

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 our uniform expectations what is acceptable and not acceptable in relation to make up and uniform.	What has been your favourite experience/proudest moment of primary school? Write a postcard to your Y6 teacher to tell them.	English: Complete the following English lesson on BBC bite size: https://www.bbc.co.uk/bitesize/articles/zvwr47h	Mini work out: 25 sit ups 25 frog jumps 1-minute jogging 25 press ups 25 squats	Which house is currently top of the leader board? Use twitter and @MissGreen_PE (Head of House) to find out.
TUESDAY	Summarise our rules about mobile phones, MP3 players and ear phones.	Paint a pebble or slide of a log with a transition design for 2020 and hide it along your daily walk route or in your garden.	Maths: Sign up to #SecondaryReady maths course with www.learning.sparx.co.uk/secondary-ready	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.	What interesting thing occurs every Friday at Astrea Academy Dearne? ROOOAAARRRR
WEDNESDAY	Use https://www.astreadearne.org/wp-content/uploads/2019/11/House-Rewards-2019-20.pdf To find out how to get rewards.	Write a letter to yourself...about what you want achieve both academically and personally by the end of Y11. Seal in an envelope and save for Y11!	Science: Define the term acid and alkali. Can you name some examples of acids and alkalis in your home? https://www.bbc.co.uk/bitesize/topics/zn6hvcw	Mini work out: 25 Squat jumps 25 lunges 1-jumping 25 high knees 25 sit ups	How many grade 9s were achieved at Astrea Academy Dearne last year?
THURSDAY	Our careers centre is based at the front of school. Research three careers that interest you to discuss with Mrs Carruthers our CEAIG lead.	Design and make a healthy balanced meal for your family. Tweet or email us your pictures.	Art: Create a drawing, painting or collage of your local community and what makes you proud of your area.	Create your own: Design a work out using... using at least 5 different exercises.	What is the name of our SEND provision in school? Awarded an area of excellence by challenge partners in 2019.
FRIDAY	Please note: When you join you will receive your own school email address. With this you will be able to download the Microsoft office package for free on up to 5 devices!	Design yourself an introduction profile to share with pupils from different schools. Who are you, what are your interests, what are some of your best qualities etc.	History: Who was Henry the VIII? Complete the history lesson on Henry VIII using the following bitesize link. https://www.bbc.co.uk/bitesize/articles/zmmsvk7	Mini work out: 25 spider man lunges 25 star jumps 1-mountain climbers 25 sit ups 2 minutes jogging	At Astrea Dearne our pupils, parents/carers/ staff and community all work together. What # slogan do we use?



Astrea Academy Dearne – 5 A Day Transition Activities – Week 4



Name: _____ Week Commencing: _____ Primary School: _____

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