

Writing: Year 6 – Summer 2 Week 1

	Day 1 Activity	Day 2 Activity	Day 3 Activity	Day 4 Activity	Day 5 Activity
Writing	<p>1. Watch video of teacher introducing concept of a letter to your younger self: Letter to My Younger Self - Introduction to the Week.</p> <p>2. Now, listen and read along to the following letters, all written by sportspeople. Tennis: Letter to My Younger Self - Pete Sampras Athletics: Letter to My Younger Self - Jackie Joyner-Kersey Football (soccer): Letter to My Younger Self - Kelley O'Hara <i>What is the purpose of the letters? What features did the letters have in common? What content was included in the letters?</i></p> <p>3. Watch the teacher videos which discuss the features and contents of the letters above. Jackie Joyner-Kersey Analysis Kelley O'Hara Analysis</p> <p>4. Make notes using Resource 1C on the similarities in content and features between the letters. Start to think about what you might like to write in a letter to a younger self.</p>	<p>1. Watch and read along to Letter to My Younger Self – Roger McGough: Letter to My Younger Self - Roger McGough</p> <p><i>What content was included in this letter? What advice does Roger McGough give to his younger self?</i></p> <p>2. Watch and read along to Letter to My Younger Self Teacher Example: Letter to My Younger Self Teacher Example</p> <p><i>What messages does the letter have for its reader?</i></p> <p>3. Watch the teacher videos which discuss the features and contents of the letter above: Letter to My Younger Self Teacher Example Analysis</p>	<p>1. Make notes on 3-4 episodes from your life so far. They may be about school, hobbies, friendship or family. Reflect on episodes from which you learned something that perhaps changed how you act now.</p> <p><i>What would you have liked to know at the time? What advice would have helped at the time it happened?</i></p> <p>It might be that the episode was difficult (an argument or a setback) but the lesson learned was valuable (the importance of apologising/ the setback is only temporary).</p> <p>2. Use the examples from previous days to help you. Use Resource 3A to help you for ideas.</p>	<p>1. Watch these videos to help you to organise and write your plan for your letter to your younger self. Audience and Purpose Content Structure</p> <p>2. Plan a letter to your younger self using Resource 4A.</p> <p>Include some/ all of the following in your plan:</p> <ul style="list-style-type: none"> • The age of the recipient (you at a younger age); • 2-3 key episodes/ events you wish to discuss with your younger self (e.g. school/ hobbies/ friendship/family); • What happened/ how it happened; and • Include detail of how you felt/ what you learned (positive/ motivational messages) and perhaps how it shaped you. 	<p>1. Watch teacher videos to help you with writing your letter to your younger self. Some of you may wish to watch one clip and then write the relevant section; others may wish to watch all the videos before writing. Choose what you think will work best for you.</p> <p>Expectations Introduction Second Paragraph Third Paragraph Fourth Paragraph Final Paragraph Letter to My Younger Self - Modelled Example</p> <p>2. Write a letter to your younger self. Read through the remember to in Resource 5B. Use the word mat in Resource 5C to help you write your letter.</p>
Resources	Resource 1A: Letter to My Younger Self – Pete Sampras Resource 1B: Letter to My Younger Self – Jackie Joyner-Kersey Resource 1C: Notes support	Resource 2A: Letter to My Younger Self – Roger McGough Resource 2B: Letter to My Younger Self Teacher Example	Resource 3A: Helpful ideas for your letter	Resource 4A: Letter plan	Resource 5A: Letter to My Younger Self Modelled Example Resource 5B: Remember to Resource 5C: Word mat



Reading: Year 6 – Summer 2 Week 1

		Day 1 Activity	Day 2 Activity	Day 3 Activity	Day 4 Activity	Day 5 Activity
Reading	Whole Class	Can You See Me? Chapter 22	Can You See Me? Chapter 23 Can You See Me? Chapter 24	Can You See Me? Chapter 25 Can You See Me? Chapter 26	Can You See Me? Chapter 27 Can You See Me? Chapter 28	Can You See Me? Chapter 29 Can You See Me? Chapter 30
	Independent *	The Puzzling Pluto Plot	The Puzzling Pluto Plot	The Puzzling Pluto Plot	The Puzzling Pluto Plot	The Puzzling Pluto Plot
	**	Back to the Beam	Back to the Beam	Back to the Beam	Back to the Beam	Back to the Beam
	***	Speed Receiver	Speed Receiver	Speed Receiver	Speed Receiver	Speed Receiver
Spelling		Queue Pronunciation Programme Profession Privilege				

See below for: Resource 1A, Resource 1A, Resource 2A, Resource 2B, Resource 5A and Resource 5B



Resource 1A: Letter to My Younger Self – Pete Sampras

June 29th, 2015

Dear 16-year-old Pete,

You're about to go pro, and you're pretty excited. Deep in your heart you know you're eventually going to succeed. But believe me, it's coming a lot sooner than you think. You'll have your early ups and downs, but in just a couple of years, you're gonna fight your way into the Top 5 in the world rankings, and you'll win the U.S. Open, beating the likes of Ivan Lendl, John McEnroe and Andre Agassi in the process. At 19, you'll be the youngest player to ever win the U.S. Open.

That's when everything will change.



You'll be an up-and-coming American with no exposure one day; then, when you wake up the morning after winning the Open, you'll be on talk show after talk show. All eyes will be on you, and the attention will take some getting used to — it won't mesh well with your reserved personality.

There's more to being a pro than just playing tennis. The more successful you are, the more people will want out of you. It won't always be something you'll want to do, and it won't always be fun. The pressure will be as exhausting as anything you'll ever do on the tennis court. But as a tennis champion, you have that responsibility. You play tennis because you love the game, not because you love the limelight, so get ready. Think about getting some media training. It'll go a long way. Luckily, you'll be out of the game before these things called Twitter and Facebook come around. Be thankful for that. One day you'll understand what I mean.

Oh, and put the newspaper down. Don't read what people are saying about you. No good can come of it. And if you do hear or read something negative about yourself, don't sweat it. Let your racket do the talking.

Don't forget to take care of your most important weapon: your body. Be aware of what you're eating. There will be times when you wake up in the middle of the night before a match craving crazy things like hamburgers and pizza. It's because your body is missing something. If you ignore those cravings and don't figure out what your body needs (and it's definitely not burgers or pizza), you'll get on the court the next day and fall flat.

This will never be more apparent than at the 1996 U.S. Open. You'll face Alex Corretja in the quarterfinals, and in the fourth set, you'll run out of gas because you didn't eat properly before the match. You'll need a boost, and you'll reach for a can of Coca-Cola. That's not the answer. All that's gonna do is make you throw up on the court during the fifth-set tiebreaker. You'll go on to win the match, but believe me, it won't be fun (although everyone else will love the drama).

One day, everyone will be a nutrition freak. Be ahead of that curve.



You'll get to play against your heroes, like Ivan Lendl and Jimmy Connors — the guys you grew up watching. You'll even get to play *with* John McEnroe in doubles, which will turn out to be an oddly perfect combination. You, the calm, collected right-hander, and McEnroe, the emotional, energetic lefty. When he gets crazy, you'll be the calming influence. When you're in a lull, he'll energize you. You'll balance each other out perfectly. You'll win the Davis Cup together, and it'll be some of the most fun you have in your career playing with probably the greatest doubles player of all time.

But when you leave the court for good, there is one opponent whose name will be mentioned alongside yours forever. Andre Agassi.

I know you can't see it now, but you will have a fierce, special rivalry with Andre Agassi. He'll be the best player you play against during your career, and he will bring out the best in you. You'll rise to be the best in the world together, and it's always gonna be a heavyweight match when you play. There will always be huge buzz.

You'll be fortunate enough to play against him in five Grand Slam finals, and you'll win four of them. But if you want to win all five, hear me out.

In the 1995 Australian Open Final, you'll be tied at one set apiece. You'll be up 6-4 in a tiebreaker, serving for the set, which would put you up two sets to one and in pretty good shape. Don't serve out wide. Go up the middle. If you go out wide, he'll pass you on the forehand, and he'll go on to win the set, the tiebreaker and the match. It'll be the only Grand Slam final he beats you in. This adjustment won't guarantee you the win but it will put you in a much better position.

You're gonna win your first and last Grand Slams against Andre, and somewhere in between, you'll start to understand how important that rivalry is to American tennis and how special it is to both of you as individuals. This rivalry will be bigger than either of you could ever dream. Your games are so different, as are your personalities. Keeping it professional and always maintaining a mutual respect for one another is what will make the rivalry one of the best the game will ever see.

It's not just Andre and that rivalry you should stop to appreciate, either. There will be many people who will have an enormous impact on your tennis game and on your life — none more important than your future coach, mentor and friend, Tim Gullikson.

During that same '95 Aussie Open where you'll lose to Andre in the finals (unless you take my advice), Tim will mysteriously collapse and will be forced to miss the tournament. Seeing him in the hospital and seeing his brother in tears will be more than you can handle alone.

Talk about it. I know, you're introverted and reserved. But this one's too big for you to take on alone. If you don't talk about it, it'll build up inside and come boiling over in one big rush of emotion during the quarterfinals against Jim Courier, and you'll break down and cry right there on the court.

It's the people in your life — people like Tim — that will shape you. Appreciate them.

Appreciate your sisters, Stella and Marion, and your brother Gus. Listen to them. They have good advice. And know that they will always support you no matter what.

Appreciate your parents. They give you the coaching you need. They always support you. They let you be your own man. And now that you're ready to go pro, appreciate that they've given you as much of a normal childhood as possible. They never have and never will put too much pressure on you. Those are things you can't see as a 16-year-old — the sacrifices your parents make.

Pay attention to all your parents do and take notes. It'll come in handy one day when you have a couple of boys of your own.

You're 16 years old and your life is just beginning, but don't get sucked into always looking ahead. It's tough because after every tournament — even when you win — your focus immediately shifts to the next one. Take time to appreciate your major wins and share them with your family and friends. Take advantage of your youth and enjoy it. The journey truly is the reward.

Play hard, do it on your own terms and stay true to yourself. Do that, and you can't go wrong.

Sincerely,

Pete

Resource 1B: Letter to My Younger Self – Jackie Joyner-Kersey

July 17th, 2015

Dear Jackie,

You're nine years old, growing up in East St. Louis, and have a deep passion for athletics. You idolize figures like Babe Didrikson Zaharias, who paved the way and inspired other young girls like you to compete in athletics. You love playing basketball and volleyball but track — the sport that will define your career — is something you view as a challenge.

Set goals for yourself, prepare for them and attain them. This simple but extremely gruelling formula will one day lead you to become a three-time Olympic gold medallist and to be named the Greatest Female Athlete of the 20th Century by *Sports Illustrated*. It will all come at a price, but we'll get to that later.

While watching the 1976 Olympics Games in Montreal, you'll begin believing that you can one day represent your country and compete amongst the world's best. But there will be both physical and mental obstacles to overcome before you ever reach the podium.

One of them will be your lifelong battle with asthma. Asthma is no minor ailment. Do everything you can to find out why you're having trouble breathing in competitions. It's not because you're out of shape. You work too hard for that. Address this medical condition early on. As obvious as it sounds, breathing is important. Do not hide your condition. I know you're fearful that it will possibly cause you to lose your scholarship, but it will not. The toll that asthma takes on your body is not only physical but emotional and mental as well. The difficult times with this disease will play a crucial role in your development as a professional athlete.

The 1980 Olympic trials and 1984 Olympic Games will both be significant lessons. In 1980, you'll compete in the Olympic trials but will not make the team. It takes more than just physical capability to make it to the world's stage. In 1984, you'll make the team but will be plagued by hamstring injuries. This may sound odd now, but physical injuries are not what will hold you back. It will be the mental strain of knowing those injuries exist.

Yes, your leg will be black and blue, and the torn muscle will bring pain unlike anything you've ever felt before. Yes, you've never been seriously injured before. However, it will be essential that you listen to your physical therapist when they tell you that you'll be OK. The only thing that will hold you back is a lack of mental toughness at the time. However, despite these challenges, you'll still take home a silver medal in the heptathlon competition. Reaching the Olympic podium for the first time and seeing your brother, Al, take gold in the triple jump will ignite a fire within that will burn over the next three Olympic games.

Your experience in '84 will help you become a much better athlete. There will be no complacency in the four years between the '84 and '88 games. You'll say to yourself, "If I'm blessed, God will help me make another team." Don't hold anything back. You'll pull everything out of your body to get the job done. Yes, you'll pay a heavy physical price for it, but it will be worth it in the end.

Heading into the '88 Games, you'll really begin hitting your stride. The year before you'll win a gold medal in both the long jump and heptathlon in the World Championships. They say your first taste of gold on the world's stage is the sweetest, but there's more where that came from.



At the 1988 Olympic Games in Seoul, you'll be more ready than ever. You'll be at your peak as an athlete. Your goal will be to not only take-home gold but to break your own world record. Through hard work and the guidance of your coach and husband Bob, it will all be possible. During the 800m, you'll finish five seconds inside the time needed for a new heptathlon record of 7,291 points — a record that still stands today. This is the moment where you'll make your stamp as one of the greatest athletes of your generation. None of this would be possible without the help of your team. By "team" I mean coaches, trainers, family members and friends back home. They all helped shape the athlete and person you've become.

You'll realize this and immediately think back to home. Your home town of East St. Louis means so much to you, and the joy you have representing your country on the podium for the heptathlon and long jump in Seoul will be one of your proudest moments.

You'll be back on this stage again in four years, and another four years after that. When it's all said and done, you'll have amassed six Olympic medals, including three golds. You'll rack up four World Championship gold medals. Your hard work will pay off, and once you retire, you'll be able to realize that all the hard work was worth it. The decades of pushing your body to its physical limits will take a toll on you, though.

You'll become familiar with the feeling of constant pain. From the moment you put your feet on the floor to the moment you go to bed, pain throughout your body — especially your legs — will be something you cannot escape. It's not a silent pain, either. The crunching heard in your joints is not normal.

You'll continue to be a voice for St. Louis and women's athletics. You reached your goals because athletes like Wilma Rudolph, Evelyn Ashford and Babe Zaharias paved the way.

Yes, in 2015, you'll see more women's sports on television than ever before. But more needs to be done. The progress of women's athletics rests not only on the shoulders of high-profile athletes like Serena Williams and even up-and-comer Moyne Davis, but also people in leadership positions at the grassroots levels. Funding for local sports, scholarships and grants are essential in the progress of women's athletics. Continue to use your voice and platform to aid these efforts.

Preparation is something that will define both your career and life. You know that no one could outwork you. It's better to look ahead and prepare than to look back and regret. Live by this simple mantra, and you'll achieve all of your goals and so much more.

Your proud older self,

Jackie

Resource 1C: Notes support

Content - Phrases / Clauses used	Peter Sampras' letter	Jackie Joyner – Kersee's letter	Kelley O'Hara
Opening paragraph / Introduction			
Key episodes / Topic sentence in other paragraphs			
Final paragraph / Summary			

Resource 2A: Letter to My Younger Self – Roger McGough

London

11th May 2020

A Letter to My Younger Self

I love writing letters. I write them every day, and to myself usually, because then I don't have to bother buying stamps and posting them. Poems are like letters, thoughts put down that others may or may not read. Writing is fun, and remember, the more you write, the more you write and the easier it gets.

(And shhh...don't let any grown-ups read this bit... Don't worry about spelling or getting your facts right, all you need is what you have right there in your head – IMAGINATION!)

Pick up your pen and let it take you for a walk. Just follow wherever it wants to take you and don't be too bossy. Most times when I begin writing a poem, I have no idea how it will end, and that's what makes the journey interesting (unlike having to write an essay for instance, when you can't exaggerate or tell fibs, and you have to put everything in the correct order).

Have fun and surprise yourself. You can do it, why not grow up and become a poet?

Roger McGough

Resource 2B: Letter to My Younger Self Teacher Example

20 May, 2020

Dear Master Hudd,

That is a strangely formal opening to a letter, isn't it? At the time of writing, I am a teacher and some of the children still don't know my first name.

It is summer. You are about to visit Tesco supermarket in Northfield, Birmingham in the summer between your fourth and fifth birthdays. Once you get past the dull stuff like food, you reach the strange miscellany of an aisle towards the end of the trudge around the store. You will be offered the choice between a cricket set and a football.

Although the cricket set has a much smaller ball, the different bits of wood will make it seem better (it just has more 'stuff') and you choose that.

It will be an excellent choice.

Through the years, you may be embarrassed or self-conscious about aspects of your personality (we all pretend to be someone else sometimes). However, you will never pretend that you are anything but a fan of the game.

Something about cricket will just fit.

No matter how bamboozling this game may seem to others, you will love it and, at times when life allows, you will live it. You will play it whenever you can until the last cracked tennis ball disappears over the fence (sometimes hit by your dad out of sheer exhaustion) or until it is time to revise.

You will spend your summers watching cricket with your nan and grandad, play in front of your proud father (your mum is too nervous watching you play) and eventually coach several teams (the start of a journey that will lead to teaching).

Initially, you will hone your skills in the garden, throwing balls up against a wall and practising your shots. When you do not have a bat in your hand, you will still play shots, making that clicking noise that all cricketers make (this is pretty much the only drama you will ever participate in).

When the time finally comes to play your debut match for your primary school, your first experience of hay fever will see your left eye swell up to the size of a tennis ball. You will be devastated to miss the game. Don't worry: you will get to play hundreds of games (and miss several dozen others because of the weather).

Within a year, you will find yourself in a trial match for Warwickshire U11s: you will have batted ordinarily, you will soon bowl ordinarily and have so far done nothing to stand out.

You will notice that the batsman is looking to hit the ball straight and in the air, and ready yourself in case he should do so. The problem is your catching is terrible: even now, a potential catch makes my legs turn to jelly.

The ball will be lofted high into the sky and you will have a long way to run (running is another weakness, so a running catch is unthinkable). As the ball approaches the turf, you slide in on your knees and take the catch in your lap. At the side of the ground, your dad will join you in not believing what just happened.

It is a moment of sheer joy (one of many you will get from the game). A minor miracle.

Whatever is happening in life, cricket will make the summer yours.

Occasionally, cricket will get you into trouble. A window will break when a ball bounces unpredictably off a slab (don't use a cricket ball in the garden or, failing that, be careful). You will hit a tennis ball into your mum's forehead on a beach (she will be cross, but your dad will defend you, saying that you are not good enough to hit the ball with such accuracy).

Of all the lessons cricket will teach you, here is the most useful: look before you sit down in the changing room. In your first game for an adult team – at 13 years old – you will be dressed in your solitary pair of whites between innings. You will sit on a slice of chocolate cake, smearing the seat of your whites with chocolate icing.

Sure, you can hide it whilst waiting your turn, but when you walk out to bat, prepare yourself for two hours of laughter that most stand-up comics would die for. You will score 26 not out.

Watching cricket will also be a big part of your life. In 1987, England will win the Ashes series in Australia. Enjoy that – you will wait another lifetime before you know what that feels like again.

When it happens, you will be there. And through your life, cricket will give you great days like that.

Many people will tell you that cricket is boring. Many people will tell you they do not understand it.

Be kind to them. It is not their fault (actually, it is, but always pretend otherwise).

All this is a rather long-winded way of saying - yes, choose the cricket set. Anyway, you will always be truly terrible at football. In fact, one of the few things worse than you playing football will be a self-portrait of you playing football (but that is for another time).

Yours sincerely,

Mr Hudd (formal for the aforementioned reasons)

Resource 3A: Helpful ideas for your letter

How do I write a letter to my past self?

- Be honest – it's a pointless exercise otherwise!
- Refer to your younger self as 'you'
- Be compassionate and empathetic
- Tell yourself what you wish you had been told by someone else back then
- Choose an age of you to write to, and stick to it: you can always write further letters to yourself at various ages
- Stay focused on one or two issues – don't go too broad or you'll write a book!

What should the content of the letter be? This is unique to you, but once you get started, the words will probably flow. In fact, when I tried this exercise out, I found I could have written 10 pages or more. Write whatever you need to. Address the issue you had in your life at that point in time, give yourself some love, forgive yourself, forgive others, be empathetic, and write until you feel you have dealt with it all. Explain to your past self what is about to happen, and how they should react. Be kind and loving at all times. Reassure your past self. Exploring the issues fully while being empathetic towards yourself will give you the closure you need on that period of your life.

Resource 4A: Letter plan

Purpose: To give advice on reflection on experiences (e.g. school/ hobbies/ friendship) that the future holds.

Audience: Your younger self.

To whom are you writing?	Your younger self	
Introduction/ Opening paragraph	One lesson / message	
	Age (now or your younger self)	What is happening at that age?
	Purpose of the letter	Show your viewpoint
Key moment of your life 1	Topic sentence	Introduce the key moment
	More detail about the topic sentence	What made you change your view?
	Lesson learned / message	How has it shaped you?
Key moment of your life 2	Topic sentence	Introduce the key moment
	More detail about the topic sentence	What made you change your view?
	Lesson learned / message	How has it shaped you?
Summary of overall messages	Explain how they have motivated you	

Resource 5A: Letter to My Younger Self Modelled Example

[Address]

[Date]

Dear Master Hudd,

You are four years old, standing outside the gates of Meadows Primary School for the first time. It seems huge doesn't it? Don't worry - it will get smaller (not really, but one day you will know what I mean). You will be at this school for seven years – for every one of those years, you will have exactly the same haircut as you have now. I hope you like it.

Reception might be really fun. You might play with toys, sand and water. However, there is a problem: you will remember none of this. The only activity you will recall later in life is making envelopes – the envelopes you made must have been really special. Because making things will never be your strength, those envelopes will be your Saint Paul's Cathedral.

Generally, your second year in infants will go well. Fletcher Maths and Wide Range Readers books will come and go without too much trouble (I remember as little about the latter as I do about Reception). However, talking in the classroom means you are frequently punished by being made to do the opposite: stand in silence outside it. When you are in the classroom one day, your headteacher will walk in to read something to the class: a story you've written entitled 'The Mystery of the Disappearing Waste Paper Basket'. As you realise what your headteacher is actually reading, you will become increasingly uncomfortable: you have imagined that he is using the bin as a nose. This was a strange choice given that there is absolutely nothing unusual or memorable about your headteacher's nose.

Your story will appear in the school newspaper.

There are two more lessons you learn in that year: firstly, you have no immunity from the consequences of your behaviour on your birthday; and, secondly, don't take the egg-and-spoon race too seriously.

Mr Hoffman, who teaches you in Year Five, will be arguably the most important teacher in your life. However, it will take you time to see that. You get along (maths and English continue to be successful for you) and in class reading, he will read a book to you after which you will name your eldest son. Because you respect him so much, your school report at the end of the year will hurt: in addition to saying that you are doing well academically, he records that you are 'lazy'.

Much of your life will be spent reacting to that comment. Not to prove it wrong, but to prove it right. It will just take you time to see that.

Mr Hoffman will remain the only person in your life forgiven for playing the recorder.

Overall, the school that you are now standing outside will serve you well. Even better, it is only a five-minute walk from home and also from your grandparents' flat.

Hurry up: you don't want to be late for your first day.

Yours sincerely,

Mr Hudd

Resource 5B: Remember to

Remember to:

- Write an introduction that addresses the reader and makes your viewpoint clear.
- Refer to your younger self as 'you'.

- Write 2/3/4 paragraphs reflecting on what lies ahead for your younger self (what/how/who) offering advice and reassurance.
- Tell yourself what you wish you had been told by someone else back then
- Use a range of sentence structures and a range of punctuation.
- Use effective topic sentences to introduce each paragraph.

Resource 5B – Word mat

Useful words/phrases	Quotes / Lessons	
<ul style="list-style-type: none"> • Guarantee • Achieve • Succeed • Goal(s) • Mantra • Motto • Motivation • Passion • At your peak • Guidance • Physical / mental obstacles 	<ul style="list-style-type: none"> • And the only way is through. • Rejection is a blessing. • Everything happens for a reason. • Play hard, do it on your own terms and stay true to yourself. • It's better to look ahead and prepare than to look back and regret. • Continue to use your voice and platform to aid your efforts. • Don't hold anything back. Talk about it. • You'll pull everything out of your body to get the job done. 	
Initial phrases often followed by a comma	Feelings	Emotive language
<ul style="list-style-type: none"> • In addition, • In fact, • Despite ..., • Furthermore, 	<ul style="list-style-type: none"> • Embarrassed • Self-conscious • Reluctant • Weak 	<ul style="list-style-type: none"> • Fairness / unfairness • Excellent / outstanding • Miraculous • Tough

<ul style="list-style-type: none">• When you ...,• Through the years,• Now matter how ...,• For example,	<ul style="list-style-type: none">• Strong• Proud• Inspired	<ul style="list-style-type: none">• Successful• Disappointment• Rejection
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