

Week beginning Monday 22nd June, 2020

Hello everyone,

A huge 'well done' is deserved to all pupils at this point, as we have reached the final week of the academic year. Your work has been a credit to you and you have all put in great effort with remote learning.

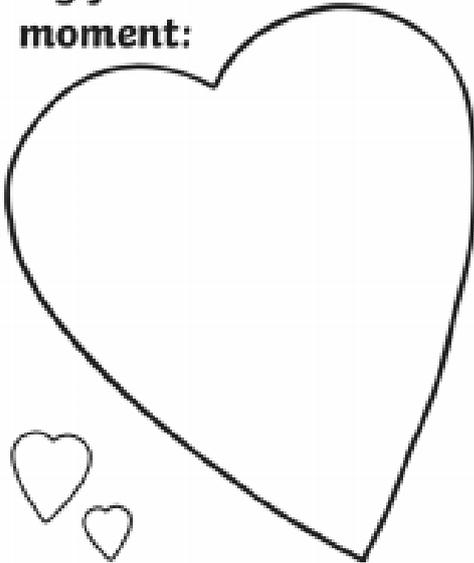
This week, we have tried to include a few activities that 'wrap up' the school year and give us some time to reminisce on the wonderful times we had in our classroom at school, as well as the strange circumstances we find ourselves in since March.

Challenge 1	What I loved this year!
Challenge 2	Persuasive Writing
Challenge 3	Bucket List Art
Challenge 4	Exercise
Challenge 5	Thinking Back

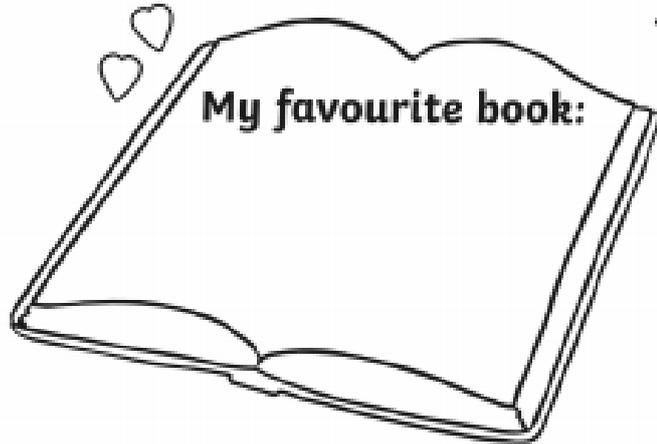
Challenge 1: What I loved this year!

What I loved this year!

My favourite moment:



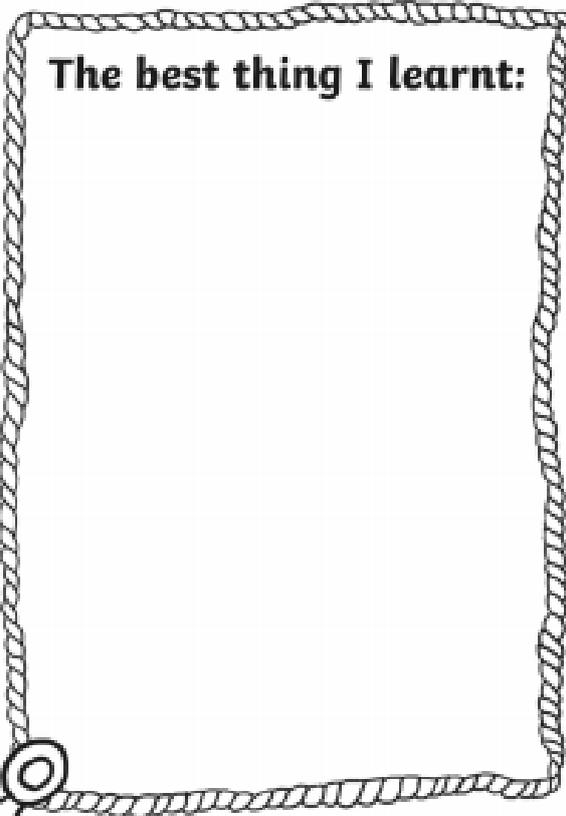
My favourite book:



A memory I'll keep:



The best thing I learnt:



My favourite activity:



Challenge 2: Persuasive Writing

This year, we have all experienced two types of learning - learning in a classroom and remote learning. I'm sure that everyone has an opinion on which they prefer.

Write a persuasive piece of writing explaining which type of learning is better - classroom learning or remote learning.

Your piece of writing should aim to convince others to agree with you.

Use these tips to help you.

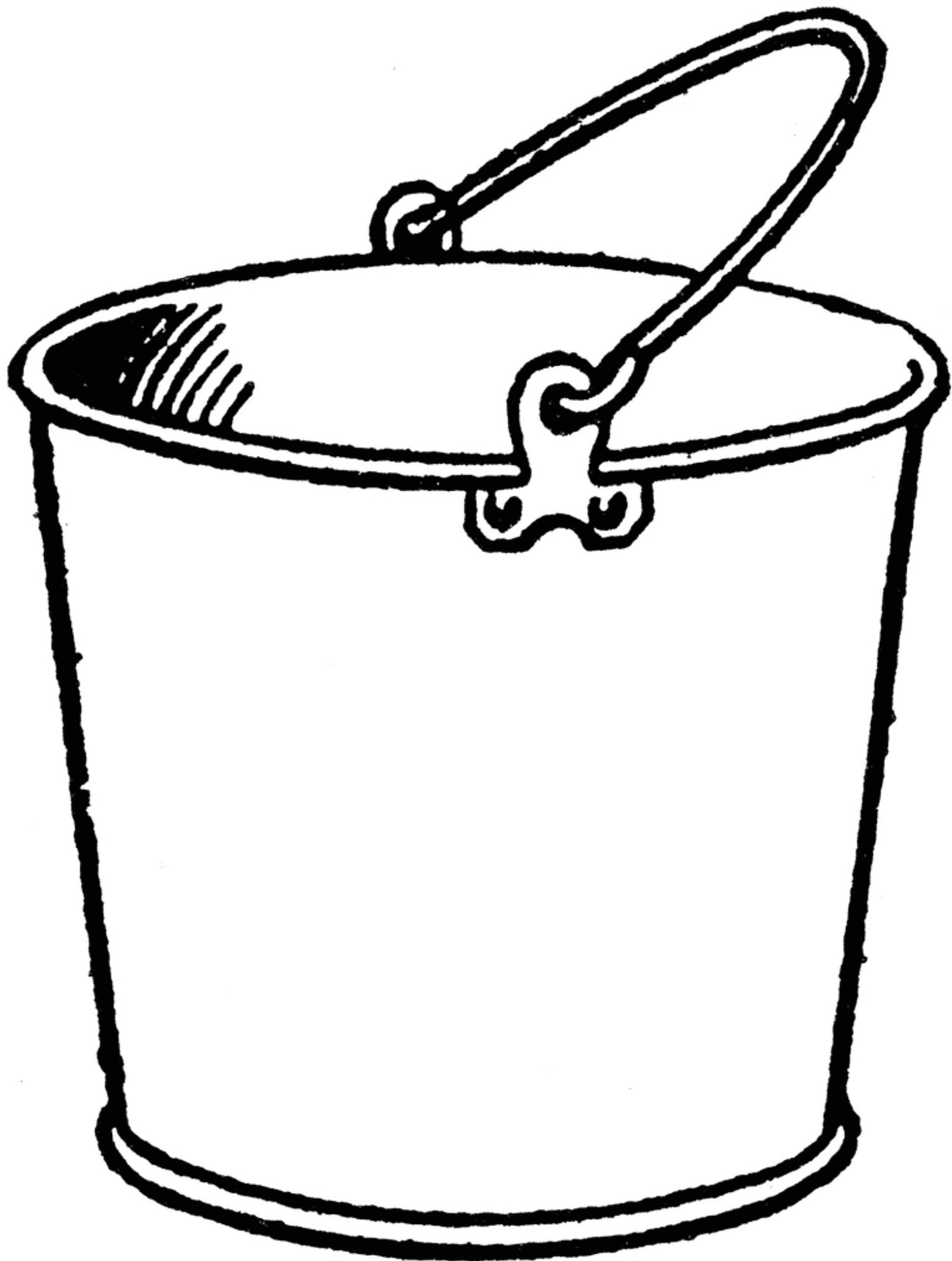
1. Introduction: Have a clear introduction to your piece. Here, you should state what side you are taking <u>but</u> don't go into too much detail.
2. Body: The body of your piece should be split into three clear points. Each point should explain a different reason for favouring your chosen style of learning.
3. Conclusion: You should conclude your piece with a closing paragraph. Here you should sum up the main points of your argument.
4. Use Statistics: Statistics are useful for supporting your points. They help people to believe what you're saying and can persuade them. They don't have to be true for the purpose of this activity. For example: <ul style="list-style-type: none">• '30% of 5th Class children think that there is a lack of routine with remote learning.'• '1 in 5 primary school children miss socialising with their friends at school'
5. Audience: Remember who you are writing for. You are hoping to convince people to agree with you so we should speak directly to them. Phrases like these can help you: <ul style="list-style-type: none">• 'We can all agree that...'• 'Ladies and gentlemen...'• 'You all know that...'

Challenge 3: Bucket List Art

A bucket list is a list of things that you want to do or achieve in your life. In their bucket lists, people include things that they would have loved to do but they never got the chance. This year, we could think of a number of things that we would have loved to do but never got the chance because of this pandemic.

Let's create a 'Bucket List Collage' of all the amazing things that we would love to achieve by this time next year. There is a sample below. Use the template on the next page to help you.





Challenge 4: Exercise

Just as we did last week with the 60 second challenge, let's try these new exercises and record how many we can do in 60 seconds.

<p>Jumping Jack</p>	<p>Start with knees slightly bent, hands and legs as shown. Jump as high as you can, extending your arms and legs, then land in the starting position.</p>	
<p>Squats</p>	<p>Stand with feet hip-width apart, hands on the hips, and slowly sink down, bending at their knees and hips. Make sure to keep your back straight, and try not to let your knees pass over the ends of your toes. Slowly rise back to standing position, and repeat.</p>	
<p>Kneel Ups</p>	<p>Start by kneeling down. In your own time bring yourself to a standing position, one leg at a time. Try to do this without using your hands to support.</p>	
<p>High Knees</p>	<p>Start in a standing position. Lift your knees, one at a time so your thighs are parallel to the ground. Add arm swinging and pick up the pace a little. Try to remain in the same spot throughout the exercise.</p>	
<p>Donkey Kicks</p>	<p>Start in all 4's on the ground. Lean forward slightly with your hands flat on the floor. Try to keep your arms and elbows straight. Use both of your feet to kick off from the floor. Keep your knees bent as you kick off from the ground. Try to hold the position of your feet in the air, and then allow your feet to softly come back down to the floor. Both of your feet should land on the floor at the same time. This might take a few tries.</p>	

Jumping Jacks	
Squats	
Kneel Ups	
High Knees	
Donkey Kicks	

<p>Jump & Reach</p>	<p>Start from a standing position beside a flat wall/ door. Bend your knees and jump up as high as you can. As you jump reach your arm upwards and touch the wall/ door at the highest point you can reach. Can you reach higher on the next jump??</p>	
<p>Knee Raise & Pull Down</p>	<p>Start by standing with both feet on the ground and your arms reaching up overhead. As you raise one foot off the ground, drop both arms down by your side. Return to the start position and do the same with the opposite foot. Once you get used to the exercise, see how quick you can go!</p>	
<p>Quick Feet</p>	<p>Staying in one spot, run as quick as you possibly can for as long as you can. Pump your arms forward and back to help you!</p>	
<p>Line Jumps</p>	<p>Start by standing with two feet on one side of a flat line. Then bend your knees and jump with both feet together, landing on the other side of the line. Keep repeating As you get used to the exercise try going quicker/ jumping higher.</p>	
<p>Bear Crawl</p>	<p>Keep your arms and legs stiff and straight while you "crawl" on your hands and feet like a big bear.</p>	

<p>Jump & Reach</p>	
<p>Knee Raise & Pull Down</p>	
<p>Quick Feet</p>	
<p>Line Jumps</p>	
<p>Bear Crawl</p>	

Challenge 5: Thinking Back

Try to think back over the wonderful year that we had in 5th Class. Let's think of all the fun times we had, the learning that went on and the memories we created.

My favourite day in 5th Class was...

The thing I'll miss most about 5th Class is...

The thing that I'm most proud of this year is...

I have improved this year by...

One thing that I wish I could have done in 5th Class is...

Something that I loved doing this year was...

If I could go back to one moment in 5th Class, I would...

Useful Websites

<https://www.cula4.com/en/watch/>

Pick a cartoon to watch every day!

<https://www.duolingo.com/learn>

Revise your Gaeilge vocabulary with these fun quizzes

<https://stories.audible.com/start-listen>

Stream and listen to a range of children's stories on your laptop, phone or tablet

https://www.mathplayground.com/grade_5_games.html

Practice a range of Maths skills by choosing from the games in the 5th Grade section

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdST>

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PE with Joe. 30 minute workouts for children

<https://www.youtube.com/user/ArtforKidsHub>

Step by step art tutorials for children of all ages where they can learn to draw their favourite movie characters and much more!