



# St Margaret's-at-Cliffe CP School

## Home Learning Class 6

Welcome to term 4! You can find my weekly welcome video on the class 6 section of the website.

Any Twinkl activities can be found by clicking [this link https://www.twinkl.co.uk/go](https://www.twinkl.co.uk/go) and entering the 6-digit pupil PIN code: RN9316.


Please note that there is no expectation on you to be printing everything out at home. If you want to, that is fine but if you do not have access to a printer or ink, you can use the activities on the screen and write into an exercise book. These are available from the school shed if you do not have one at home.

Please do continue to email me daily in the usual way at [c.class6@st-margarets-dover.kent.sch.uk](mailto:c.class6@st-margarets-dover.kent.sch.uk)

Miss Brett

Class 6 22 <sup>nd</sup> Feb	Monday 22 <sup>nd</sup> February	Tuesday 23 <sup>rd</sup> February	Wednesday 24 <sup>th</sup> February	Thursday 25 <sup>th</sup> February	Friday 26 <sup>th</sup> February
Vocab Ninja	A new word of the day on each PowerPoint screen – starting with Shinobi words for years 5/6. These can be found in PowerPoint or pdf format <a href="#">here</a> . You should write the word, write the definition and use the word in your own unique sentence. You can also look at the synonyms, antonyms, prefixes and suffixes associated with the word and see if there are any others you can find.				Non screen day please see separate sheet
SPAG	<p><u>PaG</u> Have a go at a punctuation and grammar past paper <a href="#">here</a>. The paper allows 45 minutes but there is no need to time yourself. You can spend two days' PaG lessons completing this paper. It will help you see which things you know and will help me to see which things we still need to look at or to go over again.  Please self-mark using answers <a href="#">here</a> (starts on page 9) and let me know how you do.</p>		<p><u>Spelling</u> <u>WALT: find skills to differentiate between homophones</u></p> <p>Remember: homophones are words, which sound the same but are spelt differently. There are new homophones for you to learn (see grid below)</p> <p>Look in a dictionary (or online) to find the definition of each word. You should write all ten words with their definitions next to them, in your neatest handwriting.</p>	<p><u>Spelling:</u> <u>WALT: find skills to differentiate between homophones</u></p> <p>Using the homophones from yesterday, can you find clever ways to help you to remember which is which? e.g. station<u>er</u>y uses 'er' like ruler<u>er</u> and eraser<u>er</u></p> <p>Write a list/draw pictures of the rules you have created.</p>	

English	<p><u>WALT: evaluate the use of author's language choices and</u>  <u>WALT: plan and draft ideas for writing</u></p> <p>Have a look at the video I have made for this lesson on the Class 6 page.</p> <p>You are going to be writing a persuasive letter to Boris Johnson.</p> <p>When we persuade, we try to get someone to believe our point of view, providing convincing reasons.</p> <p>'Should schools go back on 8<sup>th</sup> March? Whether you think yes they should or no they should not, you will be writing to Boris to persuade him of your point of view.</p> <p>Complete the planning grid today (see below) in order to write your persuasive letter tomorrow.</p>	<p><u>WALT: write for a range of purposes (persuasive letter) and</u>  <u>WALT: select vocabulary and grammatical structures that support the required level of formality</u></p> <p>Today you will be using your planning from yesterday to write your letter to the Prime Minister.</p> <p>You will be trying to persuade him of your point of view.</p> <p>See below for a helpful reminder of the features of a formal letter</p> <p>Have a look at the tips below for persuasive writing and remember the tips I gave you in the video yesterday.</p> <p>Think about showing off how well you can write formally. You should use your best formal language and mature punctuation.</p>	<p><u>SATS Companion</u></p> <p>Log into SATs Companion <a href="#">here</a> and access the English activities for today.</p> <p>Please take the time to read through and think about your answers, just as you would if you were handwriting them.</p>	<p><u>WALT: edit, improve and publish</u></p> <p>Today you will be editing your letters. If you sent it to me on Tuesday, I will have marked and returned to you for editing.</p> <p>Don't forget to:</p> <ul style="list-style-type: none"> <li>- Proofread. Does it make sense?</li> <li>- Check spelling using a dictionary</li> <li>- Check you have included all of the features of a formal letter</li> <li>- Uplevel language choices</li> <li>- Check you have used a range of sentence structures</li> <li>- Check you have used a range of punctuation.</li> <li>- Check you have used lots of the features to ensure your letter is persuasive.</li> </ul>	
Maths	<p><u>WALT: convert miles to km.</u></p> <p>Watch the video <a href="#">here</a>.</p> <p>Complete the true or false activity <a href="#">here</a>. Can you explain why you think it is true or false?</p>	<p><u>WALT: convert metric and imperial measures</u></p> <p>We are going to recap this as many of you missed this lesson on the snow day last term.</p>	<p><u>SATS Companion</u></p> <p>Log on to SATs Companion <a href="#">here</a> and complete the maths tasks assigned to you for this week.</p>	<p><u>WALT: find shapes with the same area</u></p> <p>Watch the video <a href="#">here</a>.</p> <p>Complete the true or false activity <a href="#">here</a>. Can you</p>	

	<p>Download the worksheets <a href="#">here</a>.</p> <p>Answers are <a href="#">here</a>. Please self-mark and then show me how you did.</p> <p><b>*Optional Challenge*</b> Click <a href="#">here</a> to convert more miles to km.</p>	<p>Watch the video <a href="#">here</a>. You could also recap the White Rose video if you missed it last term <a href="#">here</a>.</p> <p>Work through the <b>challenges below</b>.</p>		<p>explain why you think it is true or false?</p> <p>Download the worksheets <a href="#">here</a>.</p> <p>Answers are <a href="#">here</a>. Please self-mark and then show me how you did.</p>	
Topic 1	<p><u>Music:</u> <u>WALT: listen, appraise and sing</u></p> <p>Click <a href="#">here</a> to go to your charanga login page. You will need your login details, which have been sent to you. (If you have not received these I can email you)</p> <p>Once logged in, you should see that you have an assignment. This will be your whole lesson. Once you click on it, you will see a main screen with 8 tasks on the right hand side. Work down through these, taking part in each one as you go. You will need to read the on-screen instructions and might need to make use of the controls at the bottom to play/pause/rewind the clips.</p>	<p><u>Big Life Journal</u> <u>WALT: know that effort is key</u></p> <p>Complete part 1 of the Effort is Key chapter – <b>see below</b>.</p> 	<p><u>PE (for those in school the hall is free for Y6 9-9.30)</u></p> <p><u>WALT: effectively dodge an opponent</u></p> <p>Have a look at this YouTube clip by 'PE with Mr Dalton', which gives you an introduction in Tag Rugby. These lessons have been designed to be completed at home in lockdown and you can make use of the equipment you have at home. Your family might enjoy this one too!</p>	<p><u>PE (for those in school the hall is free for Y6 10-10.30)</u> <u>WALT: stay fit and healthy</u></p> <p>Choose one type of physical activity that you can do at home to keep fit. It might be:</p> <ul style="list-style-type: none"> <li>- A bike ride</li> <li>- Playing football or tennis in your garden</li> <li>- Just Dance</li> <li>- More gymnastics</li> <li>- <a href="#">Joe Wicks</a></li> </ul>	
			<p><u>RE</u> <u>WALT: understand what is meant to Christians by God's grace</u></p> <p>Watch the video clip <a href="#">here</a> to understand the story of the Prodigal son in the Bible.</p> <p>This story relates to Christians, as it is about God</p>	<p><u>PSHE</u> <u>WALT: take responsibility for our own health and make choices which benefit our own health and well-being</u></p> <p>This unit is called 'Healthy Me'. Have a look at the <b>Who am I game below</b>. Each statement belongs to a</p>	

			<p>the father, who always loves his children, no matter what. It shows Christians what to believe about God's generosity (grace).</p> <p>Watch <a href="#">this video</a> to further understand God's grace.</p> <p>Write a short story or poem about forgiveness or grace.</p>	<p>person or thing, which is good, bad or necessary for your health. Can you work them out?</p> <p><b>TASK:</b> Imagine you are an Agony Aunt (someone who people write to for good advice).</p> <p>Choose one of the role-play cards below. See if you can identify the problem and write back to the person, offering them supportive advice.</p>	
Topic PM	<p><u>SCIENCE</u> WALT: identify how animals are suited to their environment and how this may affect evolution.</p> <p>Think about the life cycle of a butterfly. Look <a href="#">here</a> if you are unsure.</p> <p>Think of the 7 life processes from last week (remember MRS NERG)</p> <p><b>TASK:</b> Can you relate these life processes of the butterfly to the habitat in which it can be found?</p> <p>You may present your learning in any way you wish. You should:</p> <ul style="list-style-type: none"> <li>- Clearly show how the butterfly's features (at</li> </ul>	<p><u>Geography:</u> WALT: understand the effects of global warming</p> <p>Our new topic for Geography this term is 'How will our world look in the future?' We will be learning about various aspects that may have an impact on our world.</p> <p><a href="#">Ducksters</a> <a href="#">Kidzworld</a> <a href="#">CBBC</a></p> <p><b>TASK:</b> Use the above websites to find out as much as you can about global warming in order to answer these questions:</p> <ol style="list-style-type: none"> <li>1) What does 'global warming' actually mean?</li> <li>2) What causes global warming?</li> <li>3) Why is global warming a bad thing?</li> </ol>	<p><u>ICT</u> WALT: Identify benefits and risks of mobile devices broadcasting the location of the user/device and WALT: Identify secure sites by looking for privacy seals of approval. And WALT: Identify the benefits and risks of giving personal information and device access to different software</p> <p>Play the 2DIY3D game set as a 2Do where you need to collect all the safe symbols and avoid the risks.</p> <p>Can you work out what all 16 symbols show?</p> <p><b>TASK:</b> create your own game that focuses around online safety. You can use 2DIY –</p>	<p><u>French</u> WALT: say and write a sentence to tell the time in French.</p> <p>Our new French unit is called 'All in a Day'.</p> <p>Click <a href="#">here</a> to access Twinkl Go and enter PIN: RN9316 to download the lesson pack.</p> <p>Watch the lesson presentation and find the activity sheet. If you have trouble with PowerPoint, I can send you a PDF instead.</p>	

	<p>different stages in its life) help it to survive. Refer to some of the life processes</p>	<p>4) What is being done to help the situation?</p> <p>You can present this learning in any way you like. You can include writing, photos and diagrams.</p>	<p>Games or Quiz, 2DIY 3D or 2code.</p> <p>Please see lesson one for more detailed information <a href="#">here</a>.</p>		
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## MONDAY - ENGLISH

## PLANNING - Schools SHOULD/SHOULD NOT fully reopen on 8<sup>th</sup> March

Paragraph 1 - Introduction - *What is the letter going to be about and why are you writing it?*

### Openers

*The fact is...,  
Most agree that...,  
One reason is...,  
It is important to...,  
Another reason is...*

### Conjunctions

so  
because  
if  
then  
as a result  
however

### Emotive Language

vital educational mental  
health wellbeing stressful  
crucial disastrous

### Other interesting vocabulary:

Paragraph 2 - Reason 1: \_\_\_\_\_

Supporting facts:

Paragraph 3 - Reason 2 \_\_\_\_\_

Supporting facts:

Paragraph 4 - What is your third reason? \_\_\_\_\_

Supporting facts:

Paragraph 5 - Summary - *Remind the reader of how important your reasons are and why they must take notice*

# Persuasive Letter Writing

	Self -Check
The sender's address is on the right.	
The recipient's address is on the left.	
The letter shows the date on which it was written.	
There is a greeting to the recipient.	
The opening sentence hooks the reader and explains why you are writing.	
There is an introduction.	
The text is organised into paragraphs, which each have their own point.	
Each point has arguments to support it.	
There is a conclusion which summarises the main point of the letter and reiterates the opinion.	
The letter finishes with 'Yours faithfully' if you do not know the name of the recipient or 'Yours sincerely' if you do.	

# Persuasive Letter Writing Word Bank

Greetings	Opening Sentences	Introductions	Details
Dear Mrs May, Dear Mr Brown, Dear Sir or Madam,	I agree that... It is my belief that... Some people believe that... Recent figures reveal...	For this reason... I am sure that... It is certain... In the same way...	For example... In fact... In support of this... Statistically...
Causal Conjunctions and Adverbials	Conclusions and Summaries	Closing Farewell	Vocabulary
accordingly consequently hence thus otherwise	As you can see... Without a doubt... In brief... On the whole... Undoubtedly...	Yours sincerely, Yours faithfully,	arguments unfair support persuade imperative pros/cons





## Two examples of persuasive letters:

Palm Primary School,  
Soultown,  
Bettershams,  
BE5 5TE

12 Queen Street,  
Soultown,  
Bettershams,  
BE5 5TE

Monday 18<sup>th</sup> March

Dear Mrs Hassan,

As you know, this is year 6's final year at the wonderful Palm Primary School. We have all very much enjoyed our time here and would love to end the year in the best way possible. That's why I am writing to you, as a hard-working member of year 6, to ask that we are allowed to have a prom in July.

It is indisputable that the current year 6 class are the best class that Palm Primary School has ever had. Our humour, attitude, work ethic and brilliance alone are enough of a reason to celebrate. Last year's year six had a simple leaving assembly; this surely does not reflect the superior standard of our class. The only logical step is to hold a prom – the most fitting way to reflect the high standards and excellence of year 6.

Furthermore, the expected SATs results of year 6 will far exceed any gained before by Palm Primary School students. Without a doubt, this is as a result of unrivalled hard work and dedication during our studies at this school. Shouldn't our unwavering effort be justly rewarded? If future classes are to succeed as we have, it is clear that a worthy reward, such as a prom, would motivate and enthuse them. It is the least that hard working students deserve after exam pressures.

Ultimately, it cannot be forgotten that a year 6 prom will provide the final opportunity for year 6 to spend enjoyable time together before progressing onto different high schools. Surely, you would not deny us a last celebration together before we head in different directions? A prom would be crucial to our happy memories of Palm Primary School which would last a lifetime.

In brief, with your support and a small budget, we could make year 6's dreams a reality and truly reward the hard-work and effort that year 6 have shown during their time at Palm Primary School. In conclusion, I'm very hopeful that you will support this exciting opportunity.

Yours sincerely,

Anita Begum  
Class 12

16 Ship Hill,  
Rother Helm,  
Yorkshire,  
S60 2PL

Riverside House,  
Main Street,  
Yorkshire,  
S60 1AE

Friday 6<sup>th</sup> September

Dear Sir or Madam,

I have recently been informed of your plans to cancel the kerbside collection of plastic waste – an idea I vehemently oppose. I am confident that, upon understanding the consequences of this decision, the council will abolish plans to make such cuts.

In order to cancel the current, effective kerbside collection, the council intends to provide costly additional bins. This is sure to greatly impact the council's budget with detrimental effect. Many people believe that the initial cost of the new bins will be greater than the total cost of maintaining current collections. It therefore seems wasteful to change the current way of working. I am confident that the council would not intentionally make a wasteful decision.

Residents fear that the council's proposed changes will result in unpleasant, dirty waste littering the streets due to lack of proper recycling methods. Our town's streets are likely to become overrun with rodents feasting from the unhygienic litter which has not been properly recycled due to council cuts. Inevitably, this will lead to a rise in pest control costs. This would cost the council more money than the initial cuts would save – a completely avoidable deficit.

Additionally, the environmental impact of this seemingly reckless decision could be catastrophic. Although you acknowledge that your current waste treatment facility attempts to take plastic waste out of regular collections, how many pieces of plastic waste are simply missed? This oversight could result in millions of pieces of perfectly recyclable plastic being carelessly discarded into landfill, remaining there indefinitely rather than being reused in a valuable way. The council simply must prioritise environmental wellbeing.

Ultimately, the public are adamantly opposed to the council's decision and demand a meeting to present all relevant facts. Once these are presented, I am confident that the council will see the error in their ways and revoke the decision.

Yours faithfully,

Mr I. Rate

## TUESDAY – MATHS

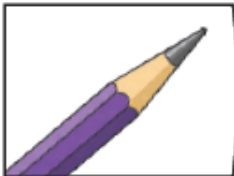


### Challenge 1:

1) Use the table to convert between these measurements.






1 foot	=	12 inches	3 feet	=	_____ inches
1 pound (lb)	=	16 ounces	_____ pounds	=	64 ounces
1 stone	=	14 pounds	6 stone	=	_____ pounds
1 gallon	=	8 pints	_____ gallons	=	16 pints
1 inch	≈	2.5cm	8 inches	≈	_____ cm

2)

	6 inches = _____ foot
	12 stone = _____ pounds
	2 pints = _____ gallon

3)

	22.5 cm = _____ inches
	9.5 pounds = _____ ounces
	$2\frac{1}{4}$ gallons = _____ pints


Challenge 2:

1) Here are the heights of two different children.  
Remember that 1 inch is approximately 2.5cm.


Ava is the tallest. Do you agree with this statement?  
Explain your answer.

\_\_\_\_\_


\_\_\_\_\_



Ava 62 inches



William 1.54m



Here are the prices of apples at two different shops.  
Remember that 1 pound (lb) is 16 ounces.

At which shop are the apples better value for money?  
Explain how you know.

\_\_\_\_\_

\_\_\_\_\_


Frankie's Fresh Fruit	Alan's Apple Store
120 ounces of apples £4.50	8 lbs of apples £4.20


Challenge 3:

1) Ethan, Ibrahim, Kaylee and Shola are packing their suitcases for their holidays. Use the clues to work out who each suitcase belongs to.


Remember that 1 stone = 14 pounds.

28 lbs	$2\frac{1}{2}$ stone	$2\frac{3}{4}$ stone	32 lbs
Name: _____	Name: _____	Name: _____	Name: _____







Kaylee's suitcase has the greatest mass.



Ethan's suitcase has the smallest mass.







Ibrahim's suitcase is heavier than Shola's suitcase.



Challenge 4:

2) Ethan, Ibrahim, Kaylee and Shola are making fruit cocktails by choosing two of these different ingredients.

Remember:  
1 gallon = 8 pints  
1 pint ≈ 570ml

Grapefruit	Orange	Pineapple	Mango
			
$\frac{1}{4}$ gallon = _____ pints ≈ _____ ml	$1\frac{1}{2}$ pints ≈ _____ ml	$\frac{1}{2}$ gallon = _____ pints ≈ _____ ml	$\frac{4}{5}$ pints ≈ _____ ml

- a) Use the conversion information to complete the table.
- b) Find the volume, in litres, of all the possible fruit juice pair combinations they can add to their mixing bowl.
- Example:

grapefruit + orange = \_\_\_\_\_

## TUESDAY – MATHS answers


### Challenge 1:

1)

3 feet	=	<b>36 inches</b>
4 pounds	=	64 ounces
6 stone	=	<b>84 pounds</b>
2 gallons	=	16 pints
8 inches	=	<b>20 cm</b>

2) 6 inches = **0.5 or  $\frac{1}{2}$**  foot  
 12 stone = **168** pounds  
 2 pints = **0.25 or  $\frac{1}{4}$**  gallon


3) 22.5 cm = **9** inches  
 9.5 pounds = **152** ounces  
 $2\frac{1}{4}$  gallons = **18** pints



### Challenge 2:


1) Agree because 62 inches = 155cm which is 1cm taller than William who is 154cm.

2) Alan's Apple Store offers better value for money because 8lbs = 128 ounces, which is more apples for less money than Frankie's Fresh Fruit.



1)

28 lbs	$2\frac{1}{2}$ stone <b>(35 pounds)</b>	$2\frac{3}{4}$ stone <b>(38.5 pounds)</b>	32 lbs
Name: <b>Ethan</b>	Name: <b>Ibrahim</b>	Name: <b>Kaylee</b>	Name: <b>Shola</b>



2) a)  $\frac{1}{4}$  gallon = 2 pints = **1140ml**  
 $1\frac{1}{2}$  pints = **855ml**  
 $\frac{1}{2}$  gallon = 4 pints = **2280ml**  
 $\frac{4}{5}$  pints = **456ml**

b) grapefruit + orange = 1.995l  
 grapefruit + pineapple = 3.42l  
 grapefruit + mango = 1.596l  
 orange + pineapple = 3.135l  
 orange + mango = 1.311l  
 pineapple + mango = 2.736l

### Challenge 3 and 4:

# Effort is key

## PART I

We learn and get better at things by making an effort. Making an effort means practising, working hard, and trying different strategies.



Ask your JOURNAL BUDDY about a time when they had to make a big effort. Did they use different strategies? Did they succeed in the end?

**NOW IT'S YOUR TURN!**

Describe a time when you made a big effort.

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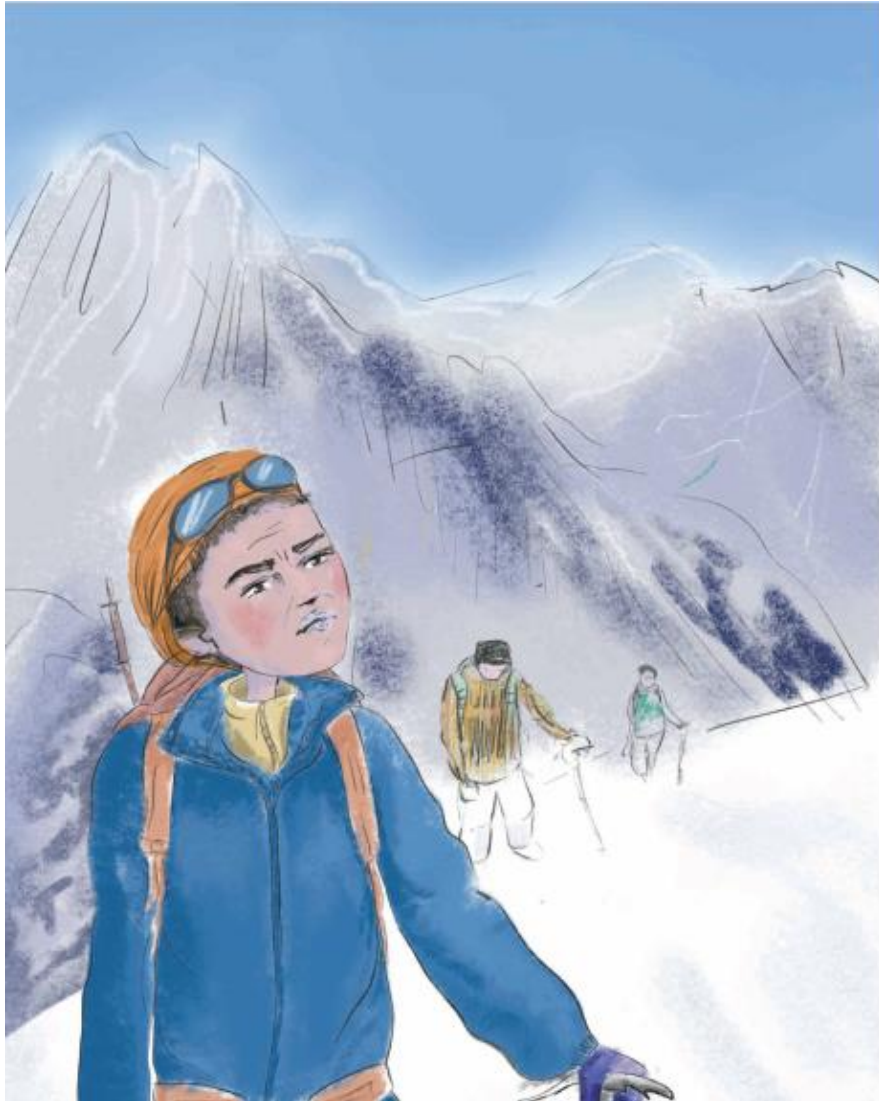
How did you feel during the process?



How did you feel in the end?







## Effort the Size of Everest

Growing up, Edurne Pasaban was a true mountain girl. She loved to walk, run, and even climb up the rocky peaks near her house in the hills of northern Spain.


She loved the feeling of climbing higher each time and looking back at the tiny houses dotted across the valley below. By the time she was 14, Edurne had joined a mountaineering club and was already climbing with adults.

As a reward for her hard work, Edurne was chosen for the adventure of a lifetime — to climb a 6,000-metre peak (equivalent to 60 rugby pitches) in South America!

When she wasn't mountain climbing, she was competing in triathlons to increase her core strength and endurance. Swimming, cycling, running...Edurne did everything she could to prepare her body for the toughest challenges.

Edurne became a world-class mountain climber, climbing the world's highest peak, Mount Everest. After more years of hard work, Edurne became the first woman to climb 14 of the world's tallest mountains.

Edurne then decided it was time to conquer Mount Everest again. During the team's preparation for the expedition, Edurne felt strong. They had done many months of hard training.



If the trip was successful, Edurne was going to be the first woman to climb all 14 of the world's tallest mountains without extra oxygen (many climbers need to use oxygen tanks to help them breathe due to the lower oxygen levels at higher altitudes).

However, as the team reached the final part of the climb, two members of her team became ill. As team leader, Edurne made the decision to pause the expedition so her teammates could rest and receive extra oxygen. At this point, she was left with a difficult decision: should she continue climbing to achieve the world record?

Edurne was so close to the peak and could see other expeditions reaching the top. But she decided to focus all of her efforts on saving her teammates.

Her team helped the two sick climbers down the mountain, where they were taken to safety. Even though Edurne didn't succeed in reaching the peak, all her efforts gained her something else equally important — her teammates were safe.

After many years of climbing the world's highest peaks, Edurne remains an ambitious climber who puts all her effort into every expedition. Her new goal is to cross the Himalayan mountains on foot. She continues to reach for new heights every day and take care of her teammates!

If you were to climb Mount Everest, what are the top three things you would take with you? A waterproof rucksack, warm clothing, your favourite snacks, or something else?

Write down and draw your top three things below.

ITEM

DRAWING

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_



<b>dessert</b>	<b>desert</b>
<b>stationery</b>	<b>stationary</b>
<b>complement</b>	<b>compliment</b>
<b>principle</b>	<b>principal</b>
<b>prophet</b>	<b>profit</b>

## WEDNESDAY – PSHE

### What/who am I?

- 1) Someone can make an appointment to see me if they are worried about their health. Who am I?
- 2) You should use me to protect your skin. I have an SPF number. What am I?
- 3) I am in some drinks. There is an age limit because I am a drug. If people misuse me, it can damage their health, especially the liver. Anti-social behaviour can result if people drink too much of me. What am I?
- 4) Some people do not like visiting me, but I am very important to help care for a specific part of your body. Who am I?
- 5) I am used in food to improve the flavour. Too much of me can damage a person's heart, circulation and kidneys. I am labelled on some foods so that people know how much of me has been added. What am I?
- 6) I am written on lots of things and am in lots of the country's laws. Video games show me as a PEGI rating. I can help people know how old they have to be to buy, use or do something. What am I?
- 7) I am given to babies and children to stop them catching illnesses. Adults need me sometimes too. I am in the news a lot now. What am I?
- 8) I am a legal drug. I can damage a person's lungs and heart. Some people use me to look 'popular' or 'tough'. I make people's breath, clothes and hair smell stale and their teeth go yellow. What am I?
- 9) People should try to do me for 60 minutes every day. I can help a person's body stay fit and healthy. Too little or too much of me can damage a person's health. What am I?

See next page for answers

## WEDNESDAY PHSE – Who Am I Answers and Role Play Agony Aunt Cards

- 1) Doctor
- 2) Sun cream
- 3) Alcohol
- 4) Dentist
- 5) Salt
- 6) Age-limit
- 7) Vaccination
- 8) Cigarettes
- 9) Exercise

**Dear Agony Aunt,** I am feeling very sleepy lately and find it difficult to concentrate on my homework. I play a lot of video-games and sometimes I do stay up late if I need to finish a level. I sometimes miss a meal because I don't want to stop the game, but I have chocolate, snacks and energy drinks in my room in case I need a boost. Do you think the video games are making me sleepy?

**Dear Agony Aunt,** My friends have started to smoke. I am worried that if I don't join in they will cut me out of the group. I know smoking is bad for me but if I lose these friends, I won't have any at all. My friends are everything to me and without them I will feel miserable and depressed. What should I do?

**Dear Agony Aunt,** I have not been feeling very well lately. I eat a balanced diet and I go running three times a week. Last week I noticed a strange mark on my arm that wasn't there before. I have a very active job that keeps me fit and I'm outside a lot. I do forget to use sunscreen sometimes. I am starting to get worried. What should I do?

**Dear Agony Aunt,** I drink a lot of sugary drinks and I think it has caused one of my teeth to ache. It's starting to hurt when I eat anything chewy. I am so frightened about going to the dentist, that I am thinking of not going and just putting up with the pain by taking some over-the-counter medicine. Can you offer me any advice?

**Dear Agony Aunt,** I spend a lot of time with my friends and we hang around in the park and the local shopping arcade. My friends have started to bring alcohol along. I don't know where they get it from. Last week one of them got drunk and threw a rock through a shop window. The shop alarm went off and we had to run away. The shop owner called the police, but we weren't caught. I'm worried I will get into trouble if I keep going out with them. What should I do?

**Dear Agony Aunt,** I am putting on weight. My Mum does all the shopping and cooking so I don't have any choice about what I get to eat. I do eat snacks in between meals and I admit that sometimes I forget to read the labels on the packets. Do you think I should ask my Mum to buy healthier food? We don't have much money and I know she buys what we can afford. I think she will get upset if I criticise her. What do you think?

**Dear Agony Aunt,** My Mum is travelling abroad for work and is supposed to have vaccinations to prevent her getting Yellow Fever, a disease we don't have in this country. She says she hasn't got time to go to the nurse to have the vaccination. I am worried. How can I persuade my Mum to have this vaccination?