



## Year 6 – 10.1.22

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](mailto: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.thenational.academy/lessons/translating-simple-shapes-6hjp4t>

### Translating simple shapes



Remember to access TT Rockstars!

### Writing

This week we will be writing a story, specifically looking at how dialogue can be used to move a story on and how it can be used to enable the reader to know more about the character (show not tell).

Please complete the following lessons: [To explore punctuating speech first \(thenational.academy\)](#)  
[To revise speech punctuation \(thenational.academy\)](#)

### 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/counting-to-12-and-saying-your-age-cmv6ae>

Counting to 12 and saying age 



National Literacy Trust Activities

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

### Theme:

**This week we are exploring what life was like in Viking Britain. Please image mark the picture of a Viking longhouse. What can you infer about life in Viking Britain based on the image. We would also like you to watch the following clip to further your understanding:**

[What was life like in Viking Britain? - 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](#)



Complete the Oak academy lesson:  
<https://classroom.thenational.academy/lessons/how-is-oxygen-transported-around-our-bodies-60vk6r>

**How is oxygen transported around our bodies?**

### Book cover

Design a new cover for your favourite book.

### Animal

Draw a picture of your favourite animal.

### Junk modelling

Design and build (if you can) a monster, vehicle or machine.

# Vikings

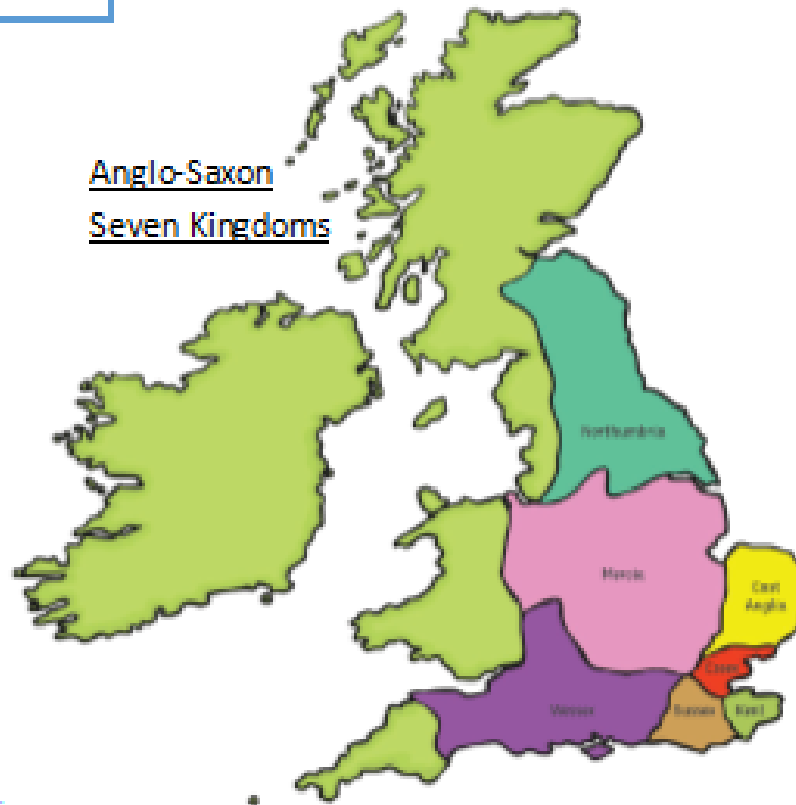
The Vikings (also known as Norse men) came from the countries we now call Norway, Sweden and Denmark. This area is known as Scandinavia. Norse men travelled the seas on longboats raiding and plundering lands. The Viking Age in Britain began around 1200 years ago and lasted for just over 200 years. Around 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

☐ **Aethelstan (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.

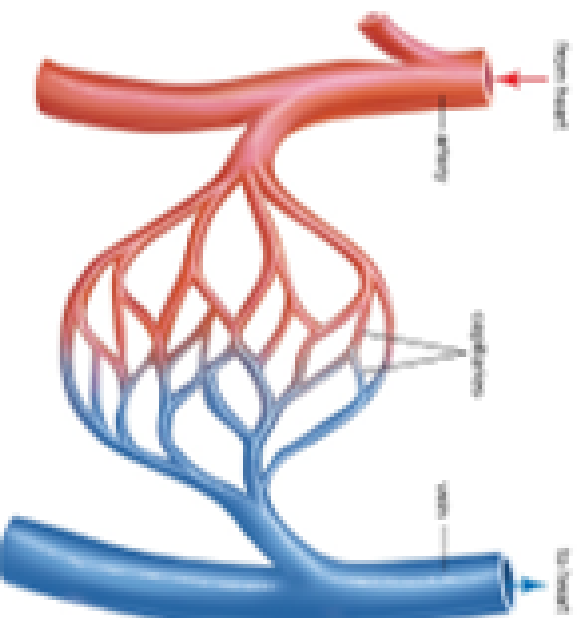
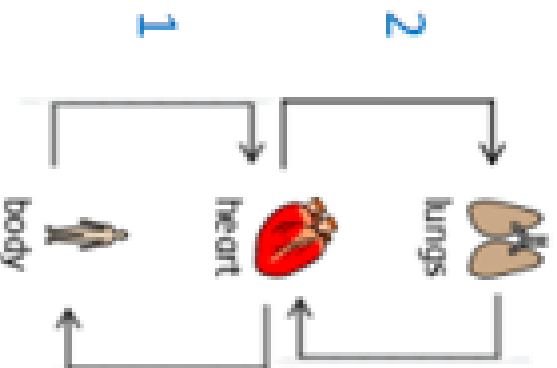


Diagram of the Circulatory System

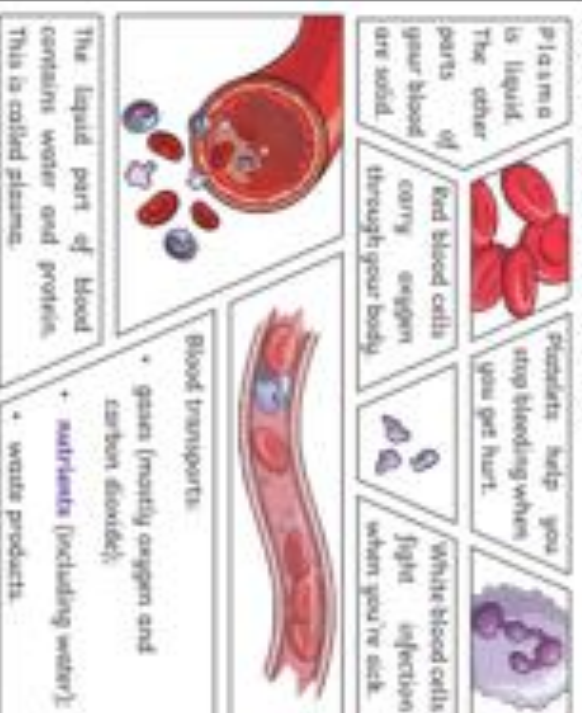


1. Deoxygenated blood is sent to the heart from the rest of the body.
2. This is then sent from the heart to the lungs. Here, the blood picks up oxygen and disposes of carbon dioxide.
3. Oxygenated blood is then sent back to the heart.
4. The heart sends the oxygenated blood back to the rest of the body.

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