



Year 6 – 5.1.22

Please use the following to support home learning during this time – further document will be available for the duration of your isolation.

To help us feedback to your child, please can you email all your work to: year5and6@fr.coastandvale.academy or **drop off** all your work at school if and when safe to do so. A member of staff will telephone to talk to your child about their learning.

Please continue to check the website: <https://www.friarage.org.uk/> and Facebook page

Mathematics

This week we are learning about place value.

Please use the following link to support learning:

<https://classroom.thenationalacademy/lessons/describing-coordinate-positions-on-a-grid-6hgpat>

Describing co-ordinates



Remember to access TT Rockstars!

Writing

This week we are looking at Viking stories. Please complete reader's theatre for the narrative attached. Think carefully about how it should be read and which features of reader's theatre would be appropriate.

Reading

We love books in year 6!

Review a book you have read:

- Make a poster to advertise it
- Write a book review
- Write an alternative blurb for your book.

Remember you can read books on epic reading using the code wsa2249 for Mrs Copeland.

Spellings:



Spelling Shed

Remember to access Spelling Shed

Other Online and Offline Activities

French

Complete the Oak academy lesson:
<https://classroom.thenational.academy/lessons/introducing-and-describing-yourself-in-french-6hh62r>

Introducing and describing
in French



National Literacy Trust Activities

<https://literacytrust.org.uk/family-zone/>

Theme: this week we are researching the Vikings and the attack on Lindisfarne. Can you use the following sites to learn more about where they came from; why they attacked and more about it? Design a poster to summarise what you have learnt.
jorvikvikingcentre.co.uk/the-vikings/where-did-they-come-from

[The importance of Lindisfarne for the Vikings - KS2 History - BBC Bitesize](#)



YOUTH
SPORT
TRUST

<https://www.youthsporttrust.org/resources/coronavirus-support/after-school-sport-club>

Have a try at these
physical activities

Have a go at reading these
Phonic books at home.

<https://home.oxfordowl.co.uk/>



[Internet Safety](#)

[Complete the task](#)



Science

Complete the Oak academy lesson:
<https://classroom.thenational.academy/lessons/what-are-organs-and-why-do-we-need-them-c8wk0c>

What are organs and why do we need them?

New Year

Make some new
year's resolutions.

Animal count

Keep a tally count of
all the animals you
can see out of the
window. (Think cats,
birds and people dog
walking.)

Den building

Design and build (if
you can) a den using
pillows, blankets and
chairs.
Be creative.

Vidar the boy-warrior

Storm clouds gathered in the distance, shrouding the purple-heather mountains, which loomed over the island, bringing with them a sense of foreboding. Feeling uneasy, Vidar turned his eyes away from the gloomy scene and looked west towards to the sea and its endless horizon. It would not be long before the gentle waves that swooshed at Vidar's feet were whipped into frenzy by the forthcoming storm. Time and daylight were running out; he turned his eyes to the shoreline and scanned for driftwood or anything else that he could take back to father. His sack was nearly full yet there was room for a few more pieces - anything that would keep the family warm during the tempest which was fast approaching.

Hauling his heavy firewood-sack over his shoulder, Vidar turned one last time to the sea. "Oh Aegir," he prayed, "mighty god of the sea. Keep us safe." He was about to move on when a movement, far away, caught his eye: a boat, heading towards the island. He watched as the ocean-steed galloped across the waves, so fast its hull scarcely touched the water. Embellished cloth upon a mast, oars and what appeared to be a dragon at the bow. A dragon? This was no neighbourly fishing boat back from a successful trip. This was dread and tumult and it was sailing straight towards Vidar.

"Vikings! On the sea - Vikings!" Vidar scrambled towards his home. At the top of the hill he saw his father, staring out at the oncoming terror - he had seen them too. Tall and rugged with wild red hair and a bearded face, his father did not move from his vantage point.

"Find your mother and run for a hiding place within the rocks. Quickly - before they reach the shore." In all his twelve years, Vidar had never before heard fear in his father's voice, nor ever been told to hide from danger.

"But Father..."

"Run! Go now! I will follow."

His mother was ready: the fire had been doused, scraps of food - fish and some bread - hastily bundled together with a flask of ale and the shutters closed. Vidar knew the coastline well; he knew which cave would offer them sanctuary. His mother seemed to know his mind for they set off together and did not speak a word. They ran, as one, down towards the path of ships, crouching low behind the rocks for fear of being seen by the approaching bloody-speared warriors.

How long they crouched in the damp, shivering with fear and cold, Vidar did not know. As his mother sat quietly by his side, murmuring prayers to Odin, he listened for any clue that it was safe to emerge. Finally, as soft light began to enter the cave and the sound of gulls filled the air,

he heard what he was waiting for: men's voices shouting and chanting as they rowed back out to sea. The voices grew dimmer, then there was silence. He waited. When he could wait no more, Vidar slowly emerged from his dark hiding place.

Amongst the smouldering ashes that remained of his home, he stumbled upon his father's sword, Ljóma ógnir (the light of terror). As the first stars heralded the night, the young warrior stood on his father's vantage point overlooking the sea. Pointing the deadly blade towards the heavens, he vowed his revenge.

Vikings

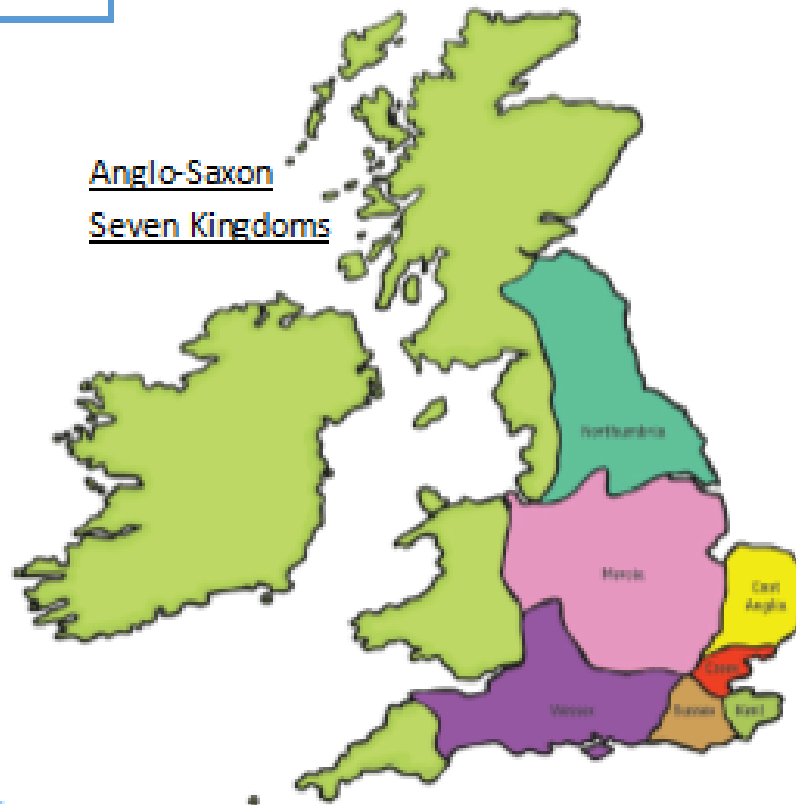
The Vikings (also known as Norse men) came from the countries we now call Norway, Sweden and Denmark. This area is known as Scandinavia. Norse men travelled the seas on longboats raiding and plundering lands. The Viking Age in Britain began around 1200 years ago and lasted for just over 200 years. Around the year 790 AD, Vikings first started to raid Britain. They started out as short trips to steal treasure and take slaves. In time, Vikings drove Saxons out of part of Britain and made their homes. The Saxon King, King Alfred of Wessex, fought them in a great battle but he could not stop them at first so had to let them have part of the country in a treaty known as Danelaw.



Key Knowledge

- Britain was split into seven kingdoms in 660AD: Northumbria, Mercia, East Anglia, Essex, Wessex, Sussex and Kent
- The Vikings were invaders and settlers who came from Scandinavia and travelled by longboats
- The word 'Viking' meant 'pirate raid' in the Old Norse language

Anglo-Saxon Seven Kingdoms



Timeline of Key Events:

- 700 AD The Viking Age begins
- 793 AD Viking attacks on Lindisfarne
- 842 AD Viking raids on London
- 865 AD Great Heathen Army invade
- 866 AD Vikings capture York (which they named Jorvik) and make it their kingdom
- 878 AD Battle of Edington
- 927 AD Athelstan unites English kingdoms
- 950 AD Vikings from Ireland & Isle of Man raid the west coast of Wales
- 991 AD Battle of Maldon leads to the first payments of Danegeld
- 994 AD Danish attack on London fails
- 1000 AD Vikings reach Newfoundland
- 1013 AD King Sven of Sweden lands and becomes King of England
- 1016 AD King Cnut becomes King of England
- 1042 AD Saxon Edward the Confessor returns to become King of England
- 1066 AD Edward the Confessor dies, leading to several contenders claiming the throne. Harold Godwinson becomes King, but is killed by William the Conqueror at the Battle of Hastings.

Key Vocabulary

Anglo-Saxons—the main group of people living in Britain when the Vikings invaded

Danegeld—money paid to Vikings to stop them from raiding

Danelaw—The area of England ruled by the Vikings

Long ship—A Viking ship with a sail and oars, also called a dragon ship, which was used fighting and carrying out raids

Monastery—A place where people who have dedicated their lives to religion live e.g. monks and nuns

Norse—the medieval language of Norway, Iceland, Denmark and Sweden

Norsemen—the name given to people living in Scandinavia at the time of the Vikings (it means 'men of the north')

Pagan—A person who believed in many gods

Plunder—take loot during a raid, often causing damage at the same time

Raid—a surprise attack

Rune—a letter from the alphabet used by the Vikings (there were only 16)

Saga—a long Viking poem, which tells the stories of warriors and heroes

Scandinavia—An area in Northern Europe that includes countries such as Norway, Sweden and Denmark

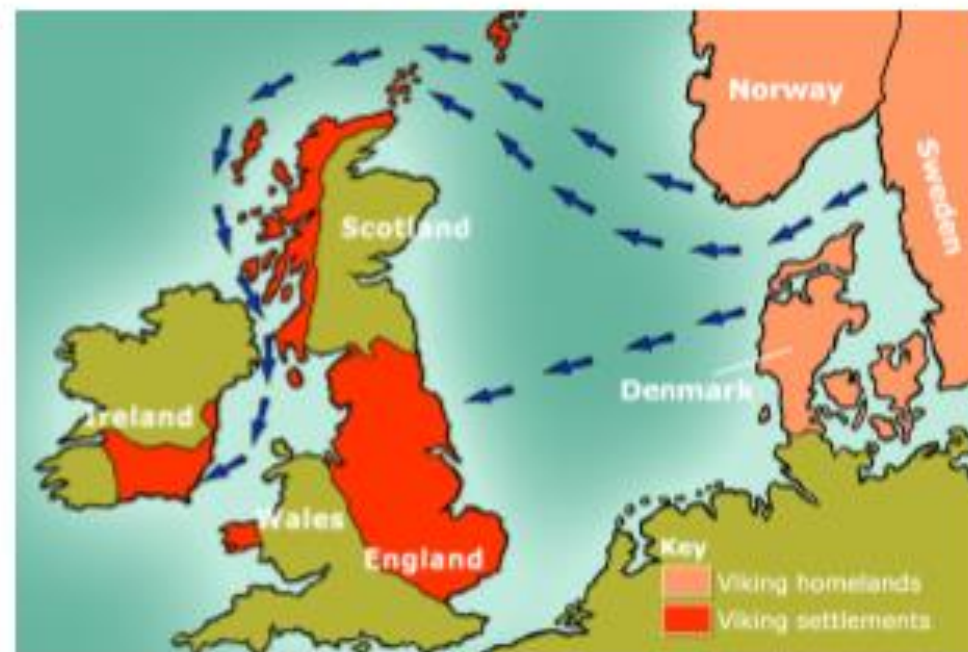
Thatched—A roof covered in straw

Trade—sell items for money, or swap them for other items

Trader—A person who sells goods

Treaty—an agreement made between two or more people, groups or countries.

Valhalla—the place Vikings believed they would go to after death if they died fighting bravely in battle



Important People

☐ **King Alfred the Great (849-899 AD)**—King of Wessex from 871 to 899 AD, defended Wessex from the Viking conquest

☐ **Athelstan (894-939 AD)**—First King to unite English kingdoms,

☐ **King Cnut (995-1035 AD)**—Viking King of England, Denmark and Norway between 1028 and 1035

☐ **William the Conqueror (1028—1087 AD)**—became King of England in 1066 after winning the Battle of Hastings.



Key Questions

- Why do we have blood?
- How does our heart work?
- How does blood travel around our bodies?
- How are nutrients and water transported around our bodies and why do we need them?
- Why is it important to exercise and eat a healthy diet?
- What happens to our heart rate when we exercise and why?

What should I already know?

- The basic needs of animals for survival (water, food, air)
- The importance of exercise, hygiene and a balanced diet
- Animals get nutrition from what they eat
- Some animals have skeletons for support, protection and movement
- The basic parts of the digestive system
- The different types of teeth in humans
- Respiration is one of the seven life processes
- The life cycle of a human and how we change as we grow

What is the circulatory system?

- The circulatory system is made of the heart, lungs and the blood vessels.
- Arteries carry oxygenated blood from the heart to the rest of the body.
- Veins carry deoxygenated blood from the body to the heart.
- Nutrients, oxygen and carbon dioxide are exchanged via the capillaries.

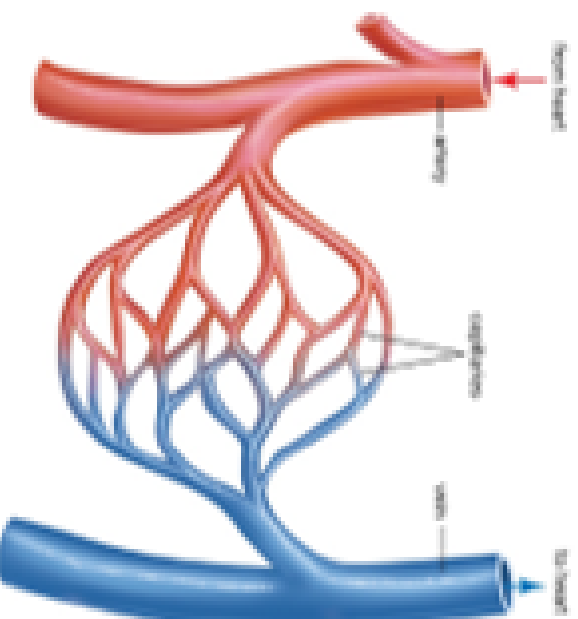
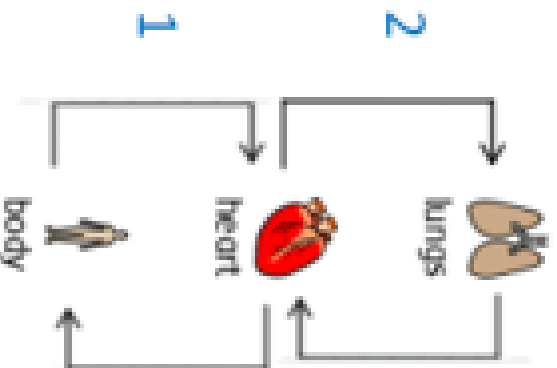


Diagram of the Circulatory System

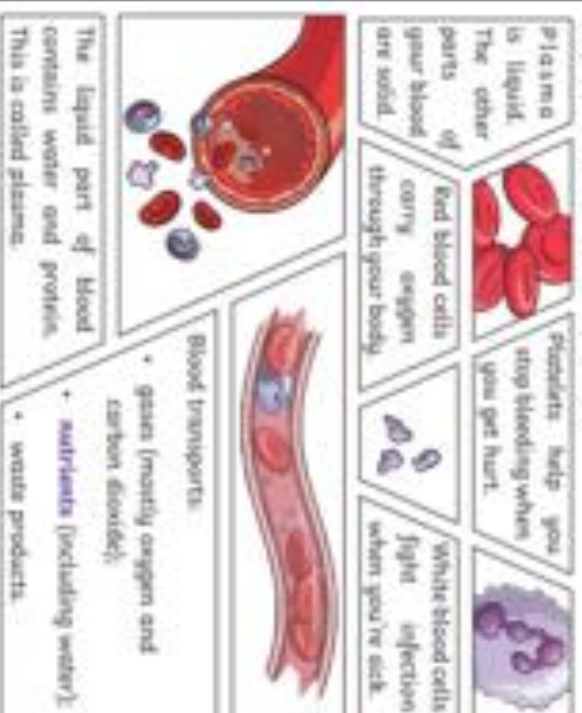


1. Deoxygenated blood is sent to the heart from the rest of the body.
2. This is then sent from the heart to the lungs. Here, the blood picks up oxygen and disposes of carbon dioxide.
3. Oxygenated blood is then sent back to the heart.
4. The heart sends the oxygenated blood back to the rest of the body.

How often your heart pumps is called your **pulse**.

What do we need blood?

Blood is made up of four main parts: plasma, red blood cells, platelets and white blood cells. They each have different jobs and are all important to help our bodies work and ensure that we can live.



Why are exercise and diet important?

Exercise can:

- Tone and strengthen muscles, including the heart
- Improve blood circulation and the amount of oxygen around the body
- Increase fitness
- Release brain chemicals which help you feel calm, relaxed and happier
- Reduce excess fat
- Improve skin
- Help you get better quality sleep

Eating a good balance of different nutrients and foods in the right amounts help to keep your body healthy and working as it should. It can also help to protect our bodies from some diseases.



Vocabulary

Arteries	A tube that carries oxygenated blood from your heart to the rest of your body
Blood vessels	Narrow tubes through which your blood flows (arteries, veins and capillaries are blood vessels)
Capillaries	Tiny blood vessels which connect arteries and veins
Carbon dioxide	A gas produced when animals and humans breathe out
Circulatory system	The system which circulates blood around the body, supplying nutrients and oxygen and removing waste products such as carbon dioxide
Deoxygenated	Blood that doesn't carry oxygen
Heart	The organ that pumps blood around the body
Lungs	Two organs which oxygenate blood and remove carbon dioxide through breathing
Nutrients	Substances which help plants and animals to grow
Organ	A part of your body that has a particular purpose
Oxygen	A colourless gas which animals and plants need in order to survive
Oxygenated	Blood which contains oxygen
Pulse	The regular beating of blood through your body, affected by exercise and activity
Respiration	The process of respiring (breathing), inhaling and exhaling air
Veins	A tube that carries deoxygenated blood from the body to the heart