Thursday 25th June

Remember during lockdown it's important to keep active whenever you can.

This month, lets try something a little bit different!

Each day you will be set a challenge. That challenge has three difficulty levels (bronze, silver and gold).

Choose the difficulty level you want to aim towards and try your best to achieve it!

Good luck! ☺

Active June!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Do some **sit ups**: Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups	2 Do some **star jumps**: Bronze: 20 times Silver: 30 times Gold: 50 times	3 Practise **balancing** on **right** leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	4 Practise **balancing** on **left** leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	5 Have a **jog** around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	6 Create your **own throwing and catching game!**	7 **Teach** the people at home **your game** and see who scores the most points!
8 Do some **burpees**: Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees	9 Try and do some **mountain climbers**: Bronze: 10 times Silver: 20 times Gold: 30+ times	10 Carefully try and do a **plank**: Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	11 See how many **tuck jumps** you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	12 **Push ups!** Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups	13 Use a pack of cards and **create a game involving different exercises** and the different suits!	14 **Compete against someone at home** to see who can complete more exercises in a given time.
15 Try and do some **crunches**: Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches	16 Do some **lunges** on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg	17 Do a **wall sit** – remember, stay still: Bronze: 20 seconds Silver: 30 seconds Gold: 60 seconds	18 **Squat** – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	19 **High knees** – Keep going without stopping Bronze: 30 seconds Silver: 50 seconds Gold: 1+ minute	15 Challenge yourself to **learning some new yoga posts** – watch a Youtube video to help.	16 Practise those yoga skills your learned and **see if you can balance for longer** than you did yesterday.
22 Try doing some **scissor kicks**: Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	23 Do some **shuttle runs**: Bronze: 15 runs Silver: 30 runs Gold: 50 runs	24 **Hop** on the spot: Bronze: 10 each leg Silver: 25 each leg Gold: 50 each leg	25 **Hopscotch** until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes	26 Try safely to do some **jump squats** in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	27 Go outside and be active with someone from your house. **Go for a run or a walk!**	28 Use your outdoor time to **jump** over things, **balance** along things and **move** in different ways.
29 Try **hurdling** over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	30 **Step jumps** – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times					

Let's get active in June!
Try each of these activities with the people you're with! Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements! Remember it is important to stay active and healthy!

2

Resource provided by https://alittlebutalot.com

English- Lesson 4- Fun time extra activity

My superpower is art.

Can you use your craft
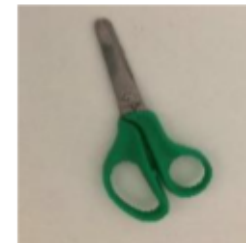
powers to make some

- **Follow these instructions to find out how to make the cuffs**

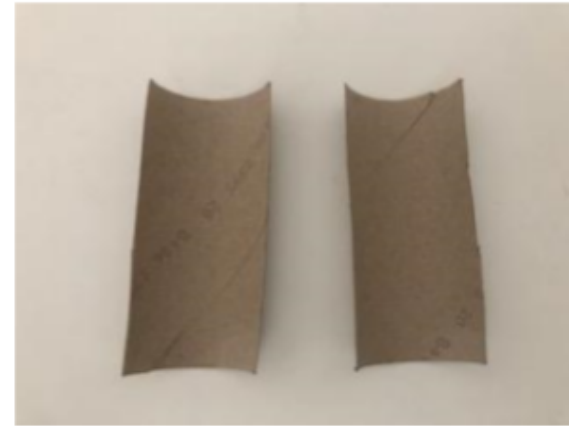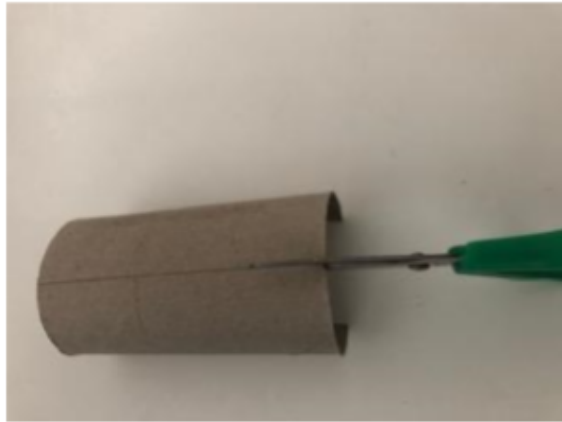# Instructions- Superhero craft activity

You will need:

- a loo roll
- pens, paint or something to decorate it
- a pair of scissors
- wool or thick thread
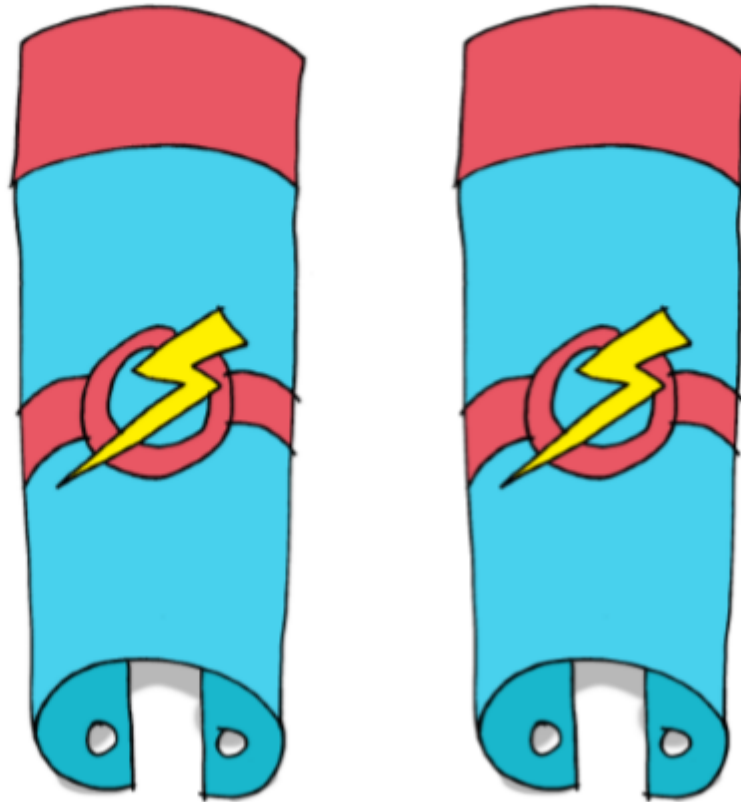
What you do (ask an adult to help you):
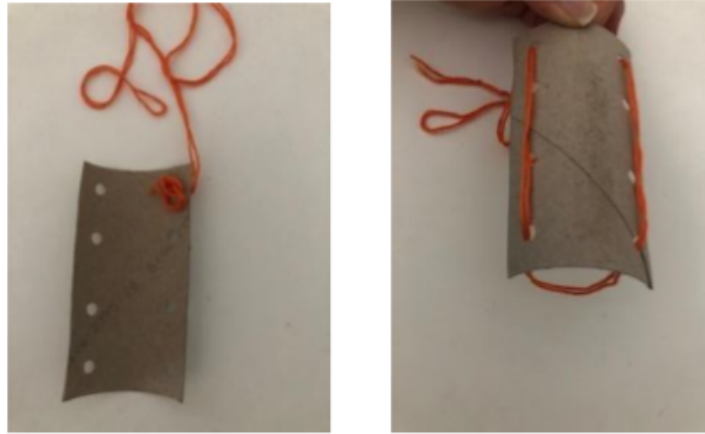
1. Cut the loo roll in half lengthways

2. Make 2, 3 or 4 holes in each side of the loo roll halves (you must ask an adult for help with making holes).

3. Decorate your cuffs with your superhero symbol.

4. Ask an adult to help you to put your thread or wool through the holes on your cuffs.

5. Now put on your cuffs. You will need someone to help you to tie them on using the thread or wool.

English- lesson 4- task 2

My superpower is listening. We are going to play with words and come up with a funny list poem about what I might hear.

I've done the first two verses for you on the next slide. Carry on and write several more verses of your own using the same opening phrases.

Use the sentence starters below to help with your ideas

With my special ears,
I heard a giant whispering
in his castle in the sky.
With my special ears,
I heard the oak trees talking
in a faraway forest.
Now you write the next verse

• With my special ears, I heard … …………………………………………………………
…………………………………………………………………..
• With my special ears, I heard … …………………………………………………………
…………………………………………………………………..
• With my special ears, I heard … …………………………………………………………
…………………………………………………………………..
• With my special ears, I heard … …………………………………………………………

Fun time extra- Physical activity!

MY SUPERPOWER IS SPORT AND MOVING MY BODY. CAN YOU BE AWESOME LIKE ME AND COMPLETE THIS CHALLENGE BY GETTING ACTIVE?

✓ Keepy-uppies with a football
✓ Dance to some music
✓ Sit on a chair and move your feet, then your legs, then your arms and then your hands
✓ Go outside for a fast walk
✓ Hit a ball against a wall
✓ Play bat and ball with someone
✓ Hula hooping – how many can you do in one go?

- Your challenge is to do 20 minutes of moving your body or sport. Here are some ideas of what you could do:

Spend some time learning your spellings.

You could:

o Write the word out 5 times.

o Get a grown-up/older sibling to test you verbally.

o Write each word in fancy letters and colour them in like rainbow words.

o Write out each spelling into a sentence.

Today's words are:

*travel
*towel
*squirrel
*vowel
*level
*snorkel

Daily TT Rock Stars

- Complete another page in your TT Rock Stars booklet.

- Why not try Hit the Button? Challenge your understanding of times tables and more with Hit the Button at: https://www.topmarks.co.uk/maths-games/hit-the-button

- If you cannot access the link, simply Google, 'Hit the Button' and select the first link.

Mental Maths (10-4-10) Questions

1. $38 + 17 =$
2. $46 - 16 =$
3. $6 \times 3 =$
4. $6 \div 3 =$
5. $48 + 33 =$
6. $58 - 40 =$
7. $5 \times 10 =$
8. $120 \div 10 =$
9. $39 + 29 =$
10. $87 - 56 =$

11. $\underline{\quad} + 50 = 59$
12. $40 - \underline{\quad} = 8$
13. $\underline{\quad} - 22 = 50$
14. $100 - 61 =$
15. $100 - \underline{\quad} = 22$
16. $47p + 34p =$
17. $61p - 44p =$
18. $\frac{1}{2}$ of $30 =$
19. $\frac{1}{3}$ of $3 =$
20. $4 \times \underline{\quad} = 24$

Maths Home Learning – White Rose

https://whiterosemaths.com/homelearning/year-2/

Use the link above to help your child to revisit their understanding of comparing mass (Summer Term – Week 9 - lesson 4)

- First watch the video clip and then complete the activities when asked to do so.

- White Rose have now changed how they release their home learning resources. It is now only available to those with a subscription. But do not worry! Here for Year 2 we have subscribed for the benefit of you!

- You can still access the learning videos on the White Rose website provided and we will also continue to provide the activity sheets for you too. ☺

Home Learning – Year 2

Today's questions (part 1)

Please refer to the online video or the support on the previous slides if needed ☺

Compare mass

1 Use the words **heavier** or **lighter** to complete the sentences.

a)
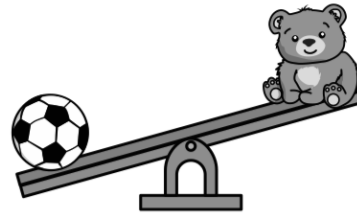
The ball is _____ than the teddy.

b)
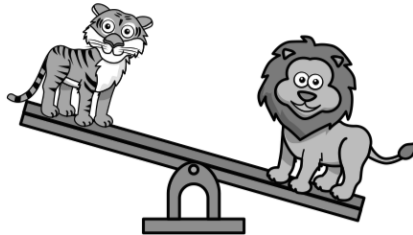
The tiger is _____ than the lion.

c)
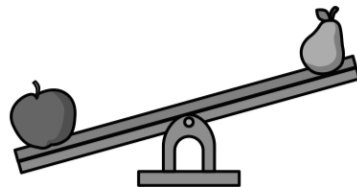
The pear is _____ than the apple.

The apple is _____ than the pear.

2 Tick the heavier object on each scale.

a)   b)
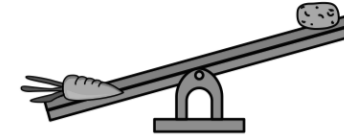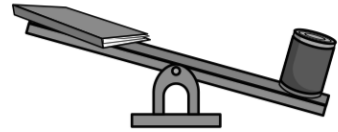
3 What is the mass of each object?

a)
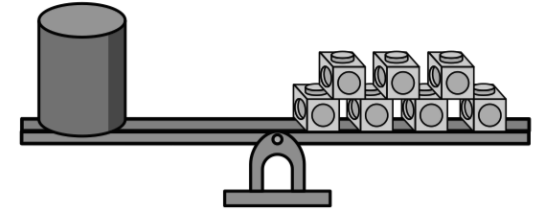
☐ cubes

b)
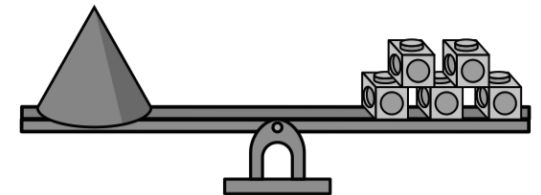
☐ cubes

c) Which object is heavier? _____

Today's questions (part 2)

Please refer to the online video or the support on the previous slides if needed ☺

4 Which object is heavier?
Tick your answer.
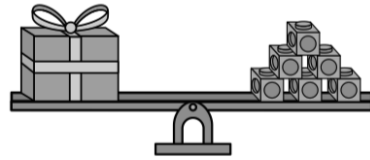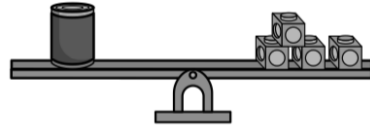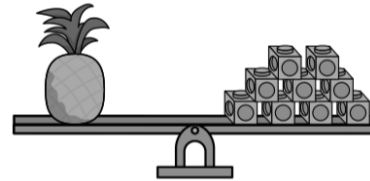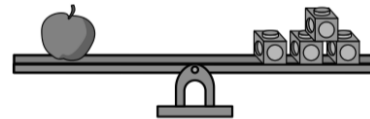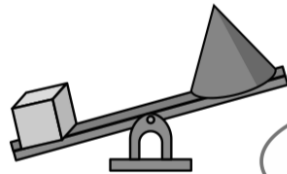
a)

or

b)

or

5 Kim puts two objects on the scales.
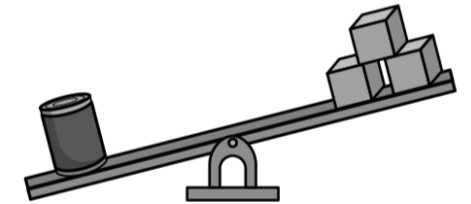

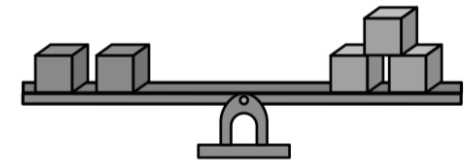The cube is lighter, because it is smaller.

What mistake has Kim made?

6 Dora balances a tin with blocks.
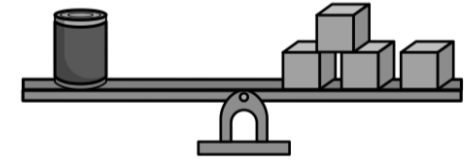
a) Complete the sentence.

1 tin has the same mass as ☐ blocks.

b) Explain why these scales do not balance.

7 Which blocks are lighter?
Tick your answer.

Talk about your answer with a partner.

PSHE: Joyful June

Home Learning

JOYFUL JUNE

"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

Do 3 things that bring joy to your family today.

ACTION FOR HAPPINESS

www.actionforhappiness.org

Mental Maths (10-4-10) Answers

1. $38 + 17 = \underline{\mathbf{55}}$
2. $46 - 16 = \underline{\mathbf{30}}$
3. $6 \times 3 = \underline{\mathbf{18}}$
4. $6 \div 3 = \underline{\mathbf{2}}$
5. $48 + 33 = \underline{\mathbf{81}}$
6. $58 - 40 = \underline{\mathbf{18}}$
7. $5 \times 10 = \underline{\mathbf{50}}$
8. $120 \div 10 = \underline{\mathbf{12}}$
9. $39 + 29 = \underline{\mathbf{68}}$
10. $87 - 56 = \underline{\mathbf{31}}$

11. $\underline{\mathbf{9}} + 50 = 59$
12. $40 - \underline{\mathbf{32}} = 8$
13. $\underline{\mathbf{72}} - 22 = 50$
14. $100 - 61 = \underline{\mathbf{39}}$
15. $100 - \underline{\mathbf{78}} = 22$
16. $47p + 34p = \underline{\mathbf{81}}$
17. $61p - 44p = \underline{\mathbf{17p}}$
18. $\frac{1}{2}$ of $30 = \underline{\mathbf{15}}$
19. $\frac{1}{3}$ of $3 = \underline{\mathbf{1}}$
20. $4 \times \underline{\mathbf{6}} = 24$

Today's Answers (part 1)

☺

Compare mass

1 Use the words **heavier** or **lighter** to complete the sentences.

a)
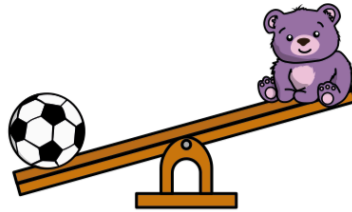
The ball is ____heavier____ than the teddy.

b)
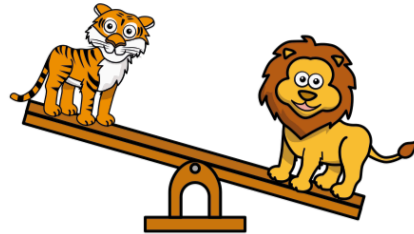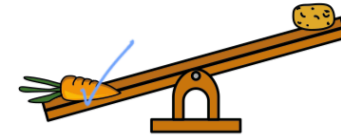
The tiger is ____lighter____ than the lion.

c)

The pear is ____lighter____ than the apple.

The apple is ____heavier____ than the pear.
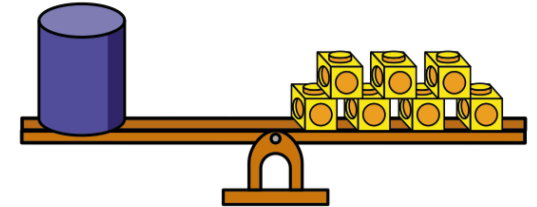
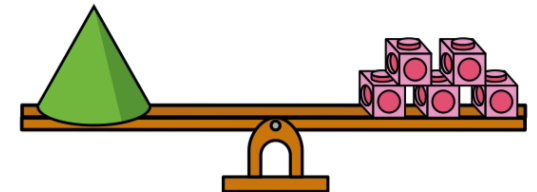**2** Tick the heaviest object on each scale.

a) b)

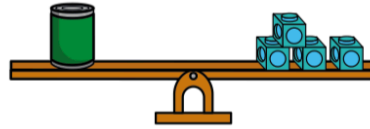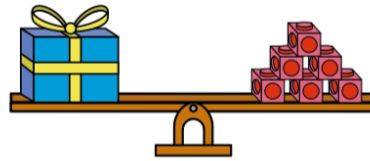**3** What is the mass of each object?

a)

7 cubes

b)

5 cubes

c) Which object is heavier? ____cylinder____

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Today's Answers (part 2) ☺

4 Which object is heavier?
Tick your answer.

a)
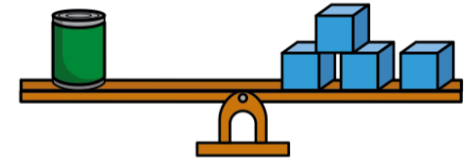

🎁 ✓ or 🥫

b)

🍍 ✓ or 🍎

5 Kim puts two objects on the scales.

The cube is lighter, because it is smaller.

What mistake has Kim made?

6 Dora balances a tin with blocks.
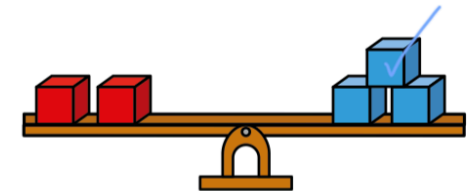

a) Complete the sentence.

1 tin has the same mass as **4** blocks.

b) Explain why these scales do not balance.

7 Which blocks are lighter?
Tick your answer.

Talk about your answer with a partner.