



Hazel Wood High School – 5 a day Transition



Week 3

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	Decide if you are going to have packed lunches or school dinners? If you are going to have packed lunches, create a meal planner.	Complete three tasks around the home to help the adults that look after you. This could be washing the dishes, tidying your bedroom etc	English: Write a short book review about a book you have read. What happened in the story? Who was your favourite character and why?	Mini Work Out: 25 sit ups 25 star jumps 1 minute jogging 25 press ups 25 squats	What is Hazel Wood's vision? Write a short paragraph about the things you will do so we as a school can achieve our vision.
Tuesday	Points mean prizes! At Hazel Wood you are awarded achievement points for doing something well. Make a list of things that you think you should be awarded points for.	Design a poster to say thank you to the keyworkers and put it up in your window.	Maths: Mental Maths: ask someone at home to read to you your food shopping receipt from this week. How much has your family spent?	Mini Work Out: 25 burpees 25 jumping jacks 1 minute skipping 25 bicycle crunches 25 high knees	How many forms do we have at Hazel Wood? Write an application to become a form captain. What qualities do you think you will need?
Wednesday	Pupil voice is really important at Hazel Wood. We are really lucky to have anti-bullying ambassadors. Create an anti-bullying poster to be displayed around school.	Write a paragraph about someone who inspires you and read it to someone at home.	Science: Find a flower from your garden or from one of your walks. Draw and label each part. Then research and write a paragraph about photosynthesis.	Mini Work Out: 25 squat jumps 25 high kicks 1 minute mountain climber 25 bicycle crunches 25 high knees	What is our school behaviour policy? Can you find out what the 4 rights are?
Thursday	Set yourself 3 targets that you want to achieve in year 7.	Complete three tasks that will help your local environment. It could be litter picking, recycling or donating to a charity shop etc	History: If you have the internet, research a monument in your local area. Even better, visit it on one of your walks and take a photo.	Mini Work Out: 25 squat jumps 25 lunges 1 minute plank 25 high knees 25 sit ups	What is the name of the CEO and the Executive Headteacher?
Friday	Make a checklist for secondary school readiness. You can then use this the week before we start in September to check that you are ready.	Send a postcard to someone that you miss.	Design Technology: Create something for living things in your garden or outside, such as a bug hotel, or a bird feeder from a recycled bottle.	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 our Science teachers



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Name: _____ Week Commencing: _____ Primary School: _____

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Monday					
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