



Hazel Wood High School – 5 a day Transition



Week 2

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	From your alarm going off, how long will it take you to get up and be ready to set off to school? This will help you prepare for your morning routine and be on time.	Write down something kind you have done during lockdown that could be discussed with a friend when we start school.	English: Write a poem about lockdown.	Mini Work Out: 25 sit ups 25 star jumps 1 minute jogging 25 press ups 25 squats	What multi- academy trust is Hazel Wood part of? Can you name the other two schools?
Tuesday	Write down three questions that you want to ask on your first day.	What is the kindest thing you have seen / heard / watched someone else do this week?	Maths: How many mm in a cm and a m? How many cm in a m? How many km in a m? How many g in a kg? Convert the following from g's to kg's? 200g, 155g, 31g, 735g	Mini Work Out: 25 burpees 25 jumping jacks 1 minute skipping 25 bicycle crunches 25 high knees	What extra-curricular activities are on offer? Write a paragraph explaining which ones you would like to join and why
Wednesday	Make a list of the equipment you need for your school bag. What thing have you already got and what do you need to buy?	Who haven't you spoken to in ages? Send them a letter or an email today and tell them you were thinking about them.	Science: What is a force? Can you write some examples of forces and where they might have an effect?	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 items of school uniform will you need for September? Check out the uniform section in the welcome booklet especially the section on shoes.	What are your three proudest achievements so far that you could share with your new form and form teacher?	Art: Create a mood board for transition. Draw all the things that will make you happy about coming to Hazel Wood? Draw anything you are worried about. Consider which colours you might use to portray they mood.	Mini Work Out: 25 squat jumps 25 lunges 1 minute plank 25 high knees 25 sit ups	What are the school values? What do these words mean?
Friday	Write down your after school/weekend routine for September. For example: Tuesday – STEM club, Wednesday: Homework Sunday: Family time	Write down three conversation openers that you could use to introduce yourself to a new friend when you start at Hazel Wood. For example: I really like your hair style, How are feeling today? name is...	Geography: Draw a map of your local area which includes a key: include local landmarks, schools, shops, monuments, parks etc	Mini Work Out: 25 bunny hops 25 star jumps 1 minute climb 25 sit ups 2 minutes jogging	Use the website to find out the names of three English teachers



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Name: _____ Week Commencing: _____ Primary School: _____

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Monday					
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