

Millfield Science & Performing Arts College – 5 A Day Transition Activities



ACTIVITY	Preparation for secondary school.	Developing Self Confidence and Wellbeing	Subject Knowledge	Staying Active	Getting to Know Us Use our website: http://www.millfield.lancs.sch.uk
MONDAY	On your daily walk today, walk from your home to school and back, or look up what bus you will need to catch and the time.	What are 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 Millfield to be.	Mini work out: 25 sit ups 25 star jumps 1-minute jogging 25 press ups 25 squats	Who is the Head Teacher? Who is the Deputy Head Teacher??
TUESDAY	Ask a family member about how they felt when they transitioned to secondary school. Even better if they are here already!	What are two things you would like improve about yourself or your learning when you join us?	Maths: Recall the times tables for 3,6 and 9. Draw 4 pizzas cut into 8 slices, then shade the number of slices that represent 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	Who is the head of Maths, Science and English?
WEDNESDAY	What should you do if you are not going to be in school? Who should you contact at school? What is the telephone number?	Which subjects are you excited to study when you join us?	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/different?	Mini work out: 25 Squat jumps 25 lunges 1-minute plank 25 high knees 25 sit ups	What are the names of the 4 houses and who is the head of each house?
THURSDAY	What is the school's expectation for attendance as a percentage?	What are three hobbies or interests you have that you could discuss with a new friend?	MFL: If you have access to the internet, download the quiz let app. Start learning French	Mini work out: 25 press ups 25 high kicks 1-min mountain climbers 25 Bicycle crunches 25 high knees	What is the school's address and telephone number?
FRIDAY	Write down your morning routine for when you join Millfield. For example: set my alarm for 7.15am	What three qualities would make you a great new friend to have to someone from another primary?	Drama: Practice, by using a mirror, different facial expressions/emotions such as: happy, sad, frightened, confused, embarrassed, confident	Mini work out: 25 bunny hops 25 star jumps 1-minute climb 25 sit ups 2 minutes jogging	Who is our Student Welfare Manager?



Millfield Science & Performing Arts College – 5 A Day Transition Activities – Week 1



Name: _____ Week Commencing: _____ Primary School: _____

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MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					

Feel free to use additional pages if you can't fit everything in to the boxes above. Bring this in on your first day as there will be chances to win some prizes. Over the summer make sure you tweet some of your exceptional work to @Millfieldhighsc