

**Year 6**

**Well Being Challenge Sheet**

Below are some challenges to have a go at. In each box there is a number to show how many points you get for completing each challenge. If you complete each challenge once you can repeat the challenges you enjoyed the most. Keep a tally of your points score. Who will come back to school with the most points scored?

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| <p><b><u>PUZZLING</u></b><br/>Choose a puzzle and see how long it takes you to complete it</p> <p>5 POINTS</p>    | <p><b><u>BOARD GAME</u></b><br/>Play a board game with your family</p> <p>5 POINTS</p>  | <p><b><u>GOOD THINGS</u></b><br/>Make a list of things that make you happy, things you are grateful for and things you are good at.</p> <p>5 POINTS</p> | <p><b><u>FAMILY MATTERS</u></b><br/>Create a family coat of arms that shows what your family is all about</p> <p>5 POINTS</p> |
| <p><b><u>COLOURING</u></b><br/>Download a colouring sheet and colour the picture in carefully</p> <p>5 POINTS</p> | <p><b><u>MUSIC AND ART</u></b><br/>Listen to a piece of music and paint/draw a picture to go with how the music makes you feel.</p> <p>5 POINTS</p> | <p><b><u>DANCE FOR FUN</u></b><br/>Play some music and dance in your room.</p> <p>5 POINTS</p>  | <p><b><u>BEING HELPFUL</u></b><br/>Tidy up your bedroom.</p> <p>5 POINTS</p>  |
|   | <p><b><u>DEN BUILDING</u></b><br/>Make a den and spend time reading in it.</p> <p>5 POINTS</p>  | <p><b><u>LEARN SOMETHING NEW</u></b><br/>Learn a new skill that you haven't been able to do YET.</p> <p>5 POINTS</p>                                    |   |

**Possible daily tasks/Afternoon work:**

- Write a book review (English)
- Create a poster explaining what evolution is (Science)
- Complete a science investigation of your choice (Science)
- Perspective artwork (Topic)
- Create a leaflet on the suffragettes (Topic)

**YEAR SIX**

**Cross Curricular Challenge Sheet**

Below are some challenges to have a go at. In each box there is a number to show how many points you get for completing each challenge. If you complete each challenge once you can repeat the challenges you enjoyed the most. Keep a tally of your points score. Who will come back to school with the most points scored?

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|--|---|--|--|
| <p><b><u>COOKING</u></b><br/>Bake a cake (with or without support) weigh out the ingredients and take pictures of the outcome.</p> <p>5 POINTS</p>   | <p><b><u>PHOTOGRAPHY</u></b><br/>Take some close up pictures of things around the house. See if family members can guess what they are</p> <p>2 POINTS</p>      | <p><b><u>COMPUTING/WRITING</u></b><br/>Create a PowerPoint presentation or a book of something that you are interested in</p> <p>5 POINTS</p>                              | <p><b><u>LANGUAGE</u></b><br/>How many different words can you make from the letters in:<br/><b>PARKSIDE COMMUNITY SCHOOL</b></p> <p>3 POINTS</p>                  |
| <p><b><u>CONSTRUCTION</u></b><br/>Get Building!<br/>You could build a Lego model or a tower of playing cards – let your imagination go wild!</p> <p>1 POINT</p>                                | <p><b><u>CODE CRAKING</u></b><br/>Create a secret code. Write a message and see if a family member can solve it.</p> <p>3 POINTS</p>                            | <p><b><u>OBSERVING</u></b><br/>Nature Diary<br/>Look out of your window each day and make a note of what you can see.</p> <p>2 POINTS</p>                                  | <p><b><u>CREATIVE</u></b><br/>Use an old sock to create a puppet.<br/>Write some instructions to show how you made it</p> <p>3 POINTS</p>                          |
| <p><b><u>ELECTRICITY</u></b><br/>Make a list of all the items in each room that use electricity. Can you come up with some ideas of how to reduce your use of electricity?</p> <p>3 POINTS</p> | <p><b><u>BOARD GAMES</u></b><br/>Design and make a homemade board game</p> <p>5 POINTS</p>  | <p><b><u>OBSTACLE COURSE</u></b><br/>Design and make an obstacle course in your home or garden. How fast can you complete it?</p> <p>1 POINTS</p>                          | <p><b><u>INVENTIONS</u></b><br/>Can you invent something new? Perhaps a gadget or something to help people. Draw a picture and/or annotate it.</p> <p>3 POINTS</p> |
| <p><b><u>DANCE SKILLS</u></b><br/>Make up a dance routine to your favourite song</p> <p>3 POINTS</p>   | <p><b><u>SINGING/RAPPING</u></b><br/>Write a song or rap about your favourite subject. You could use the tune from a song you already know.</p> <p>4 POINTS</p> | <p><b><u>JUNK MODELLING</u></b><br/>Collect and recycle materials and see what you can create with them.</p> <p>1 POINTS</p>   | <p><b><u>LOCAL AREA</u></b><br/>Draw a map of your local area or your route to school</p> <p>4 POINTS</p>  |
| <p><b><u>WHAT A VIEW!</u></b><br/>Choose a window in your house and draw what you can see.</p> <p>35 POINTS</p>  | <p><b><u>POSTCARDS OF KINDNESS</u></b><br/>write and send a postcard to residents of a care home. Keep your postcard positive and upbeat.</p> <p>5 POINTS</p>   | <p><b><u>FAMILY HISTORY</u></b><br/>Interview your mum or dad and find out about their childhood and your family tree. Start to write your family tree</p> <p>5 POINTS</p> | <p><b><u>FIRE SAFETY</u></b><br/>Plan an evacuation route out of the house if there was a fire.</p> <p>5 POINTS</p>  |