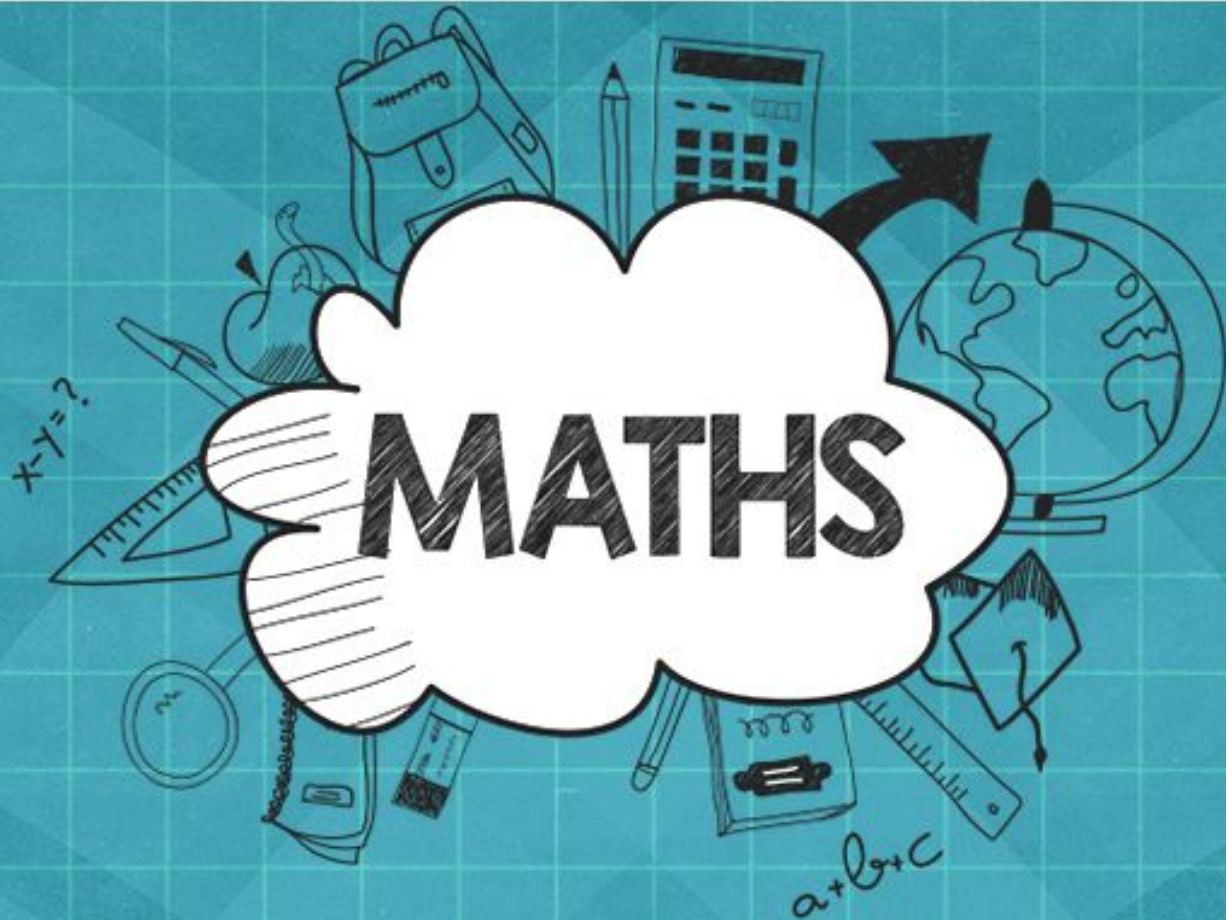


Friday 12th June

Home Learning

9-9.30 Brain wake and shake with Joe Wicks





Lesson 18: Simplifying fractions after multiplying a fraction by a whole number

For this lesson you will need a piece of paper, pencil and a ruler.

A title card for a lesson. It features a light blue background with a large, faint number '18' in the background. In the top left, there are three overlapping circles in shades of blue. The text 'Upper KS2 Fractions' is written in a medium blue font, and 'Lesson 18' is written in a larger, bold, dark blue font. A speech bubble on the right side of the card contains the text 'Can I simplify this fraction?'. The card is framed by black bars at the top and bottom.

Upper KS2
Fractions

Lesson 18

Can I simplify this fraction?

Keep the notes that you make in the lesson today. Tomorrow you will review them before beginning your new learning.

Quiz

Open the quiz on Google Classroom and complete the questions for lesson 18 .

https://docs.google.com/forms/d/e/1FAIpQLSfYSEiQvUiGvic8NgDu8v9cU1p6az26SmE7UQpq64STWkB3tg/viewform?usp=sf_link

**LO: To write a letter of complaint
using the key features.**

Friday 12th June

You will need to turn your speakers on and a piece of paper and a pencil for this lesson.

Follow the link and complete the tasks:

<https://www.thenational.academy/year-6/english/letter-of-complaint-write-your-own-year-6-wk6-5>

New English lesson format!

We are going to be using the resources from the Oak National Academy for English, it is the same format we use for Science.

1. Complete starter quiz, about yesterday's lesson.
2. Watch video.
3. Type up your letter of complaint using google docs. Try to make it at least three paragraphs long.
4. 'Hand in' your work on google classroom.

Reflection

- Read your work carefully, check for any punctuation and grammar errors.
- Do you think you have included the key features of a letter of complaint?
- Have you included a range of clause structures?

LO: I am aware of my own
self-image and self-esteem.

Friday 12th June

If I had an hour to spare I would rather...

- A) Spend some time doing an activity with a friend**
- B) Spend time on YouTube in my bedroom**
- C) Go outside and do something active**
- D) Go shopping for new clothes
(online or in town)**



If I had some money given to me I would rather...

- A) Spend it on fashionable clothes/items to be like my friends e.g. trainers, sportswear**
- B) Save it**
- C) Buy something for a friend or relative**
- D) Spend it on a game or toy**





It is estimated on average a woman will spend at least £12,000 (that's equal to 15,000 US dollars/ 13,000 Euros) in her lifetime on beauty products and make-up.

Men tend to spend more on fashionable clothes than women (although the gap is narrowing)

The beauty industry makes at least 500 billion US dollars every year (about £400 billion/ 450 billion euros)

It is estimated that at least 24 million cosmetic surgery procedures (e.g. face lifts, liposuction, implants) happen each year in the world and the number is rising every year. This includes men and women having the surgery.

The 'average person aged 15-30' is estimated to spend at least 8 hours a week on their appearance before they leave the house.

Many products are still tested on animals to make sure they are safe for humans.

Think:

- Did any of those facts surprise you?
- What do you think the facts show about us as a society?
- Did you expect the numbers to be higher or lower?



What could this show?

1. Why do you think people spend so much time and money on how they look?

Write some ideas here.

2. Are there more helpful and productive ways we can 'measure' ourselves than just appearance?

Write some ideas here.

Possible reasons for questions on previous slide.

1. Peer-pressure, the impact of social media and the internet, and the 'pressure' to on how we are 'supposed to look/behave' and also be attractive.
2. It is important that we spend money and time being clean and having clothes on our back, however, it is a choice how much time we spend doing this and how much money we spend with our looks.

Think:

Do you think how we 'look' affects how we feel?

Do you think there is a 'perfect' way to look?

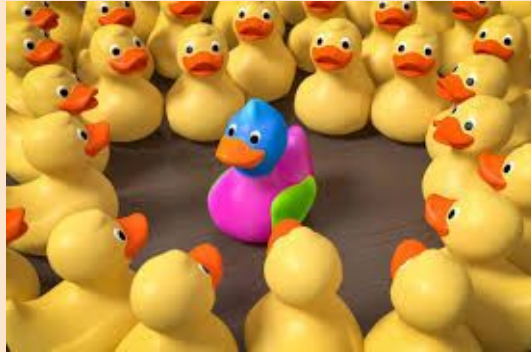
Write your thoughts here. Why do you think this?



There is no 'perfect' way to look!

Each of us is incredibly unique and that is what makes us special!

Are we being fair and realistic to ourselves if we always try to look perfect?



Important: comparing ourselves can lead to unhelpful thoughts, unhelpful feelings and unhelpful behaviours.

Example: An unhelpful thought “I look awful”; an unhelpful feeling, worry; an unhelpful behaviour, not wanting to socialise.



If we constantly compare and criticise ourselves, especially about how we look, this can damage our self-esteem. Imagine this 'negative self-talk' as 'an invisible monster' sitting on a person's shoulder and whispering negative ideas into their ear.



What animal would you be?

We can fight off this 'negative' monster by focussing on positive thoughts, feelings and behaviours.

Imagine the positive ideas as 'an invisible animal' of your choosing. (Perhaps one that represents kindness, or an animal that is tough and can fend for itself/ scare off enemies).



Task: Draw your 'positive' animal.

Write down at least 3 'negative thoughts' it is fighting off and replacing with positive ones. E.g. I am too tall. My height means I am growing faster than others- I can help reach things for others.

1. I don't run as fast as my classmates.



1. My strengths are cooking and art. I will practise running.

In the future....

We can try to remember what our 'animals' would say when we hear ourselves being self-critical in the future. This can boost our self-esteem and help us to stay happy and healthy.



Reflection:

- What have we discussed today?
- What have you learnt about self-image?
- How can we develop a positive self-esteem?

