

Friday 26th June

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	17 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	<p>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!</p>				

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

This month, let's 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! 😊

★ English- Lesson 5-Task 1-

Your final challenge is to come up with a superhero pet like Sammy Exceptional. Have a think and try these activities:

1. Draw and label your superhero pet:
2. Come up with a superhero name for your pet.
3. Complete a fact file like the one below to describe your superhero pet:

SUPERHERO PET NAME	FACT FILE
SUPERPOWER	◆
HOW IT HELPS PEOPLE	◆
SPECIAL CLOTHING	◆
FAVOURITE SUPERFOOD	◆
FASCINATING FACT	◆

Fun time extra! Invention time

- If you want an extra challenge, why not write a superpower rescue challenge all of your own.
- You can use the story we shared on Monday to help you or you can invent your own superhero and write your own adventures in any way you like.
- You might want to add lots of drawings or do the whole story as a cartoon.
- The choice is yours.
- Happy inventing!

Spend some time learning your spellings.

You could:

- 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.

Today's words are:

- *cruel
- *sequel
- *gravel
- *satchel
- *scoundrel
- *enamel

Mental Maths (10-4-10)

Questions

1. $48 + 15 =$

2. $99 - 14 =$

3. $11 \times 3 =$

4. $36 \div 3 =$

5. $50 + 47 =$

6. $54 - 40 =$

7. $9 \times 10 =$

8. $90 \div 10 =$

9. $64 + 36 =$

10. $100 - 41 =$

11. $\underline{\quad} + 35 = 100$

12. $100 - \underline{\quad} = 44$

13. $\underline{\quad} - 12 = 100$

14. $100 - 42 =$

15. $100 - \underline{\quad} = 61$

16. $63p + 36p =$

17. $100p - 34p =$

18. $\frac{1}{2}$ of 100 =

19. $\frac{1}{3}$ of 33 =

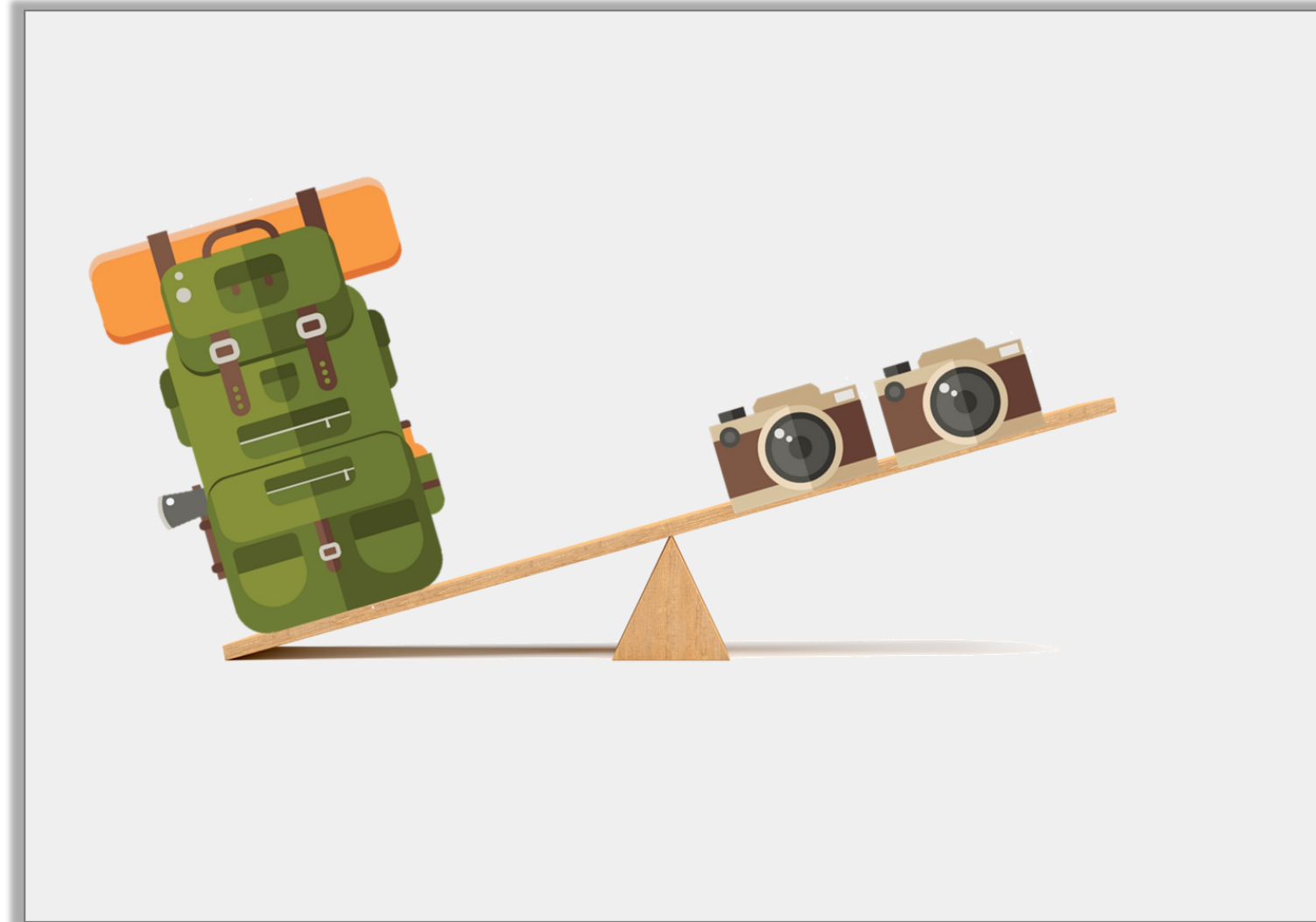
20. $4 \times \underline{\quad} = 40$

Maths Home Learning - Problem solving Friday (RISE)

Question 1: True or false?

Does the hiker's backpack weigh more than two cameras?

Explain your answer.

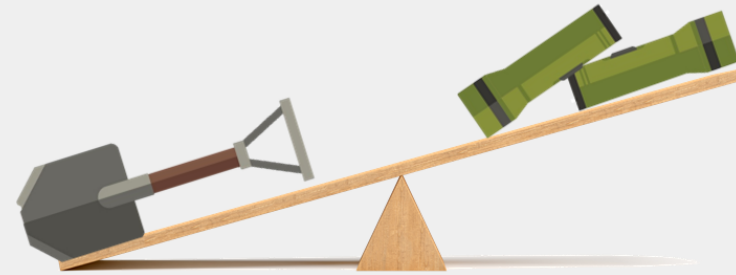


Maths Home Learning - Problem solving Friday (RISE)

Question 2: Ishmael looks at the items on the scales. He writes,

The mass of the shovel is \leq the mass of the torches.

Is he correct?



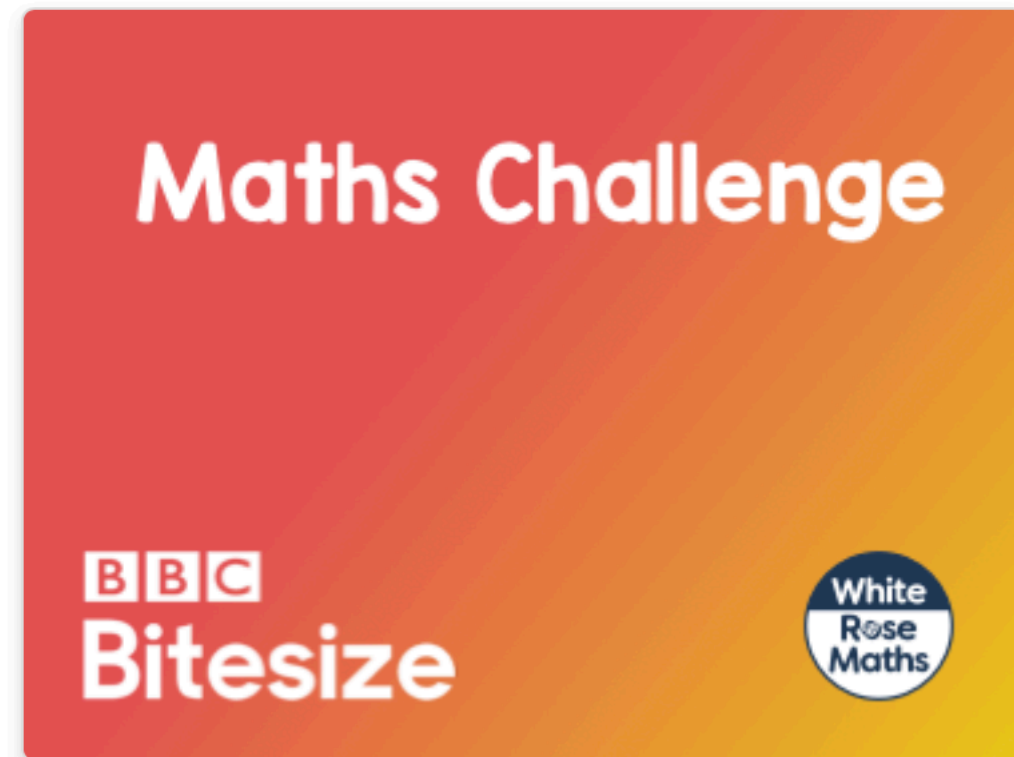
Maths Home Learning Problem solving Friday (RISE) - EXTRA CHALLENGE!

Are you up for some more maths?

If so, check out the Friday Maths Challenge in the White Rose Year 2 Home Learning section for this week,
<https://whiterosemaths.com/homelearning/year-2/>

Once you're done, you can also download yourself a certificate and record your score!

Friday Maths Challenge



PSHE: Joyful June



Home Learning



Re-frame a worry by thinking about it in a positive way.
How could you make that worry go away?

Mental Maths (10-4-10)

Answers

1. $48 + 15 = \underline{63}$

2. $99 - 14 = \underline{85}$

3. $11 \times 3 = \underline{33}$

4. $36 \div 3 = \underline{12}$

5. $50 + 47 = \underline{97}$

6. $54 - 40 = \underline{14}$

7. $9 \times 10 = \underline{90}$

8. $90 \div 10 = \underline{9}$

9. $64 + 36 = \underline{100}$

10. $100 - 41 = \underline{59}$

11. $\underline{65} + 35 = 100$

12. $100 - \underline{56} = 44$

13. $\underline{112} - 12 = 100$

14. $100 - 42 = \underline{58}$

15. $100 - \underline{39} = 61$

16. $63p + 36p = \underline{99p}$

17. $100p - 34p = \underline{66p}$

18. $\frac{1}{2}$ of 100 = 50

19. $\frac{1}{3}$ of 33 = 11

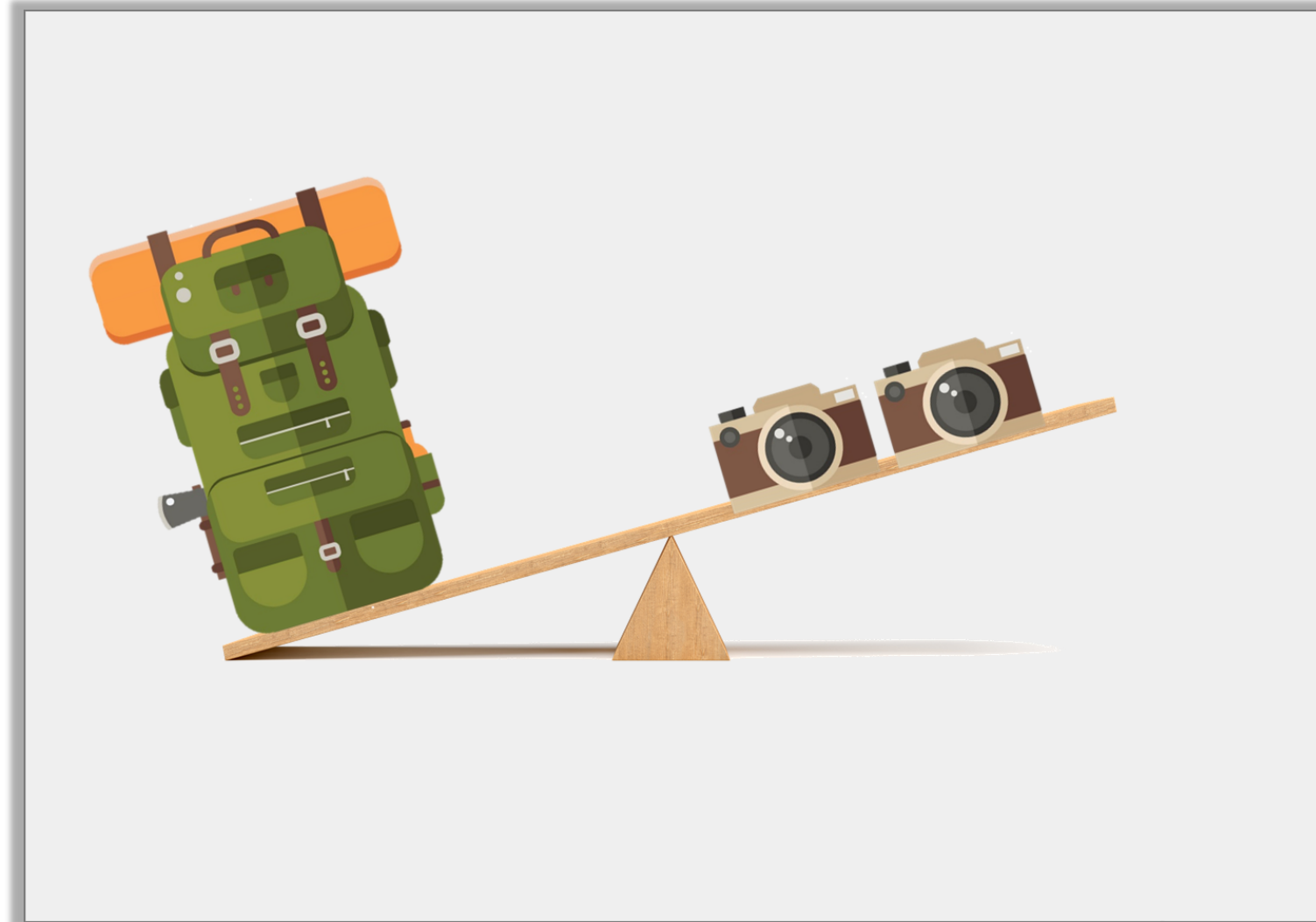
20. $4 \times \underline{10} = 40$

Maths Home Learning - Problem solving Friday (RISE)

Answer 1: True or false?

True because the scale shows that the backpack is heavier than two cameras.

A backpack full of equipment would be heavier than two small cameras.

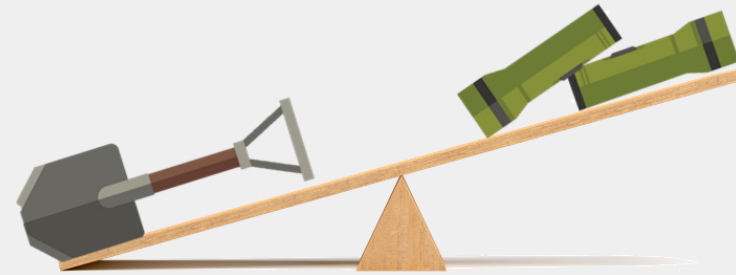


Maths Home Learning - Problem solving Friday (RISE)

Answer 2:

Ishmael is incorrect because he has used the wrong symbol.

He has written that the shovel is less than the torches. The shovel is actually heavier than the torches so he should have written the mass of the shovel > (more than) than the mass of the torches.



The mass of the shovel is \leq the mass of the torches.