

Science and the Wider Curriculum - Planning and Ideas



Week Commencing: 13.06.20

Year Groups: 5/6

As this is your final week before the Summer holidays, we thought that it might be fun for you to do a mini project for your last week. Feel free to pick and choose which activities you complete. You do not have to complete an activity every day and you may leave out certain parts if this is more convenient for you. But most of all, we want you to enjoy it! Your project is called... **A Smoothie For An Athlete**

	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5
Area of Learning	Research your ingredients	Make an advert to advertise your smoothie	Design a training plan	Instructions for your smoothie	Make your Smoothie (optional!)
Activity	<p>Today, I would like to you to find out which foods/drinks etc would be suitable to an athlete. If you would like to pick a certain sport (ie. Football, long distance running, weightlifting, gymnastics) you can do, as different sports require different food requirements.</p> <p>Activity Make a list of the food groups required for your athlete and then some examples of foods/drinks which you could include in your smoothie. Eg. Protein (for muscle building) – Peanut butter, oats, almond milk Calcium (for strong bones) – Semi-skimmed milk.</p>	<p>Now, you need to think of a name for your smoothie. Think carefully about how you are going to advertise it. Is it going to be for professional athletes or for someone doing the sport for fun? Is it for a specific sport or activity?</p> <p>Activity Create a poster or leaflet advertising your product. Remember, it needs to be a persuasive text so you need to encourage people to buy your product. Make it colourful and engaging for your target audience.</p>	<p>Think about the sport or activity you have chosen. Now you are going to design an example week’s training plan for them. You may want to also incorporate your smoothie into it – do they drink it pre or post activity?</p> <p>Activity Think about what your athlete would be doing each day. You may want to research some real life professional athletes training plans for your sport.</p>	<p>Now you are going to think about how your smoothie would be made.</p> <p>Activity Write a set of instructions for someone to follow when making your smoothie. Make sure you are specific in your instructions and write exactly how much of the ingredients would be used and how many glasses it would make. Will it be stored in the refrigerator? Can it be frozen?</p>	<p><i>Obviously, this part is optional. Some of the ingredients might be expensive or difficult to get hold of (especially in today’s environment) but if you want, you can make your smoothie! What did it taste like? Did you have more energy?</i></p>

Where can I complete further work?

[Twinkl](#) – Subscription service used by schools is offering a free premium service for teachers, parents and children to use whilst schools are closed. Enter the code **UKTWINKLHELPS** for access to worksheets, powerpoints and interactive games to support all areas of learning.

[Classroom Secrets](#) – Free Maths, Reading and Grammar home learning packs and interactive resources for all ages.

[BBC Bitesize Primary](#) – Free learning resources available for KS1 and KS2 across all subjects.