



Hazel Wood High School – 5 a day Transition



Week 1

Activity	Preparation for secondary school	Developing Self Confidence and Wellbeing	Subject Knowledge	Staying Active	Getting to our school (Use the School Website) https://www.hazelwoodhigh.co.uk/
Monday	On your daily walk, walk from home to your new school and back, or look up which bus you will need to catch and the times.	What are the three things you are confident about with yourself and your learning?	English: Write a short descriptive story about how you imagine your first day at high school will be.	Mini Work Out: 25 sit ups 25 star jumps 1 minute jogging 25 press ups 25 squats	What is the name of the head teacher? Can you find the name of the deputy head teacher?
Tuesday	Ask a family member about how they felt when they transitioned to high school. Even better if they attend Hazel Wood already!	What are two things you would like to improve about yourself or your learning when you join Hazel Wood?	Maths: Recall the times tables for 3,6 and 9. Draw 4 pizzas and cut them into 8 slices. Can you shade the following fractions? $\frac{1}{4}$ $\frac{1}{2}$ $\frac{3}{8}$ $\frac{5}{8}$	Mini Work Out: 25 burpees 25 jumping jacks 1 minute skipping 25 bicycle crunches 25 high knees	What are the names of the two people who look after year 7? Can you name the rest of the year 7 team?
Wednesday	What should you do if you are not going to be in school? Who should you contact and what is their phone number?	Which subjects are you excited to study when you join Hazel Wood?	Science: Research about animal and plant cells. What do they look like? What's inside them? What do the different parts do? How are they similar or different?	Mini Work Out: 25 squat jumps 25 high kicks 1 minute mountain climber 25 bicycle crunches 25 high knees	What is the school address and telephone number?
Thursday	What is the school's attendance expectation as a percentage?	What are three hobbies or interests that you could talk about with a new friend? Do Hazel Wood offer this as a club or extra-curricular activity?	MFL: Download Duolingo – a free app – start to learn Spanish	Mini Work Out: 25 squat jumps 25 lunges 1 minute plank 25 high knees 25 sit ups	Who are the Assistant Head Teachers?
Friday	Write down your morning routine for September. For example: Set my alarm for 7am	What three qualities would make you a great new friend for someone from another primary?	Drama: Use a mirror to practise pulling different facial expressions and emotions. For example: happy, sad, frightened, confused, embarrassed and confident.	Mini Work Out: 25 bunny hops 25 star jumps 1 minute climb 25 sit ups 2 minutes jogging	Who looks after safeguarding in school should you have a problem?



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Name: _____ Week Commencing: _____ Primary School: _____

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Monday					
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