

Welcome to Week 5 of your HBN home learning packs!

The long history of the Isle of Man is our theme this week, we have lots of learning activities for you guys to choose from!

Stay safe, *The Year 5 team* x

Riddle of the Week:

Last week: *What begins with T, finishes with T, and has T in it?* answer... a teapot!

This week:

What is so fragile that saying its name breaks it? Answer and a new riddle next week!

Shout out:

From the Week 3 challenge: Deniz's great effort with learning Turkish phrases and numbers.

Harika Deniz!



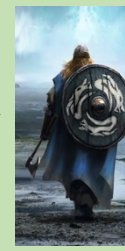
Art

Once again Mrs McCubbin has created lots of art activity options for you to choose from.

Perhaps you will try some Archibald Knox art, or Manx tartan or even the famous Manx carved stone crosses!



Week 5: the ancient isle of man



Science: the beauty of trees

Among the island's most ancient inhabitants are... the trees!

Some species of trees, like hazel, oak, willow, rowan, scots pine and ash are native to the Isle of Man... meaning they arrived here by themselves after the last Ice Age, 10,000 years ago!

Other species of trees, like sycamore and sweet chestnut were introduced here by people over the last 1,000 years. You are never far away from a tree!

May is a wonderful month to notice what the trees are doing! Horse chestnut (conker trees) are in full flower, hawthorns are beginning to flower and even the first ash leaves are opening out!

This week, when you are out for walks, try and bring home a selection of *at least three* tree leaves (or photos of them) and try and identify what type of tree they are!



Horse Chestnut



Oak!



Rowan!



Sycamore!

P.E.

If you are looking for ways to keep active this week, Mrs McCubbin has made lots of options for you to try if you want!

Maybe you will try the Parish Walk challenge, or some Viking ball or rope skills!



Ancient Isle of Man

Art

Archibald Knox

Archibald Knox was an artist, teacher and designer who was born and lived in the Isle of Man. His Celtic designs and calligraphy are world famous and his designs were prominent in the influence of the arts and craft movement. Many of you will have seen Archibald Knox designs without even realising. For this task you will attempt to recreate the works of Archibald Knox. You might try your hand at calligraphy (fancy hand writing/graphics), try writing your name in the style of Archibald Knox. You could design a piece of Celtic jewellery, or a clock inspired by Archibald Knox.



Manx Tartan

Most tartans have between three and five colours, Manx tartan is unusual in that it contains seven each representing a particular element. (See image)

Task.

Design your own family tartan. Think carefully about the colours you might choose, you may want to use the colour wheel to see what colours complement each other. What does each colour represent for your family?



Stone Crosses

Since the 5th Century AD, crosses have been used in Mann as memorials. Both the Celts and the Vikings lay crosses with either Celtic or Norse inscriptions. Today you can find these stones throughout the Isle of Man. Try and create a stone cross of your own design, either through sketching or modelling with plasticine, play doh or salt dough.



The Ancient Isle of Man

P.E

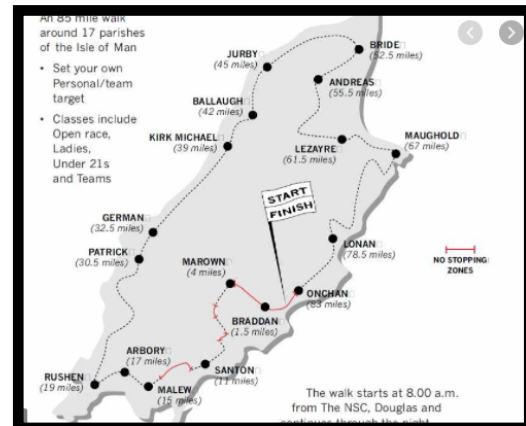
Parish walk challenge

The Parish Walk is a walking race that takes place on the Isle of Man each year. The challenge was first recorded in 1852 when a man named John Cannel covered 90 miles in 15 hours on horseback. He repeated this the following year on foot visiting each of the islands 17 parishes. In 1913 the first Parish walk took place in its current form. The route passes through all of the islands seventeen parishes covering a distance of 85 miles (137Km).

Year 5 Class challenge

As a year group I challenge you to complete the Parish walk this year. However **DON'T PANIC!!** I have a plan, you are not completing it individually you are completing it as year 5. I know lots of you are already walking as part of your daily exercise. Start recording how far you are walking and let us know at the end of the week how many miles you have completed. If you can't get out to walk anywhere, don't worry, 1 mile is the same as 1600 metres. Perhaps you could measure a lap of your garden or living room in metres and take it from there, completing laps to add to our challenge.

Good Luck and Have Fun!!!!
Don't forget to send in your miles.



Viking sports

Sporting games were important social events for Vikings with many lasting for several days. Competitions were fierce and would not be acceptable in today's culture. Stories suggest that serious injury or death was not uncommon.

Hence this week we will not be trying out some Viking games (I know SAFETY FIRST) but we will use some equipment the Vikings will have used.

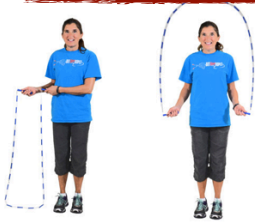
Viking ball skills

In Viking times children played with soft felt balls. The balls were made by taking a handful of wool fibres, and then squeezing them into a round ball between your hands, and then tying with yarn to stop them from falling apart during play. The ball rolled well, bounced and was even good enough for a game of catch. Try out your skills with your choice of ball (it doesn't need to be hand made).



Viking Rope Challenge

In the Viking age, a number of materials were used to make rope. These included wool, horsehair, sealskin and lime bast (the bark of a lime tree). Jumping rope is a great aerobic exercise, it keeps the heart and lungs healthy and strengthens bones and muscle. It can also improve coordination and act as a calming technique. Once you master the basics of skipping you are better equipped to master the more advanced skills. Below you will find a few skipping tricks to try, maybe you could master one of your own and send us a video clip.



Double Side Swing & Jump

1. Twirl rope to left side
2. Twirl rope to right side
3. Jump over rope

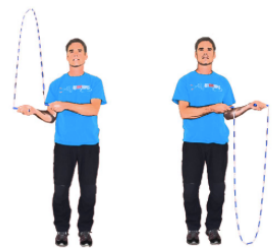
Hint: Keep hands together on side swings, keep feet together



Skier (side to side)

1. Jump left
2. Jump right

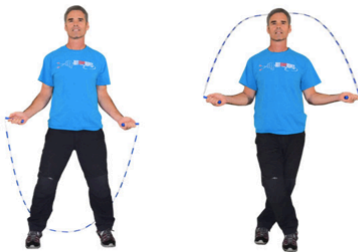
Hint: Feet move laterally 4-6" to each side, keep feet together.



Side Swing

1. Twirl rope to one side
2. Repeat on the opposite side
3. Twirl rope alternatively from side to side

Hint: Keep hands together, keep feet together



Straddle Cross

1. Jump to straddle position
2. Jump to crossed legs

Hint: Feet shoulder width apart



Leg-Over (pretzel)

Use the same arm and leg for the pretzel. Be sure to bend your arm up and use your wrist to spin the rope.



Crossover (cross arms)

1. Cross arms and jump
2. Open rope, basic bounce

Hint: Cross right arm over left, cross left arm over right