






| Thursday 14th May 2020 Home Learning – Year 6 - Week 4 – Thursday | |
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| Reading  | Turn to page 2 for the reading text then answer these questions in your exercise book. Once you have answered the following questions, go to page 5 for the answers. <ol style="list-style-type: none"> 1. What was hard about being on the ISS for so long? 2. Why do you think Tim dedicated his special honour to the entire team? 3. Give two reasons why space travel is important. 4. Why has a picture and caption been added to the report? |
| Writing  | Today, you will be focusing on writing formally. Click the link below to access the lesson. https://www.thenational.academy/year-6/english/information-leaflet-lesson-4-formality-year-6-wk2-4 We recommend setting aside 1 hour to complete this lesson. |
| Maths  | Follow the link below to access the lesson. In today's lesson, you will be representing the angles in a triangle pictorially and algebraically before learning how to calculate missing angles. https://www.thenational.academy/year-6/maths/find-unknown-angles-in-triangles-year-6-wk3-4 We recommend setting aside 1 hour to complete this lesson. |
| Science  | Today, we are looking at a balanced diet . Go to page 3 and read the Eatwell Guide. Then, go to page 4 and design a healthy, balanced dinner based on the information you read on page 3. You can either print page 4 or copy the template into your exercise book and complete it in there. |
| Fabulous Finish  | Don't forget to do at least 30 minutes Reading for Pleasure! We recommend: Air Raid! This story is set during WW2 – just like Carrie's War! https://www.oxfordowl.co.uk/api/digital_books/1110.html Arithmetic: 1) $700 \div 100$ 2) $360 - 10.267$ 3) $\frac{9}{5} + \frac{1}{5}$ 4) 65×97 Spellings: co-own, re-examine, pre-existing, co-ordinate, re-enter, de-emphasise, co-operate, ultra-ambitious. |

BACK TO EARTH WITH A BUMP!

Reported by Amanda Kelper, Media Correspondent, London

Last week, British astronaut Tim Peake returned home from an incredible six month stay aboard the International Space Station (ISS), alongside his crewmates Yuri Malenchenko and Timothy Kopra. He is the first British astronaut to have lived on the ISS.

The men were launched into space on 15th December 2015 and in the months before take-off, they trained intensively for their trip. The mission involved conducting experiments, testing out new technology and inspiring the next generation of space travellers. Peake told reporters that the highlight of his mission was a spacewalk where he had to make a repair on the space station. Whilst away from home, Tim also ran the equivalent of the London Marathon on his treadmill.

Having circled the planet nearly 3,000 times in 186 days, the crew returned home to Earth via a Soyuz capsule, which reached speeds of up to 28,000 kilometres per hour (25 times the speed of sound). The touchdown was bumpy due to high winds, however the astronauts landed safely in Kazakhstan. They all returned in good health. Having arrived back on solid ground, the astronauts were pulled out of the capsule and carried as their leg muscles were too weak to walk. Whilst sitting in their space suits, the men were checked over by medical staff. During these checks, Peake was asked how it felt to be home, 'The smells of Earth are so strong and it's wonderful to be back in the fresh air.'

Tim later flew from Kazakhstan to the headquarters of the European Space Agency in Cologne, Germany where he is recovering and adjusting to life back on Earth. Scientists are carrying out tests to see how his body has been affected by his time in space.



Landing with a bump! Tim Peake lands safely in Kazakhstan.

In a recent press conference, Peake commented on how he'd missed family and friends, and even the rain. Tim expressed how much he was now looking forward to spending some quality time with his family. When asked if he'd return to space in the future, he replied, '...in a heartbeat.'

His service to science has earned him an honour from the Queen. Peake was made a CMG, or companion of the order of St Michael and St George. In response, Tim said, 'I am only one privileged person in a complex team of technicians, scientists, engineers, educators, trainers and flight directors, all working in pursuit of one of the greatest scientific and technical challenges of our time – exploring our solar system for the benefit of people on Earth. This award is for them.'

Science

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

| | | | | |
|-----------------------------|--------------------|--------------------------|-----------------------|---------------------|
| Energy 1046kJ 250kcal | Fat 3.0g LOW | Saturated 1.3g LOW | Sugars 34g HIGH | Salt 0.9g MED |
| 13% | 4% | 7% | 38% | 15% |

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily.
Eat less red and processed meat.

Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Healthy Eating Meal



Reading Answers

What was hard about being on the ISS for so long?

Tim said that being away from his family and friends for such a long time wasn't easy.

Why do you think Tim dedicated his special honour to the entire team?

Own answers, which may include reference to his space travel mission being a team effort.

Give a reason why space travel is important.

Own answer, which may include to make new discoveries, to find out if there's life in other parts of the Solar System, to conduct important experiments in space, etc.

Why has a picture and caption been added to the report?

It has been added to make the report more eye-catching and interesting to the reader.