

Year 6 Autumn 1

Physical and Wellbeing	Creative	Reading and Research	Written
Measure your pulse before and after ten minutes of exercise. Present the results and explain how the heart and lungs respond.	Create a Frida Kahlo-inspired self-portrait. Include careful proportion, tone and a symbolic background that represents your identity.	Read your book for at least 20 minutes on five occasions. Record unfamiliar vocabulary, meanings and one striking quotation each time.	Write an autobiographical account of a memorable moment. Use first person, reflection, precise detail and a clear chronological structure.
Create a one-day healthy-living plan covering food, activity, sleep and hydration. Explain how two choices could affect your future health.	Make a labelled model or diagram showing how a volcano forms. Include tectonic plates, magma, vent, crater and lava flow.	Find three quotations that reveal something about a character in your book. Explain what each quotation suggests and why.	Write a balanced discursive response: Should children be allowed to take risks? Present both viewpoints before reaching a reasoned conclusion.
Compare nutrition labels from two snacks or street foods. Identify salt, sugar, fat and fibre, then suggest one realistic healthier change.	Using batteries only, design and build a circuit with a bulb or buzzer and a switch. Draw the circuit with recognised symbols.	Research how earthquakes happen. Compare two types of plate boundary and explain why some places experience greater risk than others.	Write a persuasive speech titled 'My choices today shape my future health'. Use direct address, rhetorical questions, evidence and repetition.
Plan and lead a short family fitness session. Explain which muscles, joints and organs are working and how regular exercise supports health.	Design a street-food stall serving burritos, pitta and hummus, or samosas. Include a logo, menu, packaging, hygiene and allergen information.	Use two reliable sources to investigate children's lives during the Second World War. Record five facts and one question you still have.	Write a first-person story set during an evacuation or rooftop adventure. Build tension and finish with a clear but believable moral.

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Keep a three-day diary of sleep, hydration, activity and screen time. Identify patterns and set two achievable targets for your healthy self.	Create a timeline or illustrated map showing key events and locations in the Second World War. Add short captions explaining their significance.	Read an age-appropriate text about electricity or the circulatory system. Summarise the main ideas and create five retrieval questions with answers.	Write a short wartime speech intended to raise morale. Choose an audience and use emotive language, modal verbs and a memorable final line.

Challenge Corner - Can you...

- Cook or help a meal. Photograph or sketch the stages and evaluate the finished food.
- Create a 3D model that demonstrates either a volcanic eruption, an earthquake-resistant building.
- Create a Frida Kahlo-inspired portrait gallery for your household, using symbols to communicate each person's interests or identity.
- Complete a seven-day healthy-choice challenge and explain which habit would make the greatest difference if continued for a year.

Written Challenge - Can you use...

- Write an biography of someone in your life?