

ACTIVITY	Preparation for secondary school.	Developing Self Confidence and Wellbeing	Subject Knowledge	Staying Active	Getting to Know Us (Use our website: <a href="http://www.astreadearne.org">www.astreadearne.org</a> )
MONDAY	What will you have for your lunch? Make a meal planner for if you will make your own or eat from the menu under the parent section on our website – catering	Complete three tasks around the home to support the adults looking after you. This could be putting the washing out, washing dishes, tidying up etc.	<b>English:</b> Write a short review for one of your favourite books. What happened? Who was your favourite character and why?	<b>Mini work out:</b> 25 sit ups 25 star jumps 1-minute jogging 25 press ups 25 squats	On the student section of the website, read about the Duke of Edinburgh Award
TUESDAY	Points mean prizes. Make a list of all the things you think will get you positive points and rewards at The Dearne!	Design a thank you poster for key workers that you can put up in your window.	<b>Maths:</b> Mental maths: ask someone at home to read you your food shop receipt for this week and add up your family's total spend.	<b>Mini work out:</b> 25 burpees 25 jumping jacks 1-minute skipping 25 Bicycle crunches 25 high knees	Which house is your favourite? Write an application to become a house captain. What qualities do you think you will need?
WEDNESDAY	We love to have student voice, and our student leaders are fab. Design an anti-bullying poster for our anti-bullying ambassadors to use.	Write a paragraph about someone who inspires you and read it to someone in your home.	<b>Science:</b> Find a flower from your garden or from your walk. Draw it and label the parts. Then research and write a paragraph about photosynthesis.	<b>Mini work out:</b> 25 Squat jumps 25 lunges 1-minute plank 25 high knees 25 sit ups	In the about us section on the website, read some of our past newsletters, or even some of our lockdown ones on the newsfeed.
THURSDAY	Set yourself 3 SMART targets for the start of Y7. Specific, Measurable, Attainable, Relevant, Time-bound.	Complete three tasks that will help support your local environment, such as: picking up litter from in front of your house, recycling the rubbish from your home, picking things to donate to a charity shop etc.	<b>History:</b> If you have access to the internet, research a historical monument from your local area, even better if you visit it on one of your walks.	<b>Mini work out:</b> 25 press ups 25 high kicks 1-min mountain climbers 25 Bicycle crunches 25 high knees	How many horses are there in the field across from school?
FRIDAY	Make a checklist for secondary school readiness that you can go through the week before we start in September.	Send a postcard to someone you miss.	<b>ADT:</b> Create something for living things in your garden or outside, such as a bug hotel or a bird feeder by recycling a plastic bottle.	<b>Mini work out:</b> 25 bunny hops 25 star jumps 1-minute climb 25 sit ups 2 minutes jogging	What flag is on the flagpole outside of school?

Name: \_\_\_\_\_ Week Commencing: \_\_\_\_\_ Primary School: \_\_\_\_\_

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