

	Focus	Ideas	Cross-Curricular Links	Achieved?
English	<p>Use brackets, dashes and commas for parenthesis.</p> <p>Use relative clauses.</p> <p>Use a range of conjunctions and adverbials.</p> <p>Use sentence complexity for effect.</p> <p>Control pace & detail in writing by moving between direct & reported speech.</p> <p>Write appropriate introduction & conclusion.</p>	<p>IXL –</p> <p>Sentence Structure – A1-A8</p> <p>Pronouns – C9-C11</p> <p>Conjunctions – H1-H4</p> <p>Adverbs – F5, F6, F7, F8, F9 & F13</p> <p>Over the next two weeks you will be focusing on Biographies. Biographical writing is about someone else's life; it is about a real person but written by someone else. A biography highlights the key events that have happened in their life, sometimes talking about their childhood and can be written about someone who is dead or alive.</p> <p>See below for examples of biography book covers – you'll see a vast variety of biographies!</p> <p>Read the very brief biography (see below) about Usain Bolt (Mr Young's favourite track star) and try to answer the comprehension questions.</p> <p>Underneath the comprehension questions (see below), you will find a more detailed Biography about Usain Bolt.</p> <p>Using the colours of the success criteria, can you read through this biography and identify the main features? Don't worry if you cant find them all! Some have already been identified for you. Are any of these key features missing? Edit the biography accordingly!</p> <p><u>Success Criteria</u></p> <p>Title</p> <p>Past tense</p> <p>Third person</p> <p>Chronological order</p> <p>Quote</p> <p>Conjunctions & Adverbials</p> <p>Parenthesis</p> <p>Relative clauses & varied sentence structure</p> <p>Conclusion</p>	<p>History</p> <p>Geography</p> <p>Art</p> <p>Design & Technology</p>	

Decide who you would like to do a biography about (see below for suggested list), and research them!

Use this link for more ideas -

<https://www.ducksters.com/biography/>

Use the biography planning sheet (if you would like to) to help you plan your biography.

Write a first draft (1-2 sides of A4 paper), trying to include everything from the success Criteria (SC).

Leave it for a day and go back to it and edit your biography, using the SC and checking you have included everything that you can.

Publish your work, either by hand or on a computer/laptop/tablet.

Tweet the Year 5 team your biographies - we would love to read them!

Design your own biography book cover

READING -

How many book titles can you find which link to your biography?

Tweet the Year 5 class pages:

Since lockdown, what is the favourite book that you have read? Why?

Recommend it to Mr Young, Mr Winston and Mr Phil by tweeting us!

SPELLINGS -

We have now covered all of the statutory spellings for Upper Key Stage 2 and so you will receive spellings at random - enjoy!

whose

who's

ambitious

precious

confidential

essential

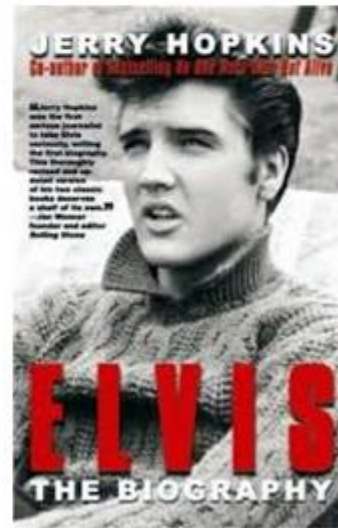
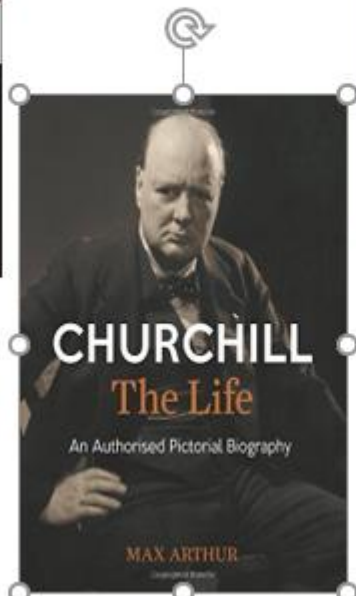
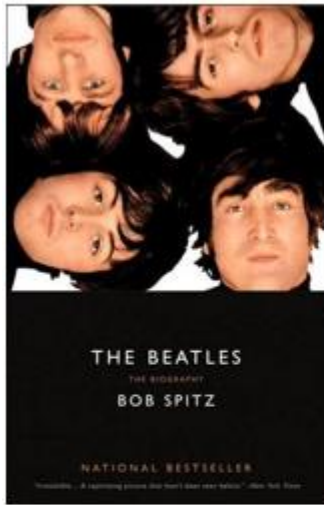
substance

substantial

available

queue

<p>Maths</p>	<p>Multiply proper fractions & mixed numbers by whole numbers.</p>	<p>IXL – Fractions & Mixed Numbers – S1- S18 Add and subtract fractions – T1 – T16 Multiply Fractions – U1 – U11 Decimals – V1 – V19 Add and subtract decimals – W1 – W10 Percentage – X1 – X5</p> <p>Try some of these games on TopMarks Maths: https://mathsframe.co.uk/en/resources/resource/120/match-fractions-decimals-and-percentages#.UCdcd2MsCEY https://www.topmarks.co.uk/Flash.aspx?f=DartboardFDP http://flash.topmarks.co.uk/4767 https://www.topmarks.co.uk/Flash.aspx?a=activity09 https://www.topmarks.co.uk/Flash.aspx?f=PercentageFractionChains https://www.topmarks.co.uk/Flash.aspx?a=activity08</p> <p>Bonus Extension – See below!</p>		
<p>Science</p>	<p>Describe the changes that happen to us as we grow old.</p>	<p>Watch – https://www.bbc.co.uk/bitesize/clips/zh2jmp3</p> <p>Compare a photograph of yourself as a baby and as they you are now and record what changes have happened already. Ask you parents and/or grandparents of photos of them as babies/ young children and make the same comparisons.</p> <p>Draw or design a picture of what you think you will look like in 5, 10, 15, 30 and 50 years time.</p> <p>Label/ annotate each picture. How do you think that you will have changed physically, emotionally, socially and psychologically?</p> <p>Research what happens to the human body during the aging process (see below). Using the help sheet (see below) answer the comprehension questions (see below). Create an informational poster which highlights the changes during the aging process.</p>	<p>Art</p>	



Usain Bolt

Biography

So, how do you become the greatest sprinter of all time?

Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' He first showed sprinting potential at a very young age and became the fastest 100m runner at his school by the age of 12. Whilst at secondary school, Usain was encouraged to concentrate on sprinting, which led him to win his first High School Championships medal. Since then he has set new world records, overcome injuries, won many medals, become a national treasure in his home country of Jamaica and he hasn't even finished yet!

Usain was born on 21st August 1986 in Jamaica. He grew up with his brother and sister, and enjoyed playing football and cricket.

He took part in his first race whilst at primary school, but sprinting wasn't his first love. Bolt has often said that if he hadn't have become a sprinter, he would have loved to have been a fast bowler, having been inspired by Waqar Younis, a former cricket player.

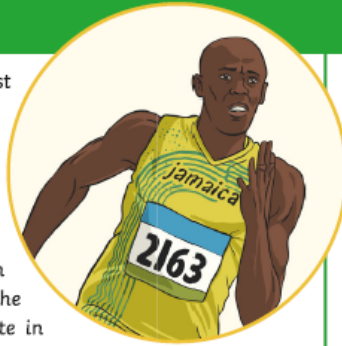
Whilst at high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and enjoyed playing practical jokes.



Photo courtesy of drcliffordchoi (@flickr.com) - granted under creative commons licence - attribution

Usain Bolt

The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals, but he did set a new personal best in the 200m race. The World Junior Championships came next for Usain and it was here that he became the youngest World Junior gold medallist.



In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. With this fantastic time, he turned professional and he was also chosen to compete in the Jamaican Olympic team. Bolt went to the Olympic Games in Athens in 2004 but a leg injury ruled him out of winning any medals. He had offers to go and train in America but Usain wanted to stay true to his roots and even though the training facilities were basic, he stayed in Jamaica. For some time after that, injuries caused him problems but he always came back stronger.

As the years passed by, Bolt took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records and won gold in the 100m, 200m and relay. This was followed by the World Championships in Berlin, where he improved his times even further.

Bolt competed in the 100m, 200m and relay at the London 2012 Olympic Games, where he won golds in each event once again. This made him the first person to win all three events at consecutive Olympic Games. Following his performance in London, a fellow runner said, 'There's no doubt he's the greatest sprinter of all time.'

Usain is nicknamed 'Lightning Bolt' and continues to be widely regarded as being the fastest sprinter of all time. He plans to retire in 2017.

Olympic Games	Event	Medals
2008 Beijing	100m, 200m, relay	Gold
2012 London	100m, 200m, relay	Gold

Usain Bolt Comprehension

Try to answer the questions using full sentences.

1. When and where was Usain born?

2. By what age had Bolt become the fastest 100m runner at this school?

3. Who is he inspired by?

4. Why did Pablo McNeil get frustrated with Bolt?

5. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?

6. Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?

Usain Bolt – A biography

Usain Saint Leo Bolt – *fastest man on the Earth* – was born on the 21st of August 1986 in Sherwood Content, a small town in Trelawny, Jamaica. He is a World and Olympic champion sprinter and many people believe he is the fastest person ever, which has earned him the nickname 'Lightning Bolt'!

Usain Bolt grew up with his parents, Wellesley and Jennifer Bolt, his brother Sadiki and his sister Sherine. His parents ran the local grocery store. Bolt's family attended the local Catholic Church and even today he still makes the sign of the cross before all of his major events. As a boy all of Bolt's free time was spent playing cricket and football in the street with his brother. He was sports mad!

As a child, Bolt attended Waldensia Primary, where he first began to show his sprinting potential, running in the annual, national primary-schools' meeting for his area. By the age of twelve, Bolt had become the school's fastest runner over 100 metres. Usain's father, Wellesley put his speed down to 'Yam Power'! (Yams are an important part of the Jamaican diet.)

Bolt, who went to William Knibb Memorial High School, still enjoyed playing team sports, but he was such a fast sprinter his teachers encouraged him to try track and field events. The school had a history of success in athletics with past students, so he was in good hands, winning his first medal, (silver) in the high school championships in 2001. Bolt was so good that a former Olympic sprinter, Pablo McNeil decided to train him. Bolt usually trained hard *but* Pablo was sometimes annoyed by Bolt's practical jokes!

At the age of 15, Bolt took part in the 2002 World Junior Championships in Kingston, Jamaica, where he won the 200-metre race. This made him the youngest world-junior gold medallist ever.

In 2005 Bolt got a new coach, Glenn Mills. This was the year he also reached the world Top 5 rankings. However, he was prevented from further success by a recurring hamstring injury.

Then, in 2007 Bolt got his big chance. He broke the Jamaican 200-metre record and earned two silver medals at the World Championship in Osaka, Japan. Bolt decided he really could achieve success as a sprinter and began to take his career more seriously. He qualified for the 2008 Summer Olympics in Beijing, China and went on to win gold in both the 100 and 200 metre events – even breaking a world record in the 100-metre final, winning in 9.69 seconds! Bolt achieved a third gold medal in Beijing as part of the Jamaican relay team.

Usain Bolt went on to defend all of his Olympic gold medals during the 2012 Summer Olympic Games in London. This included beating his own record for the 100 metres, running it this time, in 9.63 seconds! Bolt is the first man to win both the 100 and 200 metres in consecutive Olympic Games. He is also the first man in history to set three world records in a single Olympic Games competition!

Despite his dedication to running, Bolt still enjoys cricket *and* football and sometimes talks about taking up one of these sports when he retires from running. He is a big fan of Manchester United. Bolt's other interests include music, especially reggae – once acting as a DJ to a large party in Paris. He also enjoys video games. His particular favourite is Call of Duty which he plays online.

Whatever the future holds for Usain Bolt, you can bet it won't be boring. He's inspired so many people to start athletics, showing us that anything is possible. He is, in his own words, "a living legend" and with him anything could happen – maybe even another world record!

Suggested Biography List:

Athletes

Yohan Blake

Jessica Ennis-Hill

Mo Farah

Greg Rutherford

Michael Johnson

Michael Phelps

Steve Redgrave

Nicola Adams

Family Members

Mum

Dad

Siblings

Grandparents

Aunties

Uncles

World Leaders

Alexander the Great

Winston Churchill

King Henry VIII

Queen Elizabeth I or II

Joan of Arc

Mother Teresa

Use this link for more ideas -

<https://www.ducksters.com/biography/>

Biography Planning Page

Name: _____

Title - _____

Intro - 5 W's 1. Who is the person? - _____

2. What are they famous for? _____

3. When did it happen? _____

4. Where did it happen? _____

5. Why are they famous today? _____

Key Events that happened (C1 3-4 events / C2 5-6 events)

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Time openers I'd like to use (C1 - 4 / C2 - 6)

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

WOW words - _____ Connectives - _____

Conclusion - Have they taught us anything? _____

Why will they always be remembered? _____

Quote - _____

Mixed Fractions, Decimals and Percentages Questions

1. There are 60 beads in a bag. The beads are red, yellow or blue.
40% of the beads are blue.
 $\frac{5}{12}$ of the beads are red.
How many beads are yellow?
2. In the sale, jumpers are on the offer "buy 2, save $\frac{1}{3}$ of the price". Jeans are also currently 30% off.
Jumpers cost £45 each. Jeans cost £50.
What is the cost of buying 2 jumpers and 2 pairs of jeans?

3. A family discount card offers deals for the cinema. The card states:

<p><u>Family discount card</u> 45% off all adult tickets Children save $\frac{2}{5}$ off of full price tickets</p>

- The cost of an adult ticket is £10. A child's ticket is £6.
- (a) How much will it cost to buy 2 adult tickets and 3 children's tickets?
 - (b) The cost of a family discount card is £40 per year. How many times in the same year would 2 adults and 3 children need to go before you start to save money on the cost of the card? (Hint: find the cost of the tickets without the discount card)
4. £54 inheritance money is split between Abi, Babs and Caz in the ratio 1:3:2.
Abi gives 80% of her money to charity.
Babs gives 0.25 of her money to the same charity.
Caz also gives $\frac{2}{9}$ of her money to the charity.
(a) How much money in total do the girls donate to charity?
(b) Express the amount of money they give to charity as a percentage of the inherited amount to 1 decimal place.
 5. At the Redbridge School, $\frac{1}{3}$ of pupils have a pet dog, $\frac{2}{5}$ have a cat and $\frac{1}{15}$ have a hamster. The rest have no pets.
(a) What fraction of the children has no pet? Write this in its simplest form.
(b) There are 250 pupils at the Redbridge School. How many children have no pets?
(c) At the Bluebell School, 23% have no pets. What percentage increase of pupils at the Bluebell School have no pets compared to the Redbridge School?

Solutions

1. $(40 \div 100) \times 60 = 24$ blue beads

$(5 \div 12) \times 60 = 25$ red beads

$60 - (24 + 25) = 11$ yellow beads

2. Jumpers: $2 \times \pounds 45 = \pounds 90$

$\frac{1}{3}$ of $\pounds 90 = \pounds 30$

$\pounds 90 - \pounds 30 = \pounds 60$

Jeans: $2 \times \pounds 50 = \pounds 100$

$(30 \div 100) \times \pounds 100 = \pounds 30$

$\pounds 100 - \pounds 30 = \pounds 70$

Total: $\pounds 60 + \pounds 70 = \pounds 130$

3. (a) Adults: $2 \times \pounds 10 = \pounds 20$

$(45 \div 100) \times \pounds 20 = \pounds 9$

$\pounds 20 - \pounds 9 = \pounds 11$

Children: $3 \times \pounds 6 = \pounds 18$

$\frac{2}{5}$ of $\pounds 18 = \pounds 7.20$

$\pounds 18 - \pounds 7.20 = \pounds 10.80$

Total: $\pounds 11 + \pounds 10.80 = \pounds 21.80$

(b) Cost without discount = $\pounds 20 + \pounds 18 = \pounds 38$

	No card	With card
1 trip	$1 \times \pounds 38 = \pounds 38$	$\pounds 40 + (1 \times \pounds 21.80) = \pounds 61.80$
2 trips	$2 \times \pounds 38 = \pounds 76$	$\pounds 40 + (2 \times \pounds 21.80) = \pounds 83.60$
3 trips	$3 \times \pounds 38 = \pounds 114$	$\pounds 40 + (3 \times \pounds 21.80) = \pounds 105.40$

3 trips before the discount card starts being cheaper than regular price

4. (a) $1 + 3 + 2 = 6$ shares

$\pounds 54 \div 6 = \pounds 9$ per share

$\pounds 9 \times 1 : \pounds 9 \times 3 : \pounds 9 \times 2 = \pounds 9 : \pounds 27 : \pounds 18$

Abi: $(80 \div 100) \times \pounds 9 = \pounds 7.20$

Babs: $0.25 \times \pounds 27 = \pounds 6.75$

Caz: $\frac{2}{9} \times \pounds 18 = \pounds 4$

Total = $\pounds 7.20 + \pounds 6.75 + \pounds 4 = \pounds 17.95$

(b) $(17.95 \div 54) \times 100 = 33.24074074 = \mathbf{33.2\%}$

5. (a) $\frac{1}{3} + \frac{2}{5} + \frac{1}{15} = \frac{5}{15} + \frac{6}{15} + \frac{1}{15} = \frac{12}{15} = \frac{4}{5}$

$1 - \frac{4}{5} = \frac{1}{5}$

(b) $\frac{1}{5} \times 250 = 50$ children

(c) $\frac{1}{5} = 20\%$

$23\% - 20\% = 3\%$ more

Old Age: The Facts Information Sheet



Old age is the last stage of human development. There are some physical changes that take place for all older people. The body is made up of cells and these cells age over time. All cells die because they are programmed to do so. They then get replaced by new cells. However in old age this process of generating new cells slows down for all people but the extent to which aging leads to ill health or problems does vary from person to person.

New nerve cells still form in old age. New connections are still being made. Lower chemical levels can make older people 'slower' but they are still do things accurately. The brain always has more cells than it needs.

Skin tends to become thinner and finely wrinkled. Less blood flow makes it harder for skin to heal.

As the organs don't function as well they do not always break down nutrients as well either. This can affect parts of the body such as bones. If bones are not absorbing the calcium they need they will get weaker and become more fragile.



Changes in vision are normal as the lens in the eyes stiffens making it harder to focus on closer objects. Also many older people need more light to be able to read.

Hearing decreases especially the ability to hear high pitched sounds.

Muscle strength does start to reduce from the age of 30. As you age you lose about 10 – 15% of muscle mass and strength.

Organs (such as the heart) are made of cells and if the process of new cells being created slows down it does decrease the ability of those organs to work effectively.

What can you do to remain healthy in old age?

Skin	The amount your skin wrinkles is affected by how well you look after it throughout your life and not just in old age. Spending too much time in the sun over your lifetime will eventually leave you with deeper wrinkles, skin blotches and skin reddening. Always use sun protection creams and avoid sun burn.
Muscles	All adults suffer muscle loss but if you exercise throughout your life, including when you are older, you can ensure that muscles remain strong and healthy.
Organs	The fact is that a normal heart will function well throughout your lifetime. Still it is easier for younger hearts to pump blood around the body than older hearts. So while an older person may not be able to outrun a younger person – it does not mean they can't run or be healthy. It is important to be active throughout your life.
Brain	The brain develops throughout your whole life. It is important to avoid activities that will damage brain cells as this damage can be permanent whatever your age. Some people do become senile due to age and due to factors they can't control. However, people who stay active and healthy are able to reduce the risk of such diseases when they are older.

Which stage of human development is old age? _____

What causes the main physical changes during old age? _____

Name two changes in old age that occur for all humans:

1. _____

2. _____

Name two things you can do during your whole lifetime to ensure you are healthy when you are in old age?

1. _____

2. _____

'It is normal to go senile when you are older'. Do you agree or disagree with this statement? Give reasons to support your answer. (Include facts you learnt from the Old Age True or False Cards)

What aspects of old age would you want to learn more about? Write these as questions (For example: why does sunburn cause wrinkles?)
