

# Year 6 Home Learning Pack

Multiple activities to complete whilst not at school



# Home Learning Work Booklet – Introduction



## Purpose of the Handbook

This home learning booklet has been created to support pupils when they are unable to attend school. Each page contains a different learning activity covering a range of subjects, including English, Maths, Science and the foundation subjects. The activities are designed to be engaging, practical and achievable, helping pupils to continue their learning in a manageable and positive way while at home.

Pupils should choose one activity at a time to complete, with the support of a parent, carer or another trusted adult where needed. There is no expectation to complete every page in one go; instead, pupils are encouraged to work at a pace that suits them. The focus should be on trying their best, enjoying learning and maintaining good learning habits until they are able to return to school.

## Useful Free Learning Websites

Parents, carers and pupils may find the following free, UK-based websites helpful when completing home learning activities:

- BBC Bitesize – <https://www.bbc.co.uk/bitesize> - Clear lessons, videos and quizzes for all subjects and year groups.
- Oak National Academy – <https://www.thenational.academy> - High-quality video lessons aligned to the English National Curriculum.
- Times Tables Rock Stars – <https://ttrockstars.com> - Fun and interactive times tables practice.
- White Rose Maths – <https://whiteroseeducation.com/parents> - Maths videos, worksheets and guidance for parents.
- National Geographic Kids (UK) – <https://www.natgeokids.com/uk> - Engaging Science and Geography content.
- Topmarks – <https://www.topmarks.co.uk> - Educational games and activities linked to the UK curriculum.
- Phonics Play – <https://www.phonicsplay.co.uk> - Free phonics games and resources (some content available without login).
- Twinkl (Free Resources Section) – <https://www.twinkl.co.uk/resources/free> - Printable activities and resources across all subjects.

# Learning Activities

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Pupils may choose any activity from any section of the booklet. There is no set order to follow, and activities do not need to be completed in sequence. This flexibility allows pupils to select tasks that interest them or suit their confidence and energy levels on the day. The aim is to keep learning enjoyable and accessible, while encouraging pupils to remain curious and engaged during their time away from school.

## **1 - English**

## **2 - Maths**

## **3 - Science**

## **4 - Foundation Subjects**

## **5 - Mental Health and Wellbeing Reflective Tasks**

## **6 - Lined, Squared and Plain Paper**





# 01

# English

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# Fiction Comprehension – Adventure Story

Text:

“Sophie clutched her map tightly as she entered the dense forest. The sun was beginning to set, casting long shadows between the trees. Birds sang softly in the distance, but every now and then, a rustling sound made her freeze. She had heard stories about the hidden waterfall that lay somewhere deep inside, sparkling like silver in the sunlight.

As she followed the narrow path, Sophie noticed unusual markings on the trees. Were they arrows left by previous explorers, or something else entirely? Her heart raced with a mix of fear and excitement. Suddenly, she heard the faint sound of water trickling, growing louder as she moved closer. Finally, she stepped into a clearing and gasped—the waterfall was even more beautiful than she had imagined, cascading over moss-covered rocks into a crystal pool below. Sophie carefully approached the edge of the pool, but a sudden snap of a branch behind her made her spin around. Nothing was there. She took a deep breath and reminded herself that she was brave. Adventure had its risks, but the reward—seeing the waterfall—was worth it.”

Questions:

Summarise the main events of the story.

How does the author create a sense of suspense? Give examples.

Find three descriptive words or phrases and explain their effect.

What clues suggest that Sophie might be in danger?

Predict what might happen next.

Identify two words you do not know and use context clues to guess their meanings.

How does the author make the forest feel mysterious?



# Non-Fiction Comprehension – Volcanoes

Text:

“Volcanoes are openings in the Earth’s crust through which molten rock, ash, and gases can escape. They can be found on land and under the sea. When a volcano erupts, lava flows down the sides, and ash clouds can travel for miles, affecting people and animals far away.

There are three main types of volcanoes: shield, cinder cone, and composite. Shield volcanoes have gentle slopes and produce flowing lava. Cinder cone volcanoes are smaller and often explosive. Composite volcanoes are tall and dangerous, combining lava flows with violent eruptions.

People living near volcanoes must be careful. Scientists use special instruments to monitor activity, such as changes in temperature, gas levels, and earthquakes. Some volcanoes erupt unexpectedly, while others have predictable patterns. Volcanoes are dangerous, but they also create fertile soil and stunning landscapes, attracting tourists and scientists alike.”

Questions:

What is a volcano and how does it form?

Name and describe the three types of volcanoes.

Why is it important to monitor volcanoes?

Identify two facts about the dangers volcanoes pose.

Find two descriptive words in the text.

How can volcanoes be beneficial?

Write a short paragraph summarising the text.



# Comparing Characters

Text A:

“Leo loved rules and order. He always finished his homework on time and kept his desk tidy. He was careful and thoughtful, often helping classmates who were struggling. He enjoyed puzzles and problems that required logic. His teachers trusted him to be responsible and reliable.”

Text B:

“Maya was energetic and creative. She loved art, music, and inventing games. Sometimes she forgot her homework, but she could always think of clever solutions to problems. Her friends enjoyed her fun and imaginative ideas, and teachers encouraged her to focus her creativity.”

Questions:

List three strengths and weaknesses of Leo.

List three strengths and weaknesses of Maya.

Compare how each character solves problems.

Which character might work best in a team? Why?

Find descriptive phrases that show their personality.

Write a paragraph predicting how Leo and Maya would act in a new school club.

# Newspaper Article Writing

Prompt Text:

“During the school science fair, a strange experiment went wrong, causing a small fire in the chemistry lab. Students were evacuated safely, but smoke filled the corridors. Teachers and organisers quickly managed the situation, and everyone praised the calmness of the students. The experiment involved chemical reactions, and organisers reminded everyone about safety rules.”

Instructions:

Write a headline summarising the event.

Write the opening paragraph explaining what happened.

Include two quotes from witnesses or teachers.

Suggest why the incident happened and what might be done differently.

Conclude with the outcome and safety measures.

## Modern vs Classic Texts

Text A (Classic):

“The village was quiet at dawn. Smoke rose from chimneys, and cobbled streets glistened with dew. Villagers moved slowly, unaware of the events that were about to unfold. The church bell rang softly, echoing through the morning mist. Every corner seemed to hold a secret.”

Text B (Modern):

“Emma walked to school, earbuds in, scrolling through her phone. Messages flashed: ‘Meet me at lunch!’ ‘Don’t forget your homework!’ The streets were busy with cars and bikes. The air buzzed with chatter, and the school gates loomed ahead, full of friends and gossip.”

Questions:

Compare the settings in each passage.

How is suspense created in the classic vs modern text?

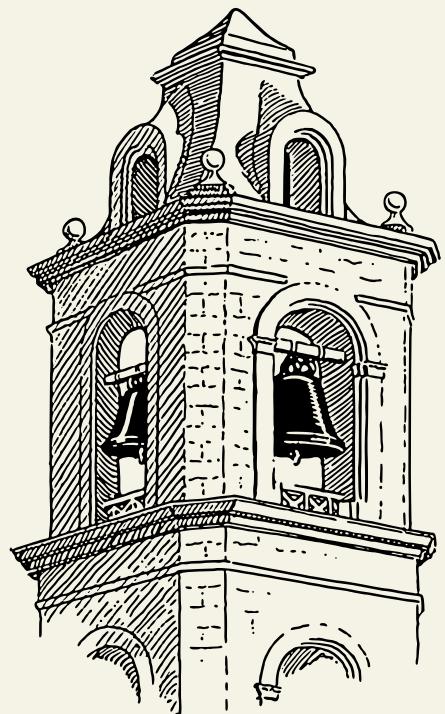
Find examples of descriptive language in both.

Which text do you relate to more? Why?

Summarise each passage in 4–5 sentences.

How do the tones differ?

Identify any figurative language.



# Sentence Types

Text/Exercise:

“The wind howled through the trees.  
Did you hear that sound?  
Close the windows quickly!  
What an incredible sight!”

Instructions:

Identify each sentence type.

Write five of your own sentences of each type.

Rewrite one paragraph using all four types.

# Punctuation Practice

Task 7: Punctuation Practice

Text:

yesterday i visited the zoo i saw lions tigers and bears “look at the giraffes” shouted tom they were tall and graceful monkeys swung from tree to tree

Instructions:

Add full stops, commas, and quotation marks.

Rewrite the corrected paragraph.

# Active and Passive Voice

Text:

The teacher marked the homework.

The dog chased the ball.

The students completed the project.

Instructions:

Rewrite in passive voice.

Highlight subject and object.

Write 5 new sentences and convert them.

# Direct and Indirect Speech

Text:

“I love reading books!” said Alice.

“Don’t forget your lunch,” reminded Mum.

Instructions:

Convert to indirect speech.

Write 5 original examples.



# Word Classes

Text:

“The excited children ran through the park, laughing loudly. The bright sun shone on the green grass, and colourful flowers decorated the paths.”

Instructions:

Identify nouns, verbs, adjectives, adverbs, and conjunctions.

Write 5 sentences using at least 3 word classes.

# Prefixes and Suffixes

Base Words: play, help, move, care, act

Instructions:

Make new words using prefixes and suffixes.

Write sentences.

Create a paragraph with at least 8 new words.

# Synonyms and Antonyms

Text/Exercise:

Words: happy, sad, loud, quiet, big, small, clever, brave, fast, slow

Instructions:

Write synonyms and antonyms.

Use them in 5 sentences.

Write a short paragraph using at least 6 words.

# Context Clues

Text:

“The abandoned playground was overgrown with weeds. Rusted swings creaked in the wind, and broken slides lay scattered. A sense of mystery hung in the air, making Tom shiver as he walked carefully through the area.”

Instructions:

Find 5 tricky words and guess meanings.

Check definitions.

Write a paragraph using at least 3 words.

# Homophones

Text/Exercise:

Fill in blanks with their/there/they're, your/you're, affect/effect:

\_\_\_\_\_ going to the park.

Is this \_\_\_\_\_ pencil?

The rain might \_\_\_\_\_ our game.

Instructions:

Complete sentences.

Write 5 original sentences.

# Word Families

Base Words: act, move, help, play, create

Instructions:

List words from each base.

Write a 100-word paragraph using at least 6 words.

# Story Writing

**Prompt:**

“A mysterious package appeared on your doorstep with no return address.”

**Instructions:**

Write 300–400 words continuing the story.

Include dialogue, description, and suspense.



# Descriptive Writing

**Prompt:**

“Imagine you are exploring a secret garden with magical plants and animals.”

**Instructions:**

Write 200–250 words.

Include all five senses and figurative language.

# Poetry Analysis

Text:

“Twinkle, twinkle, little star,  
How I wonder what you are!  
Up above the world so high,  
Like a diamond in the sky.”

Questions:

Identify rhyme.

Find adjectives and nouns.

What effect does repetition create?

Rewrite the poem in your own words.

# Poetry Writing

Task 19: Poetry Writing

Prompt:

Write a poem (10–12 lines) about one of:

Friendship

Nature

Adventure

Instructions:

Include at least 2 similes and 2 adjectives.

Try to use a rhyme scheme.

# Letter Writing – Community Issue

**Prompt:**

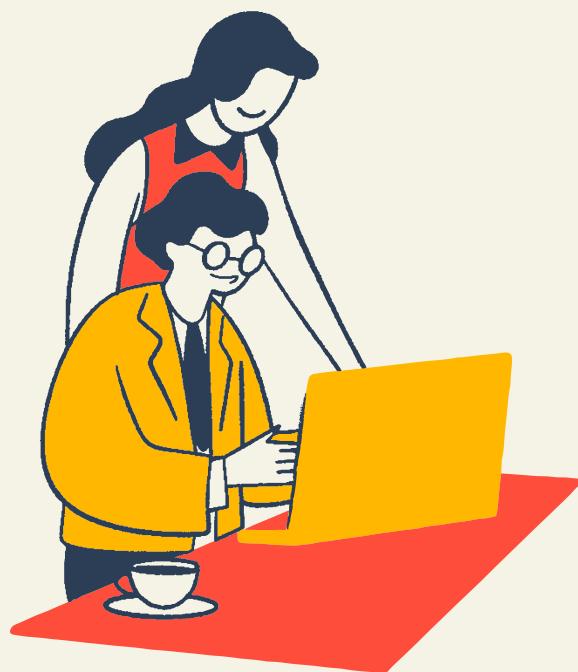
“Write a letter to the council about a problem in your local park.”

**Instructions:**

Include address, date, greeting, introduction, problem, solution, closing.

Write 200–250 words.

Use formal language and persuasive phrases.



# 02

## Maths Activities



# Place Value and Rounding

Text/Problem:

“The number 56,738 is a five-digit number. Each digit has a value depending on its place.”

Questions:

Identify the value of each digit.

Round the number to the nearest 10, 100, 1,000, and 10,000.

Write the number in expanded form.

Compare 56,738 to 60,000 using  $<$ ,  $>$ , or  $=$ .

SATs-style: What is the value of the digit 7 in 56,738?

# Mixed Operations Challenge

Text/Problem:

“A shop buys 12 boxes of pencils at £3.50 each and 8 boxes of crayons at £4.25 each. They sell each box for £5. Calculate profit.”

Questions:

Calculate total cost of pencils.

Calculate total cost of crayons.

Calculate total revenue.

Calculate total profit.

Create your own mixed operation word problem.

# Addition and Subtraction

Text/Problem:

“A school has 345 pupils in Year 6 and 278 pupils in Year 5. How many pupils are there altogether?”

Questions:

Solve using column addition.

Subtract 182 from 573.

SATs-style: A bus carries 132 children. Another bus carries 87. How many children are there in total?

A school adds 456 new pupils next year. How many pupils will there be in total?

Create your own addition or subtraction word problem.



# Multiplication and Division

Text/Problem:

“A box contains 36 pencils. If 9 boxes are delivered, how many pencils are there in total?”

Questions:

Multiply  $36 \times 9$ .

Divide  $324 \div 6$ .

SATs-style: A shop sells 48 chocolate bars per day. How many bars are sold in 5 days?

Solve  $56 \times 15$  using long multiplication.

Create your own multiplication or division problem.

# Fractions – Adding and Subtracting

Text/Problem:

“Sally ate  $\frac{3}{5}$  of a pizza. John ate  $\frac{2}{5}$ . How much pizza did they eat in total?”

Questions:

Add  $\frac{3}{5} + \frac{2}{5}$ .

Subtract  $\frac{2}{5}$  from  $\frac{4}{5}$ .

Simplify  $\frac{8}{12}$ .

SATs-style: Write  $\frac{1}{2} + \frac{3}{4}$  as a fraction in its simplest form.

Create your own fraction addition or subtraction problem.

# Fractions – Multiplying and Dividing

Text/Problem:

“A recipe uses  $\frac{2}{3}$  cup of sugar. If the recipe is doubled, how much sugar is needed? If halved, how much sugar is needed?”

Questions:

Solve for a doubled recipe.

Solve for a halved recipe.

Multiply  $\frac{3}{4} \times 2$ .

Divide  $\frac{4}{5} \div 2$ .

SATs-style: Find  $\frac{2}{3}$  of 18.

# Decimals

Text/Problem:

“A toy costs £15.75. Another toy costs £9.60. How much more expensive is the first toy?”

Questions:

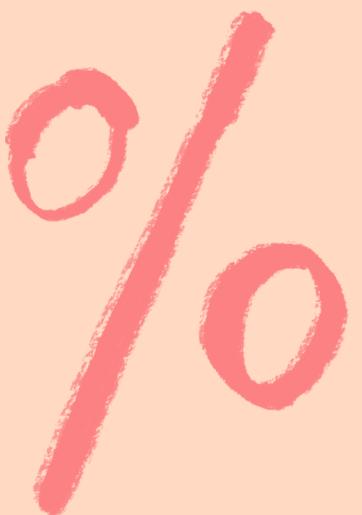
Subtract £15.75 – £9.60.

Add £15.75 + £9.60.

Multiply £3.25 × 4.

Divide £16.80 ÷ 7.

SATs-style: £24.50 ÷ 5 = ?



# Percentages

Text/Problem:

“A class of 32 pupils has 20 girls. What percentage of the class are girls?”

Questions:

Calculate the percentage of girls.

Calculate the percentage of boys.

SATs-style: 15 out of 60 pupils are absent. What percentage is this?

A test score of 18 out of 24 – what percentage is that?

Create your own percentage problem.

# Ratio and Proportion

Text/Problem:

“A recipe uses sugar and flour in the ratio 3:5. If you use 300g of sugar, how much flour is needed?”

Questions:

Solve the problem.

Halve the recipe.

SATs-style: A bag contains red and blue balls in the ratio 2:3. There are 12 red balls. How many blue balls are there?

Create your own ratio problem.

Explain why ratio is important in real life.

# Algebra – Solving Equations

Text/Problem:

“Solve  $2x + 5 = 17$  and  $3y - 7 = 11$ .”

Questions:

Solve each equation step by step.

SATs-style: Solve  $5x - 3 = 17$ .

Create one linear equation of your own.

Check your answers by substitution.

Explain your method in words.

# Geometry – Angles in Triangles

Text/Problem:

“A triangle has two angles of  $55^\circ$  and  $65^\circ$ . Find the third angle.”

Questions:

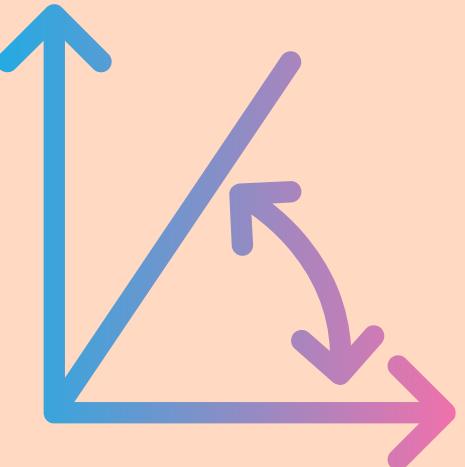
Solve for the missing angle.

Draw the triangle to scale.

SATs-style: A triangle has angles  $50^\circ$  and  $60^\circ$ . What is the third angle?

Create your own triangle with two known angles.

Explain why the sum of angles in a triangle is always  $180^\circ$ .



# Geometry – Angles in Quadrilaterals

Text/Problem:

“A quadrilateral has angles  $90^\circ$ ,  $80^\circ$ , and  $100^\circ$ . Find the fourth angle.”

Questions:

Solve for the missing angle.

Draw the quadrilateral to scale.

SATs-style: A quadrilateral has three angles of  $85^\circ$ ,  $95^\circ$ , and  $110^\circ$ . Find the fourth.

Create your own quadrilateral problem.

Explain why angles in a quadrilateral add to  $360^\circ$ .



# Perimeter and Area – Rectangles and Squares

Text/Problem:

“A rectangle has length 14cm and width 9cm. A square has side length 7cm.”

Questions:

Calculate perimeter and area of the rectangle.

Calculate perimeter and area of the square.

Compare perimeters and areas.

Draw both shapes to scale.

SATs-style: Find the area of a rectangle with length 8cm and width 5cm.

# Perimeter and Area – Triangles and Parallelograms

Text/Problem:

“A triangle has a base 6cm and height 10cm. A parallelogram has a base 8cm and height 5cm.”

Questions:

Calculate the area of the triangle.

Calculate the area of the parallelogram.

Draw both shapes.

Compare areas.

Create a similar problem.

# Volume – Cubes and Cuboids

Text/Problem:

“A cube has a side length of 6cm. A cuboid has length 9cm, width 4cm, and height 3cm.”

Questions:

Calculate the volume of the cube.

Calculate the volume of the cuboid.

Draw both 3D shapes.

Compare volumes.

SATs-style: Volume of cube =  $27\text{cm}^3$ . Find the length of a side.



# Data Handling – Bar Charts

Text/Problem:

“A survey shows: 7 pupils like football, 5 like basketball, 8 like tennis.”

Questions:

Draw a bar chart.

Calculate the total number of pupils.

What fraction like football?

SATs-style: What percentage like basketball?

Create your own survey.



# Data Handling – Pictograms and Tables

Text/Problem:

“Favourite fruits: Apples 10, Bananas 6, Oranges 8, Grapes 12.”

Questions:

Represent data in a pictogram (1 symbol = 2 fruits).

Make a table summarising the data.

Calculate total fruits.

SATs-style: What fraction are grapes?

Create your own pictogram problem.

# Money

Text/Problem:

“A pack of 12 bottles costs £24. How much per bottle?”

Questions:

Solve using division.

If the price increased by 10%, calculate the new cost per bottle.

If 3 packs are bought, calculate total cost.

SATs-style:  $\text{£}36 \div 12 = ?$

Create your own money problem.

# Time

Text/Problem:

“A train leaves at 10:20 and arrives at 12:45.”

Questions:

How long is the journey?

If it left 15 minutes later, what time would it arrive?

Calculate time difference between 14:35 and 17:20.

SATs-style: A film starts at 18:15 and lasts 1 hour 50 minutes. What time does it end?

Create your own time word problem.

# Measurement – Length, Mass, Capacity

Text/Problem:

“A box is 2.5m long, 1.2m wide, and 0.9m high.”

Questions:

Calculate perimeter of the base.

Calculate volume of the box.

Convert 2.5m to cm.

SATs-style: 1 litre of water = 1kg. Weight of 7 litres?

Create a measurement problem of your own.



# 03

## Science



# Cells and Living Things

Text:

“All living things are made of cells, which are the building blocks of life. Cells carry out important functions, such as taking in nutrients, producing energy, and removing waste. Some organisms, like bacteria, are single-celled, while humans, plants, and animals are made of many cells. Plant cells have a cell wall, chloroplasts for photosynthesis, and a large vacuole to store water. Animal cells do not have a cell wall or chloroplasts. Observing cells under a microscope helps scientists learn how living things work and how to treat diseases.”

Tasks:

Draw a plant and animal cell, labelling the parts.

Make a table comparing plant and animal cell features.

Explain why chloroplasts are important.

Research one type of specialised cell in the human body.

# The Digestive System

Text:

“The digestive system breaks down food into nutrients the body can use. It starts in the mouth, where teeth chew food and saliva begins digesting starch. Food moves down the oesophagus to the stomach, where acids and enzymes digest proteins. The semi-liquid food, called chyme, enters the small intestine, where nutrients are absorbed into the blood. The large intestine absorbs water and stores waste until it leaves the body.”

Tasks:

Draw a labelled diagram of the digestive system.

Write 3–4 sentences explaining what enzymes do.

Make a timeline showing the journey of food through the digestive system.

Research one problem that can affect digestion and write a paragraph about it.

# Circulatory System

Text:

“The circulatory system moves blood around the body. The heart is a muscular pump with four chambers that pushes blood through arteries to organs and returns it through veins. Blood carries oxygen, nutrients, and waste. Red blood cells carry oxygen, white blood cells fight infection, platelets help blood clot, and plasma carries nutrients and hormones. Staying healthy by exercising, eating well, and avoiding smoking keeps the heart and blood vessels working properly.”

Tasks:

Draw a labelled heart showing blood flow.

Make a table comparing arteries, veins, and capillaries.

Write a paragraph about the role of red blood cells.

Research one heart disease and explain how it affects the body.

# Reproduction in Humans

Text:

“Humans reproduce using male and female reproductive systems. Males produce sperm in the testes, and females produce eggs in the ovaries. Fertilisation occurs when a sperm joins an egg, forming a zygote. The zygote develops into an embryo in the uterus and grows into a baby. Puberty is the stage when the body becomes capable of reproduction, triggered by hormones.”

Tasks:

Draw diagrams of male and female reproductive systems.

Write a timeline showing the stages from fertilisation to birth.

Explain what puberty is and one change it causes.

Research one lifestyle factor that can affect reproductive health.

# Photosynthesis

Text:

“Photosynthesis is the process by which plants make their own food using sunlight, carbon dioxide, and water. Chlorophyll in chloroplasts captures light energy and converts it into glucose and oxygen. Plants also take minerals like nitrogen and potassium from the soil to grow.

Photosynthesis produces oxygen for humans and forms the base of food chains.”

Tasks:

Draw a labelled diagram of photosynthesis.

Write the word equation for photosynthesis.

List four things that affect how well photosynthesis happens.

Explain why photosynthesis is important for all living things.



# States of Matter

Text:

“All matter is made of tiny particles. Solids have a fixed shape and volume, with particles packed closely together. Liquids have a fixed volume but take the shape of their container. Gases have no fixed shape or volume, and particles move freely. Heating or cooling can change the state of matter. Understanding how particles behave helps explain everyday events like boiling, freezing, and evaporation.”

Tasks:

Draw particle diagrams for a solid, liquid, and gas.

Explain what happens to particles when water boils.

Give an example of condensation in everyday life.

Research one interesting fact about gas behaviour.

# Mixtures and Separation

Text:

“Mixtures are made of two or more substances not chemically joined. They can be separated using physical methods. Filtration separates solids from liquids. Evaporation removes liquid to leave a solid behind. Distillation separates liquids with different boiling points. Chromatography separates substances based on solubility. Separation techniques are important in science, medicine, and industry.”

Tasks:

Describe the difference between a mixture and a compound.

Draw a diagram showing simple distillation.

Design a simple separation experiment using water, sand, and salt.

Write a paragraph about why separating mixtures is useful.

# Elements and Compounds

Text:

“Elements are pure substances made of only one kind of atom, e.g., hydrogen or oxygen. Compounds are substances made when two or more elements join chemically, e.g., water ( $H_2O$ ). Chemical reactions create new substances and can be identified by changes like colour change, gas production, or temperature change. Learning about elements and compounds helps scientists make medicines, fuels, and materials.”

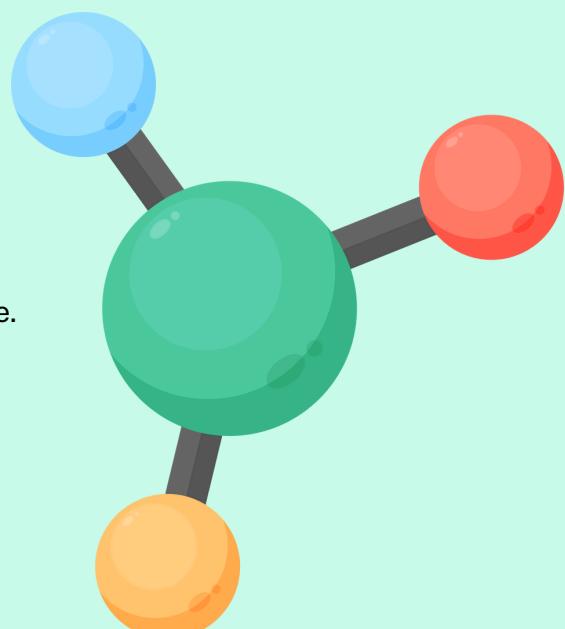
Tasks:

List 5 elements and 5 compounds.

Identify three signs of a chemical reaction in your kitchen.

Write the formula for water and carbon dioxide.

Explain the difference between a chemical and a physical change.



# Acids, Bases, and pH

Text:

“Acids taste sour and have pH values below 7, e.g., lemon juice. Bases taste bitter and have pH above 7, e.g., soap. Neutral substances, like pure water, have a pH of 7. Indicators such as litmus paper or universal indicator show whether a substance is acidic, neutral, or basic. pH is important in farming, medicine, and cleaning.”

Tasks:

Test household substances for pH (if safe).

Explain what neutral, acidic, and basic mean.

Write a paragraph about how acid rain affects the environment.

Design a simple experiment to neutralise an acid with a base.

# Energy Sources

Text:

“Energy is needed for life. Renewable sources, like sunlight, wind, and water, can be replenished naturally. Non-renewable sources, like coal, oil, and gas, are limited and produce greenhouse gases. Using energy wisely helps protect the environment. Engineers design machines to use renewable energy efficiently. Everyone can save energy at home or school by switching off lights and using appliances wisely.”

Tasks:

Make a table comparing renewable and non-renewable energy sources.

Research one renewable energy method and write a short report.

Calculate the energy used by a household appliance in a day or week.

Write a paragraph on ways your family could save energy.

# Forces

Text:

“A force is a push or pull that can change an object’s motion. Examples include gravity, friction, and tension. Newton’s laws explain how objects move: an object stays still or moves at the same speed unless a force acts; force equals mass  $\times$  acceleration; every action has an equal and opposite reaction. Forces are important in sports, machines, and everyday life.”

Tasks:

Draw forces acting on a moving car.

Calculate the force for a 3 kg object accelerating at 4 m/s<sup>2</sup>.

Give three examples of Newton’s third law.

Investigate friction using different surfaces at home.

# Energy and Work

Text:

“Energy allows objects to move or do work. It comes as kinetic (movement), potential (stored), thermal, chemical, or light energy. Energy cannot be created or destroyed. Work happens when a force moves an object. Machines like pulleys and levers help transfer energy efficiently.”

Tasks:

Draw an energy transfer diagram for a rolling ball.

Calculate work done: 5 N force moves object 6 m.

Write 3–4 sentences explaining energy changes in a toaster.

Research one example of energy efficiency in your home.



# Waves and Sound

Text:

“Waves transfer energy. Sound waves are longitudinal and need a medium, like air or water. Pitch depends on frequency; loudness depends on amplitude. Light waves are transverse, travel in straight lines, and can reflect or refract. Waves are used in communication, music, and technology.”

Tasks:

Compare longitudinal and transverse waves in a table.

Draw diagrams showing reflection and refraction.

Investigate how sound travels through air and water.

Calculate frequency given wave speed and wavelength.

# Electricity

Text:

“Electricity is the flow of charge through a conductor. Simple circuits include a battery, wires, and a device like a bulb. Series circuits share current; parallel circuits have branches. Conductors allow current; insulators prevent it. Electricity powers lights, devices, and machines safely when used correctly.”

Tasks:

Draw a series and a parallel circuit.

Explain why parallel circuits are used in homes.

Research one example of energy transformation in a circuit.

Write instructions for safely building a simple circuit.



# Magnetism

Text:

“Magnets attract or repel certain metals. Like poles repel, opposite attract. Magnetic fields can be visualised using iron filings. Earth acts as a giant magnet; compasses point north. Magnets are used in motors, generators, trains, and MRI scanners.”

Tasks:

Draw the magnetic field around a bar magnet.

Investigate magnet strength using paper clips.

Explain how motors use magnetism.

Research one modern use of magnets.

# Heat Transfer

Text:

“Heat moves from hot to cold by conduction, convection, or radiation. Conductors like metals transfer heat well; insulators like wood or plastic do not. Convection occurs in fluids when hot material rises and cold sinks. Radiation transfers heat through waves. Heat transfer is important in cooking, weather, and building design.”

Tasks:

Draw diagrams showing conduction, convection, and radiation.

Test different materials to see which insulates best.

Explain why metal feels colder than wood at the same temperature.

Write a paragraph on how heat transfer affects the weather.



# The Solar System

Text:

“Earth is one of eight planets orbiting the Sun. Gravity keeps planets in orbit. The Moon orbits Earth, causing tides. Stars produce energy through nuclear fusion. Space exploration has helped humans learn about planets, moons, and asteroids. Telescopes and satellites help us study stars and the Earth.”

Tasks:

Draw the solar system with labels.

Explain how gravity affects planets.

Research one space mission and summarise its findings.

Write a paragraph on how satellites help daily life.



# Climate and Weather

Text:

“Weather describes short-term atmospheric conditions. Climate is the average weather over many years. Factors affecting climate include latitude, altitude, oceans, and winds. Human activities, like burning fossil fuels, change the climate, causing global warming and extreme weather.”

Tasks:

Explain the difference between weather and climate.

Make a diagram showing factors affecting climate.

Research one example of extreme weather.

Write a paragraph predicting how climate change might affect your area.

# Rocks and Soils

Text:

“Rocks are made of minerals. There are three main types: igneous (formed from cooled lava), sedimentary (formed from layers of sediment), and metamorphic (changed by heat and pressure). Soil is made from weathered rocks and organic material and supports plant growth.”

Tasks:

Draw the three types of rock and label features.

Explain how sedimentary rock forms.

Investigate soil types in your garden or nearby area.

Write a paragraph explaining why soil is important.

# Investigations and Practical Skills

Prompt:

“Practical science develops skills in observation, measurement, analysis, and evaluation. Experiments explore forces, heat, light, electricity, plants, and more. Recording data, using tables and graphs, and drawing conclusions are essential.”

Tasks:

Design and carry out a simple experiment using household materials.

Write a clear hypothesis.

List materials and method step by step.

Record observations and present data in a table or graph.

Write a conclusion explaining results and improvements.



# 04

## Foundation Subjects



# Map Skills and Compass Points

Text:

“Maps are used to show where places are and how to get there. They use symbols and a key to represent features like rivers, roads, and cities. Compass points (North, South, East, West) help us navigate. Understanding maps is important for travel and geography studies.”

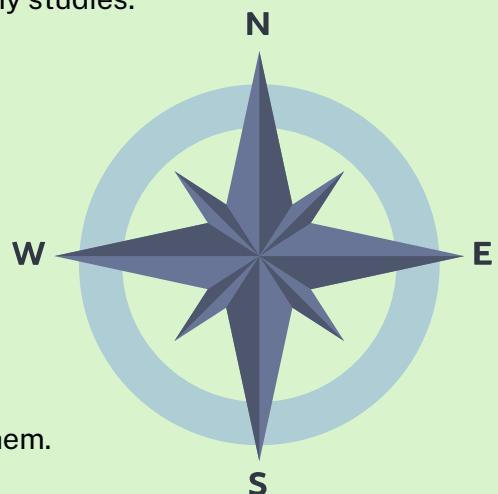
Tasks:

Draw a simple map of your local area, including key features.

Label the map using symbols and a key.

Identify the compass directions on your map.

Research one famous mapmaker and write a short paragraph about them.



## Climate Zones

Text:

“Earth has different climate zones: tropical, temperate, and polar. Climate affects what plants grow, how people live, and the clothing they wear. The tropics are hot and wet, temperate areas have moderate weather, and polar regions are cold.”

Tasks:

Draw a world map showing the three main climate zones.

Explain what crops grow in each zone.

Research one country in a tropical climate and describe daily life there.

Write a paragraph on how climate affects human activities.

# Ancient Egypt

Text:

“Ancient Egypt was a civilization along the Nile River. They built pyramids, developed hieroglyphs, and had pharaohs as rulers. Farming along the Nile was vital to their survival, and religion played an important role in everyday life.”

Tasks:

Draw and label a pyramid and its internal chambers.

Write 3–4 sentences explaining the importance of the Nile.

Create a short hieroglyphic message using symbols.

Research one pharaoh and write a paragraph about their achievements.



# World War II – The Blitz

Text:

“During World War II, many cities in Britain were bombed by Germany in what was called the Blitz. People used air raid shelters, blackouts, and rationing to survive. Children were evacuated to the countryside to keep them safe. The war affected daily life, schools, and families.”

Tasks:

Draw a diagram showing a blackout or air raid shelter.

Write a diary entry imagining you are a child evacuated from a city.

Research one famous event from the Blitz.

Write 3–4 sentences about how people coped during wartime.

# Art

## Task 7: Drawing Landscapes

### Text:

“Artists use perspective, shading, and colour to create realistic landscapes. Foreground, middle ground, and background add depth. Light and shadow show time of day and mood.”

### Tasks:

Draw a landscape from your window or a photo.



Add shading to show depth.

Use colour to show time of day.

Write a few sentences describing your artwork.

## Famous Artists

### Text:

“Artists like Van Gogh, Monet, and Picasso have influenced how we see the world. They used different styles, colours, and techniques to express ideas and emotions.”

### Tasks:

Research one famous artist and their style.

Copy a small section of their work in your own style.

Write 3–4 sentences explaining what you like about their work.

Experiment with a new medium (pencil, paint, or pastels) to create a small piece.

# **Rhythm and Percussion**

Text:

“Music has rhythm, melody, and harmony. Percussion instruments produce sound when struck. Rhythm helps music flow and can be simple or complex. Composers use rhythm to create different moods.”

Tasks:

Clap a simple 4-beat rhythm and write it down as symbols.

Create a short rhythm using household items as percussion instruments.

Listen to a piece of music and identify the rhythm pattern.

Write a paragraph explaining how rhythm affects the mood of a song.

# **Music from Around the World**

Text:

“Different countries have unique musical traditions. Africa has drumming and rhythms, India has sitars and tablas, and Latin America has salsa and samba. Music often reflects culture, history, and celebrations.”

Tasks:

Choose one country and research its traditional music.

Listen to a piece of music from that country and describe it.

Draw an instrument commonly used there.

Write a paragraph about how music reflects culture.

# Fitness and Exercise

Text:

“Exercise is important for a healthy body and mind. It improves strength, flexibility, and stamina.

Aerobic activities increase heart rate, while stretching improves flexibility.”

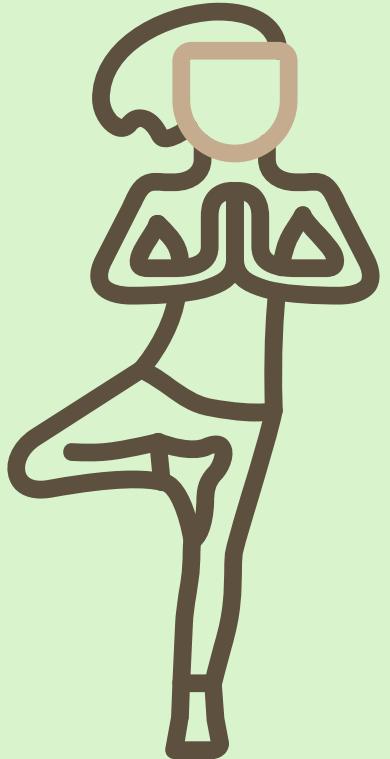
Tasks:

Create a 15-minute daily exercise plan including warm-up and cool-down.

Record your heart rate before and after exercise.

Research one sport and explain which muscles it uses.

Write a paragraph about how exercise improves health.



# Coordination and Balance

Text:

“Balance and coordination help in all sports and daily activities. Exercises like yoga, jumping, and balancing on one foot develop these skills.”

Tasks:

Perform three balancing exercises and record how long you can hold each.

Draw a diagram showing a yoga pose.

Research one sport that needs high coordination.

Write a paragraph on why balance is important in life.

# World Religions Overview

Text:

“There are many religions worldwide, each with beliefs, practices, and symbols. Christianity, Islam, Hinduism, Buddhism, and Judaism are some examples. Learning about different religions promotes respect and understanding.”

Tasks:

Create a table listing five religions and one key belief from each.

Draw a symbol from one religion and explain its meaning.

Research one festival or celebration from a religion.

Write a paragraph about why learning about religions is important.

## Moral Stories from Religion

Text:

“Religions often teach morals through stories, like the Parables in Christianity or stories of the Buddha. These stories guide people to behave well, help others, and make good choices.”

Tasks:

Read a religious story of your choice and summarise it.

Draw a scene from the story.

Explain the moral of the story in 2-3 sentences.

Write how you could apply the lesson in your own life.

# Healthy Relationships

Text:

“Friendships and relationships are built on trust, respect, and communication. Everyone should feel safe and valued in their friendships.”

Tasks:

Write a list of five qualities of a good friend.

Draw a comic showing positive communication.

Research one way to resolve conflict with friends.

Write a paragraph on why respect is important in relationships.

# Online Safety

Text:

“Being safe online is important. Personal information should not be shared. Think carefully before posting or messaging, and report anything worrying.”

Tasks:

Make a poster with five online safety rules.

Research one online safety tip for social media.

Write a short guide for younger children on staying safe online.

Reflect: write about one time you stayed safe online.

# Simple Mechanics

Text:

“Mechanisms such as levers, pulleys, and gears make work easier by transferring force. Levers can lift heavy objects, pulleys can change direction, and gears can increase speed or force. Engineers use these principles to design machines and everyday devices.”

Tasks:

Draw a simple lever, pulley, and gear system and label them.

Explain how a pulley makes lifting easier.

Research a machine in your home and explain which mechanism it uses.

Design a simple machine that could help with a household task.

# Food Technology – Healthy Eating

Text:

“Cooking and nutrition are important in DT. A balanced diet includes proteins, carbohydrates, fats, vitamins, minerals, and water. Recipes follow instructions, measurements, and timing to create food safely and effectively.”

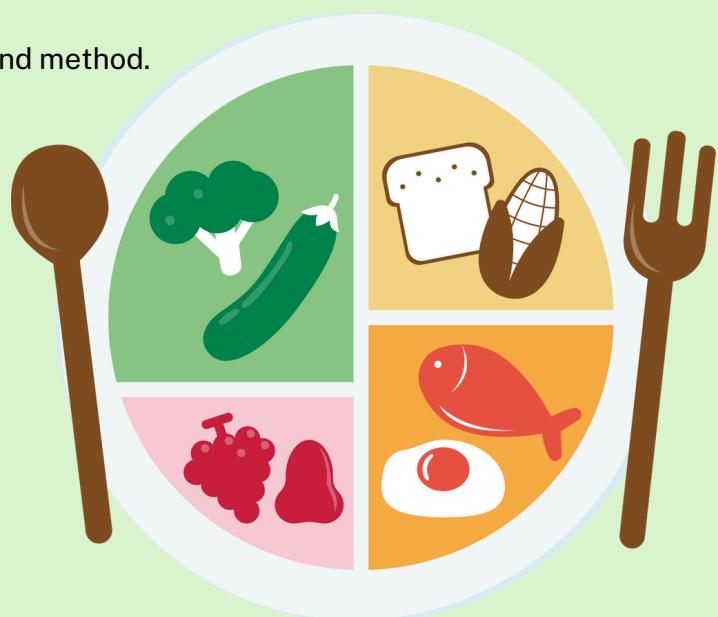
Tasks:

Plan a healthy meal and draw it on a plate.

Write a recipe for a simple snack, including ingredients and method.

Research the nutritional value of one ingredient.

Explain why hygiene is important when preparing food.



# Money and Budgeting

Text:

“Managing money helps people buy necessities and save for the future. Budgets help track income and spending, ensuring money is used wisely.”

Tasks:

Create a weekly budget for a small amount of money (e.g., £10).

Write down three things you would save for and why.

Research one way families save money.

Explain why budgeting is important.

# Mental Health

Text:

“Taking care of your mental health is as important as your physical health. Activities like exercise, hobbies, and talking to friends or family help you feel happy and calm.”

Tasks:

List five activities that help you relax.

Draw a poster showing ways to stay positive.

Write a short paragraph on how talking about feelings can help.

Research one strategy for coping with stress.

# Diversity and Inclusion

Text:

“Everyone is unique, and celebrating differences makes communities stronger. Respecting other cultures, abilities, and opinions helps people feel included and valued.”

Tasks:

Write a paragraph about someone you admire who is different from you.

Draw a diversity collage using images or symbols.

Research one cultural festival from a different country.

Explain why inclusion is important in school and society.

# Goal Setting and Reflection

Text:

“Setting goals helps people achieve success. Reflecting on progress shows what went well and what can be improved. Goals can be personal, academic, or physical.”

Tasks:

Set three short-term goals for yourself.

Write three steps to achieve each goal.

Reflect on one goal you achieved in the past and how it felt.

Draw a goal chart to track progress over a week.

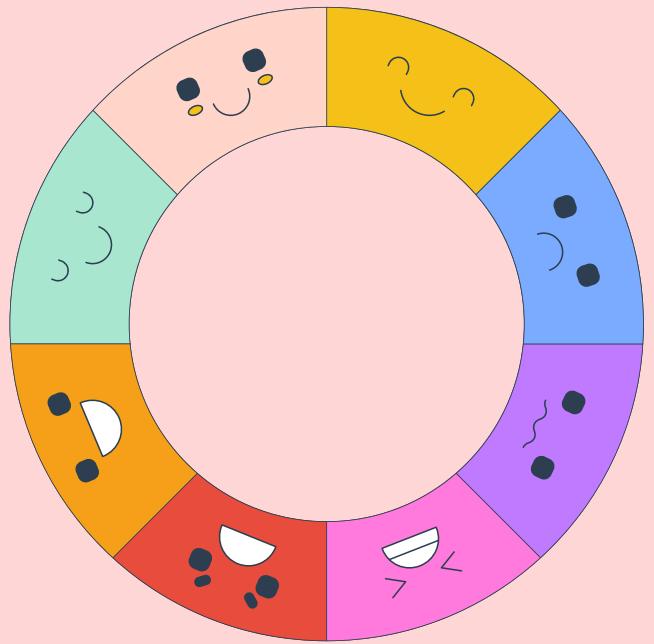


# 05

## Mental Health and Wellbeing Reflective Tasks



# My Emotions Diary



Objective: Increase awareness of emotions.

Instructions:

Keep a diary for one week.

Each day, write down:

How you felt in the morning, afternoon, and evening.

What caused these feelings.

At the end of the week, reflect:

Which emotions appeared most often?

What situations made you feel happy or calm?

Reflection Prompt: How can you respond to emotions in a positive way next time?

# Gratitude Journal

Objective: Foster positive thinking.

Instructions:

Write 3 things you are grateful for today.

Explain why they are important to you.

Share your favourite entry with someone if you want.

Reflection Prompt: How does focusing on gratitude affect your mood?



# My Safe Space Drawing

Objective: Explore safe places and coping strategies.

Instructions:

Draw a place where you feel safe and calm.

Add details about:

What you see, hear, and smell there.

Who you are with or if you are alone.

Write a paragraph explaining why this space makes you feel safe.

Reflection Prompt: How can you use this safe space in real life when you feel stressed?

# Mood Tracker Wheel

Objective: Identify patterns in emotions.

Instructions:

Draw a circle divided into 7 sections for each day of the week.

Use colours or symbols to represent your mood each day.

Reflect on:

Which colours appear most?

Are there any triggers for certain moods?

Reflection Prompt: How can understanding your mood patterns help you manage them?

# Positive Affirmations

Objective: Build self-esteem.

Instructions:

Write 5 positive statements about yourself, e.g., "I am brave," "I am creative."

Repeat them aloud daily.

Create a poster to display your affirmations in your room.

Reflection Prompt: How do these statements make you feel about yourself?

# My Support Network Map

Objective: Recognise support systems.

Instructions:

Draw a circle with your name in the middle.

Around it, write the names of people you trust or who support you.

Include teachers, friends, family, or others.

Colour code: e.g., green = talk to often, yellow = sometimes, red = rarely.

Reflection Prompt: Who can you turn to when you feel upset or worried?

# Stress Busters List

Objective: Identify coping strategies.

Instructions:

List 10 activities that help you feel calm when stressed (e.g., drawing, listening to music, walking).

Try at least 3 this week.

Write a short reflection after each activity about how it made you feel.

Reflection Prompt: Which strategies worked best for you and why?

# Mindfulness Colouring

Objective: Practice mindfulness and focus.

Instructions:

Use a mindfulness colouring sheet or draw a mandala.

Colour slowly, focusing on the shapes and patterns.

Take deep breaths and notice your thoughts, but do not judge them.

Reflection Prompt: How did concentrating on colouring affect your mind and body?

# My Achievements Journal

Objective: Recognise personal strengths.

Instructions:

Write down 3 achievements from the past week.

They can be big or small (e.g., completing homework, helping a friend).

Reflect on the skills or qualities you used to achieve them.

Reflection Prompt: How can you build on these strengths in the future?



## Worry Box Exercise

Objective: Externalise worries.

Instructions:

Write down worries on small pieces of paper.

Place them in a box or envelope.

Once a day, pick one, read it, and write a positive action you could take or a thought to calm it.



# Kindness Challenge

Objective: Promote empathy and social wellbeing.

Instructions:

Plan 3 acts of kindness this week (e.g., compliment a friend, help someone at home).

Record what you did and how it made you feel.

Reflect on how it made others feel.

Reflection Prompt: How did doing kind acts affect your mood and the mood of others?

# Mood Playlist

Objective: Use music for emotional regulation.

Instructions:

Create a playlist of songs that make you feel:

Happy

Calm

Motivated

Listen to one playlist daily and note how it changes your mood.

Reflection Prompt: Which type of music is most effective for you? Why?

# Thought Clouds

Objective: Recognise negative thoughts and replace them with positive ones.

Instructions:

Draw thought clouds on a page.

Write down negative thoughts in one colour.

Rewrite each thought positively in a different colour.

Discuss or reflect on how this changes your feelings.

Reflection Prompt: How can reframing thoughts help you manage stress or anxiety?

# Goal Setting and Reflection

Objective: Promote personal growth.

Instructions:

Set 3 short-term goals for the week.

Break each goal into small steps.

At the end of the week, reflect:

Did you achieve them?

What helped or hindered you?

Reflection Prompt: What can you do differently next week to succeed?

# Journaling About Challenges

Objective: Build resilience and problem-solving skills.

Instructions:

Write about a challenge you faced recently.

Describe:

What happened

How you felt

How you reacted

Reflect on how you could handle it differently next time.

Reflection Prompt: What did you learn about yourself from this experience?

# My Happiness Map

Objective: Recognise sources of happiness.

Instructions:

Draw a map with yourself in the centre.

Branch out to list people, activities, and places that make you happy.

Colour-code by type of happiness (social, physical, creative, etc.)

Reflection Prompt: How can you increase time spent on things that make you happy?













