Wednesday 24th 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 3- Creative challenge

DO YOU KNOW THAT EVERYONE HAS A SUPERPOWER - SOMETHING THAT THEY ARE REALLY GOOD AT? SOME SUPERPOWERS ARE INSIDE US AND SOME ARE ON THE OUTSIDE THAT EVERYONE CAN SEE. JO IS REALLY GOOD AT SPORT AND USING HER BODY TO DO THINGS LIKE HIDE AND CRAWL; RAJA IS A BRILLIANT ARTIST AND I'M A GREAT LISTENER.

English lesson 3 – Task 1- Creative challenge

1. Time to make up a superhero name for yourself!

2. Write your first superhero name (you could shorten your own name or make up a new superhero name) and write it down:

3. Choose an adjective from the list below or think of your own and write it down.

Superhero adjectives

astonishing	magnificent	superior
excellent	marvellous	supreme
fantastic	remarkable	wonderful
impressive	superb	wondrous

Jo **Awesome**   Raja **Extraordinary**   Sammy **Exceptional**

4. Now think about your superpower. What are you really good at? Read the ideas below to help you. Write it down:

Superpowers

sport	playing games	giving hugs
art	general knowledge	making people laugh
music	science	being kind
singing	nature	looking after a pet
lego	cooking	helping
making things	eating fruit & veg	problem solving
taking photographs	caring for people	recycling

Did you know that most superheroes have capes and some have belts, cuffs and even crowns or hats?

tiara

cuff

belt

cape

http://clipart-library.com/
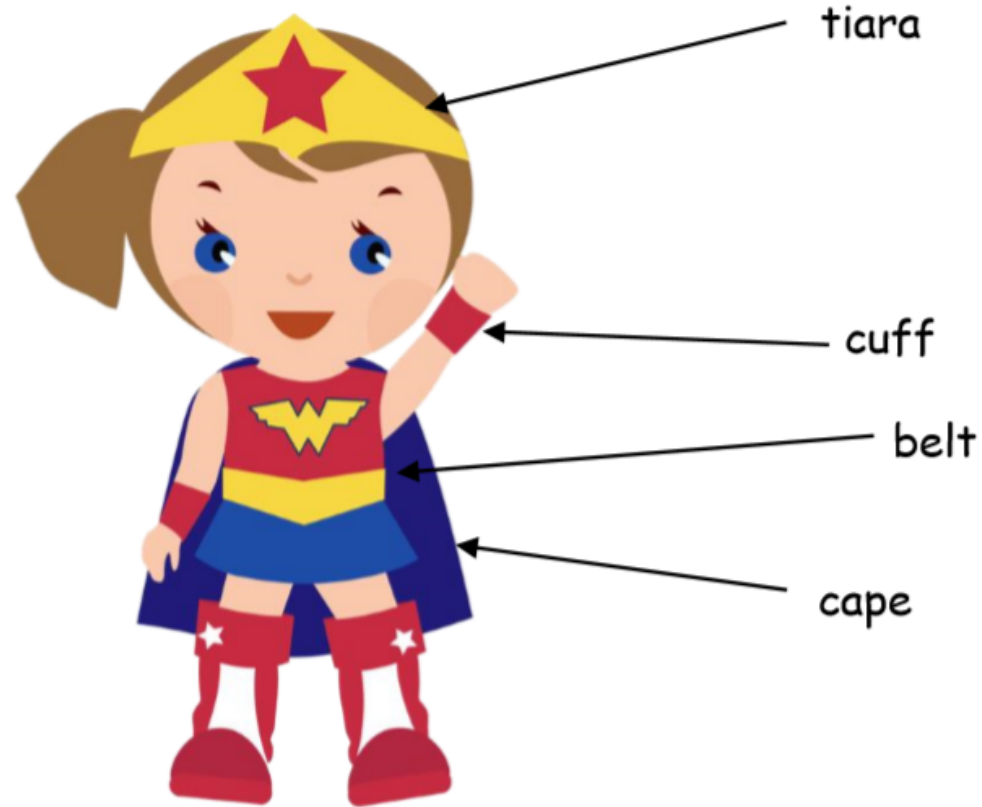
- They also have special symbols (shapes) that decorate their clothing and show who they are. Here are some well-known symbols. Do you know whose symbols each of these are?
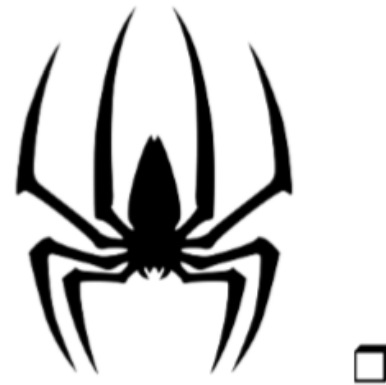
English Creative Activity

- Draw your own superhero symbol.

- It could be the first letter of your name or a shape that shows what your superpower is.

- Now describe it using your best noun phrases

<u>Spend some time learning your spellings.</u>
You could still use the same strategies as before:

*Write the word out 5 times.
*Get a grown up/older sibling to test you verbally.
*Write each word in fancy letters and colour them in like rainbow words.
*Write out each spelling into a sentence.

<u>Today's words are:</u>
<u>We will continue with the same spelling rule all week</u>
<u>Focus on –el at the end of words</u>

camel

flannel

jewel

kennel

panel

Daily TT Rock Stars

- Complete another page in your TT Rock Stars booklet or have another go online.

- Can you beat your last score?

- Why not log onto TT Rock Stars online and send someone in your class a Rock Slam?

Mental Maths (10-4-10) Questions

1. $30 + 18 =$
2. $50 - 16 =$
3. $6 \times 3 =$
4. $27 \div 3 =$
5. $36 + 42 =$
6. $59 - 40 =$
7. $4 \times 10 =$
8. $10 \div 10 =$
9. $63 + 31 =$
10. $89 - 66 =$

11. ___ $+ 40 = 67$
12. $70 -$ ___ $= 39$
13. ___ $- 38 = 50$
14. $100 - 54 =$
15. $100 -$ ____ $= 42$
16. $64p + 19p =$
17. $54p - 23p =$
18. $\frac{1}{2}$ of $100 =$
19. $\frac{1}{3}$ of $30 =$
20. $4 \times$ ____ $= 16$

Maths Home Learning – White Rose

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

Use the link above to help your child to revisit their understanding of the four operations with lengths (Summer Term – Week 9 - lesson 3)

- 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

Four operations with lengths

White Rose Maths

1 Eva has a toy car and a toy truck.

The toy car is 12 cm long.

The toy truck is 7 cm longer than the toy car.
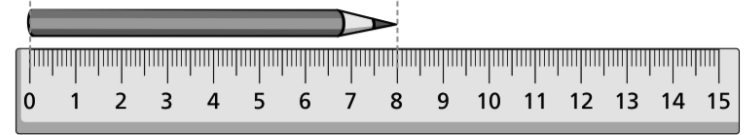
a) How long is the toy truck?

☐ cm

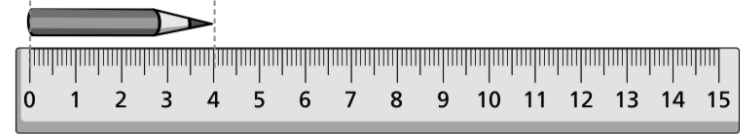**b)** What is the total length of both toys together?
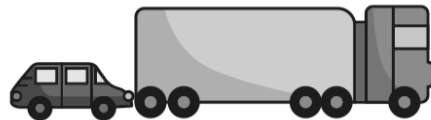
☐ cm

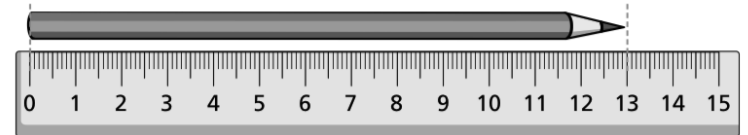**2** Mo measures his pencil at the start of Year 2, halfway through Year 2 and at the end of Year 2

A

B

C

a) Which picture (A, B or C) shows the pencil at the start of Year 2?

Picture _____

How do you know?

b) What is the difference between the longest and shortest length?

☐ cm

3 Jack, Teddy and Aisha buy cards for Dora's birthday.

- Teddy's card is 12 cm high.
- Jack's card is half the height of Teddy's card.
- Aisha's card is 3 cm taller than Teddy's card.

a) What is the height of Jack's card?

[ ] cm

b) What is the height of Aisha's card?

[ ] cm

c) What is the difference in height between Jack's card and Aisha's card?

[ ] cm

4 Kim is 87 cm tall and Huan is 78 cm tall.

Kim is taller than Brett.

Huan is shorter than Brett.

Circle all the heights that Brett could be.

80 cm   87 cm   78 cm   86 cm

5 The Year 2 classroom is 13 m long.

The Year 3 classroom is 8 m longer than the Year 2 classroom.

a) How long is the Year 3 classroom?

[ ] m

b) The Year 4 classroom is 3 m shorter than the Year 2 and Year 3 classrooms together.

How long is the Year 4 classroom?

[ ] m

Reading time

Try and have a go at reading some chapter books.

PSHE: Joyful June

Home Learning

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

Write down 3 things that have been good while we have been in lockdown.

Mental Maths (10-4-10) Answers

1. 30 + 18 = **48**
2. 50 – 16 = **34**
3. 6 × 3 = **18**
4. 27 ÷ 3 = **9**
5. 36 + 42 = **78**
6. 59 – 40 = **19**
7. 4 × 10 = **40**
8. 10 ÷ 10 = **1**
9. 63 + 31 = **94**
10. 89 – 66 = **23**

11. **27** + 40 = 67
12. 70 – **31** = 39
13. **12** - 38 = 50
14. 100 - 54 = **46**
15. 100 - **58** = 42
16. 64p + 19p = **83p**
17. 54p – 23p = **31p**
18. ½ of 100 = **50**
19. $\frac{1}{3}$ of 30 = **10**
20. 4 × **4** = 16

Today's Answers (part 1)

☺

1 Eva has a toy car and a toy truck.

The toy car is 12 cm long.

The toy truck is 7 cm longer than the toy car.

a) How long is the toy truck?
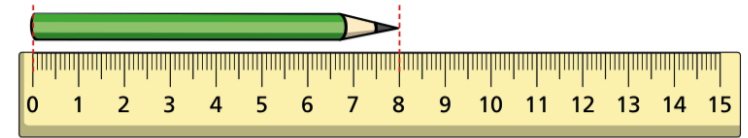
19 cm

b) What is the total length of both toys together?
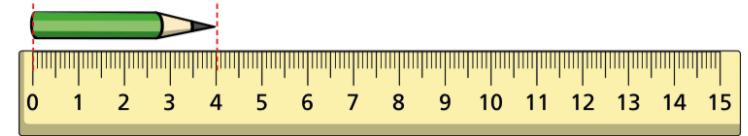
31 cm

2 Mo measures his pencil at the start of Year 2, halfway through Year 2 and at the end of Year 2
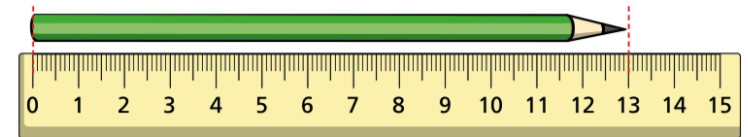
A

B

C

a) Which picture (A, B or C) shows the pencil at the start of Year 2?

Picture C

How do you know?

b) What is the difference between the longest and shortest length?

9 cm

Today's Answers (part 2) ☺

3 Jack, Teddy and Aisha buy cards for Dora's birthday.

- Teddy's card is 12 cm high.
- Jack's card is half the height of Teddy's card.
- Aisha's card is 3 cm taller than Teddy's card.

a) What is the height of Jack's card?

| 6 | cm |

b) What is the height of Aisha's card?

| 15 | cm |

c) What is the difference in height between Jack's card and Aisha's card?

| 9 | cm |

4 Kim is 87 cm tall and Huan is 78 cm tall.

Kim is taller than Brett.

Huan is shorter than Brett.

Circle all the heights that Brett could be.

(80 cm)   87 cm   78 cm   (86 cm)

5 The Year 2 classroom is 13 m long.

The Year 3 classroom is 8 m longer than the Year 2 classroom.

a) How long is the Year 3 classroom?

| 21 | m |

b) The Year 4 classroom is 3 m shorter than the Year 2 and Year 3 classrooms together.

How long is the Year 4 classroom?

| 31 | m |