

## Science

**LO: To evaluate our investigation and discuss our findings.**

In this session we will be evaluating our investigation into how to grow the tallest beanstalk.

Work through the PowerPoint, explaining how we write an evaluation and what we need to include.

Using either the sheet provided, or you can design your own layout, write your evaluation of your investigation. Remember to include all your findings, and if your prediction at the beginning of term was correct.

## DT

**LO: To design and carry out a questionnaire as part of market research.**

This week, we are thinking about the inventions that we are designing. Before we start to design our inventions, we need to carry out some market research.

Part 1: Use the example provided to create your own questionnaire and send it to us at school to complete.

Part 2: Can you research and find out if there is already anything similar to your invention being sold? If so, look at how expensive it is and who the target market are. Is this similar to what you would expect?

## PSHE

**LO: To understand the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle.**

In this session we will be focusing on healthy balances and what we need to achieve a balanced lifestyle.

**Activity one:** Using the case studies attached, think about what is healthy about their lifestyle and what is unhealthy. On the speech bubbles, write down what you may say to one of the characters to persuade them to make some changes to their lifestyle.

**Activity two:** Using the sheet provided, choose a selection of healthy foods you like, and physical activity you enjoy and balance them on the sheet.

Then think about what you would like your lifestyle to be, not necessarily how it is at the moment. Write down a change you would like to make in your lifestyle, one relating to food, and one relating to physical activity. Make sure they are realistic and achievable and include how you may feel if you make this lifestyle change.

## PE

Complete a Joe Wicks 30-minute workout.



## Bonus

Watch Newsbites on Espresso and complete the weekly quiz.

