

ACTIVITY	Preparation for secondary school.	Developing Self Confidence and Wellbeing	Subject Knowledge	Staying Active	Getting to Know Us (Use our website: www.astreadearne.org)
MONDAY	From your alarm going off, time how long it takes you to get up and be ready to set off to school so you know what time to set your alarm for to be here on time.	Write down something kind you have done during lockdown that you could discuss with a new friend on transition.	English: Write a poem about your experience of lockdown.	Mini work out: 25 sit ups 25 frog jumps 1-minute jogging 25 press ups 25 squats	What charity is assigned to each of the houses?
TUESDAY	Write down three questions you would like to ask on your transition day.	What is the kindest thing you saw/watched/heard someone else do yesterday?	Maths: How many mms in a cm, and a m? How many cm in a m? How many m in a km? How many g in a kg? Write the following as kg: 200g, 155g, 31g, 735g	Create your own: Design a work out using... tinned veg or beans, pairs of socks, bottle of water, skipping rope, 2 objects of your choice.	Which house do you think you would like to be part of? Write a paragraph telling us why.
WEDNESDAY	Make a list of what equipment you may need in your school bag each day.	Who haven't you spoken to in ages? Send them a letter or an email today and tell them you were thinking of them.	Science: What is a force? Can you name some examples of forces and where they may have an effect.	Mini work out: 25 Squat jumps 25 lunges 1-jumping 25 high knees 25 sit ups	What are the names of the two value words for each house? Write a definition for each of those value words.
THURSDAY	What items of school uniform will you need for September? Check out the information in your transition packs.	What are your three proudest achievements to date that you could share with your new form and form tutor?	Art: Create a mood board for transition. Draw all the things that will make you happy about coming to school. Consider your colour choices for happy.	Create your own: Design a work out using... using at least 5 different exercises.	Using the website, find the names of three English teachers.
FRIDAY	Write down your after school/weekend routine for when you join Astrea Dearne. For example: Tuesday athletics club, Wednesday homework 3.30-5pm, Sunday family time.	Write down three conversation openers to introduce yourself to a new friend at transition? e.g. I really like your hair style that suits you, my name is...	Geography: Draw a map of your local area with a key; include key landmarks like schools, shops, monuments, areas of water, parks etc.	Mini work out: 25 spider man lunges 25 star jumps 1-mountain climbers 25 sit ups 2 minutes jogging	What building does the school share a car park with?

Astrea Academy Dearne – 5 A Day Transition Activities – Week 2

Name: _____ Week Commencing: _____ Primary School: _____

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