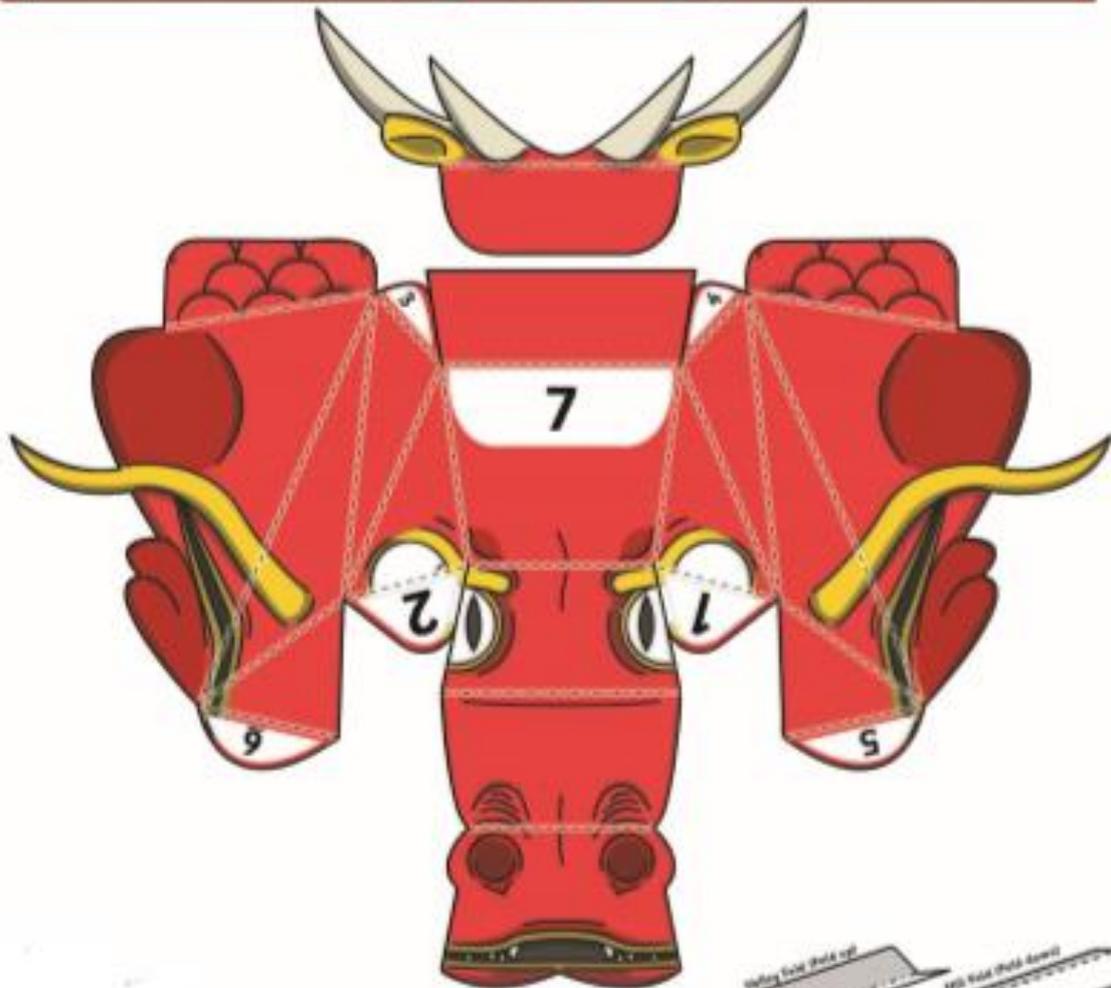
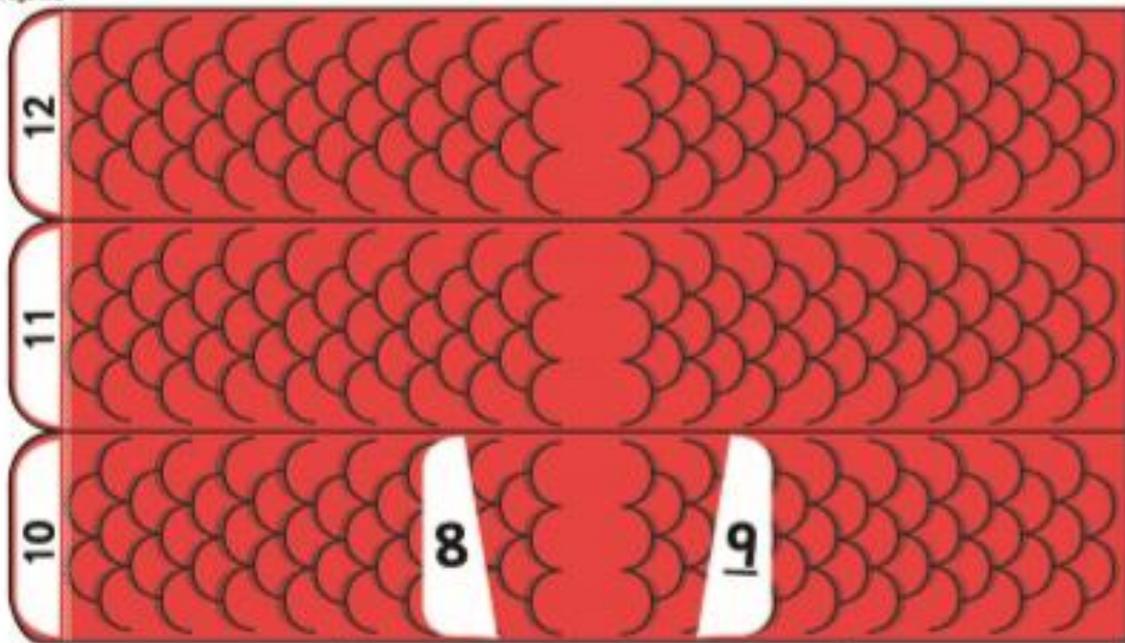


Instructions

1. Print the Lantern Template onto plain or red paper, as desired.
2. Cut off one end of the paper and set aside to make the handle.
3. Decorate the sheet using coloured pens or paint (red and gold are the traditional Chinese New Year colours).
4. Fold the paper in half lengthwise along the dashed line.
5. Cut along the marked lines on the sheet Do not cut to the edge of the paper.
6. Unfold the paper.
7. Curve the paper round to form a cylinder shape.
8. Tape the two ends of the paper together to create your lantern.
9. Staple the handle to the top of the lantern.

Chinese Dragon Paper-Chain

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