



Key Stage 2 Year 5

9.3.20

Homework books **must be in school on Monday and will be returned on Tuesday**

Reading - Please read aloud to an adult every day. Please record in your reading record book the pages that you have read each day. **Remember to bring your book and reading record to school every day.** Please visit Nelson School Library for your reading books.

Maths - **Complete mathletics homework.** Log on or download the app www.mathletics.co.uk to complete the set homework activities. <https://login.mathletics.com/> Practise your **times tables** for our weekly quiz. Once you have completed Mathletics an additional websites to use is www.timestables.co.uk.

Grammar - Log on to purplemash and complete your set grammar homework task. <https://www.purplemash.com/sch/nelson-e6>

Spelling

- 1) You must **ensure you know the meaning of the word.** -use a dictionary to help you if you are unsure.
- 2) **Write a sentence for some of the words.** You can include more than one word in a sentence as long as it makes sense and shows that you understand the word.
- 3) **Practise and study all of the spelling words ready for the Weekly Spelling Test.** To help you learn, every day you could draw a table like below to help you practise.
- 4) **Use your spelling menu to help you Practise your spellings.** You can pick whatever activities you like to help you learn all the words.

Look Say Cover Write Check

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
bargain						
bruise						
community						
competition						
conscience						
definite						
determined						
dictionary						
embarrass						
explanation						
hesitancy						
truancy						
accountancy						
discrepancy						
infancy						
vacancy						
buoyancy						
tenancy						
compliance						
occupancy						

This is an extract from the autobiography of Hong Ying, where she writes about her life as a child in China during the 1960s.

She lived with her family on the banks of the River Yangtze.

Daughter of the River

My house was on the southern bank of the Yangtze. By standing on the ridge in front of my house, I could see where the Yangtze and Jialong rivers meet. An assortment of buildings on the surrounding hills looks like a jumble of children's building blocks. Quays dot the riverbanks, steamships tie up between the quays. Cable cars, dripping rust, crawl slowly up and down the slopes. Dark clouds blanket the river at dawn, and at dusk, when the sun's rays slant down on the water before settling behind the hills to the north, a few bursts of sunlight emerge from the dark mist.

For us, water was precious. Several hundred families shared a single tap. Queuing up was only part of the problem, for once water came, it was usually a dirty yellow. If we went down to the river to fetch water, a hard sweaty job at best, we had to treat it with bleach to make it fit for drinking or cooking, and it left a metallic taste. Except for times when the running water was turned off, we fetched water from the river only for laundry or to mop the floors.

Anyone who has never suffered the heat of this place cannot possibly understand how it burns its way from your heart and clogs up every pore on your body, to lie there baking your skin. Normally there is no wind, but when there is, it's like adding coal to a fire. That was in the summer. Then when the Yangtze began to rise the water flowed from the higher reaches and hundreds of metres of riverbank would be swallowed up overnight when the flood season arrived.



Once the weather cooled off, the inconvenience of bathing increased.

Hot water was particularly scarce, but since we couldn't afford to go to the public baths, we simply took fewer baths or no baths at all. The winter cold was as oppressive as the summer heat. Our houses weren't heated and heating materials were virtually non-existent. Sometimes we simply cocooned ourselves in quilts and lay in bed. At night we bundled up in as many clothes as we could wear and climbed into bed, shivering until morning with freezing hands and feet. I don't think there was a winter in my childhood when my hands weren't covered with chilblains that made my fingers look like carrots.

For my brother, the river was a source of food. Water from the snowy peaks kept the river temperature icy cold most of the year. Nevertheless, whenever he saw something that even looked like food, he dived in after it: vegetable skins, leafy greens, even melon rinds. Once he had whatever it was in his grasp, he'd swim back to shore and take it home, where mother would wash it, cut out the rotten parts, and throw it in the wok. But he wasn't always lucky. Most of the time all the river offered up was muddy water and he'd return home empty-handed.

1. Look at the paragraph beginning *My house...*

What impressions do you get of the area where Hong Ying lived?

Support your explanation with brief quotations.

3 marks

2. Give **two** reasons why clean water was precious in Hong Ying's community.

1. _____

2. _____

1 mark

4. Look at the final paragraph.

What does the expression *something that even looked like food* suggest about Hong Ying's family attitude to food?

1 mark

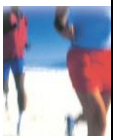
3. Explain how the language in paragraphs 3 and 4 shows that life by the Yangtze River was very harsh.

3 marks

5. Look at the last sentence. What impression does the phrase *offered up* suggest about the river?

1 mark

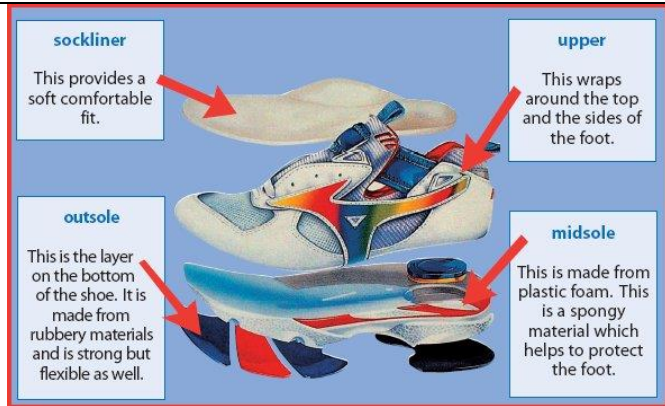
Feet First



The Running Shoe

A running shoe is a special type of trainer. It is designed to protect your feet from injuries and help to improve your performance. Running shoes support the foot in the typical running position when the toes are down and the heels are raised.

A good running shoe has four important parts, each with its own job to do: As well as wearing the correct footwear, a runner has to train regularly in order to improve performance.



sockliner

This provides a soft comfortable fit.

upper

This wraps around the top and the sides of the foot.

outsole

This is the layer on the bottom of the shoe. It is made from rubbery materials and is strong but flexible as well.

midsole

This is made from plastic foam. This is a spongy material which helps to protect the foot.

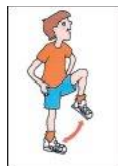
Training for a race

Warming up and cooling down

It is important to warm-up and cool down every time you exercise. A warm-up gets your body ready for exercise. It helps your blood carry oxygen to your muscles so they are ready to work harder. When muscles are warm, they are more stretchy and tear less easily.



You can warm-up by marching or jogging on the spot and doing stretching exercises. A balanced routine should be developed which covers all the muscles used. You should warm-up for about five to ten minutes until you feel warm and are breathing a bit faster than normal.



To cool down after exercising, do some slower movements until you are breathing normally again. Cooling down helps stop your muscles getting sore. Stretching after exercise can help you to become more supple.

Training

If you are in good shape and have no injuries, you will be able to race short distances often. It is very important to listen to your body and if you are over-racing – slow down. The English Schools' Athletic Association Award Scheme sets realistic targets for pupils of all abilities.

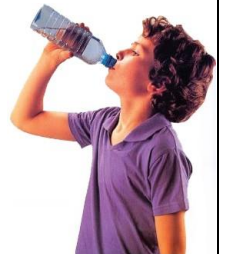
Only short distances should be sprinted at maximum speed.

Only Year 5 and 6 children should attempt racing longer distances.

The recommended distance is 800 metres, which should be run and not sprinted.

Year	Distance
3	40 m
4 and 5	60 m
6	80 m

It is important to keep your body safe and comfortable when you are training. Do not train just after a meal or if you are unwell. Do not train so hard



that your muscles hurt or you feel dizzy, sick or tired. Always drink plenty of water before and during exercise, especially in hot weather. This is to replace water you lose when you sweat.

Using your muscles makes them stronger.

When you exercise, your body makes chemicals called endorphins. They go to your brain and make you feel good.

Your heart and lungs are muscles. They need exercise to keep them working well and to help you fight off illness and disease.

While you are still growing, exercise helps your body to make strong bones.

The benefits of exercise

Running is only one way of exercising. Exercise keeps your body strong and fit. Fitness means you have enough energy to do all the things you want to do easily. Your body cannot store fitness so you need to exercise regularly to stay fit.



1. Circle the correct option to complete the sentence below.

The bottom layer of a running shoe is called the

- sockliner.
- upper.
- midsole.
- outsole.

1 mark

2. What makes the outsole strong and flexible?

1 mark

3. Look at the paragraph beginning: *A running shoe is a special...*

Find and **copy one** word meaning *made like that on purpose*.

1 mark

4. How can you tell from your breathing if you are warming up **and** cooling down properly?

2 marks

5. How many metres should a year 4 child sprint at maximum speed?

1 mark

6. How does the text try to make sure the reader will drink water before and during exercise?

1 mark

7. Give one of the bad effects of training too hard.

1 mark

8. How does exercise make you feel good?

1 mark

9. What does *Feet First* say happens to your muscles when you exercise?
Write **two** things.

- 1. _____
- 2. _____

2 marks

10. Why should you exercise?
Find and copy **three** reasons given in *Feet First*.

- 1. _____
- 2. _____
- 3. _____

3 marks