

Friday 19th 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 | 20 Challenge yourself to learning some new yoga posts – watch a Youtube video to help. | 21 Practise those yoga skills you 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 | <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! 😊

Free Writing Friday!

Lots of you have said you miss doing some free writing so here is another idea to get you thinking and writing!

Story starter!

“Thank you...” Two simple words, but such a powerful message...



Image by: Caras Ionut

Pobble.com
Pobble365.com

English Lesson 5- free writing activity

Question time!



Image by: Caras Ionut

- ▶ Who has written the message?
- ▶ Why have they written the message?
- ▶ Can you remember the last 5 times you said 'thank you' to someone?
- ▶ What did you say thank you for?
- ▶ What effect does being polite to people have?

Pobble.com
Pobble365.com

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:

*great

*grate

*for

*four

*meet

*meat

*hare

*hair

Mental Maths (10-4-10)

Questions

1. $17 + 11 =$

2. $33 - 16 =$

3. $9 \times 5 =$

4. $35 \div 5 =$

5. $66 + 12 =$

6. $50 - 25 =$

7. $7 \times 10 =$

8. $40 \div 10 =$

9. $23 + 25 =$

10. $48 - 34 =$

11. $\underline{\quad} + 16 = 40$

12. $26 - \underline{\quad} = 9$

13. $\underline{\quad} - 40 = 31$

14. $100 - 57 =$

15. $100 - \underline{\quad} = 38$

16. $35p + 27p =$

17. $63p - 42p =$

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

19. $\frac{1}{3}$ of 21 =

20. $3 \times \underline{\quad} = 27$

Mental Maths (10-4-10)

Answers

1. $17 + 11 = \underline{28}$

2. $33 - 16 = \underline{17}$

3. $9 \times 5 = \underline{45}$

4. $35 \div 5 = \underline{7}$

5. $66 + 12 = \underline{78}$

6. $50 - 25 = \underline{25}$

7. $7 \times 10 = \underline{70}$

8. $40 \div 10 = \underline{4}$

9. $23 + 25 = \underline{48}$

10. $48 - 34 = \underline{14}$

11. $\underline{24} + 16 = 40$

12. $26 - \underline{17} = 9$

13. $\underline{71} - 40 = 31$

14. $100 - 57 = \underline{43}$

15. $100 - \underline{62} = 38$

16. $35p + 27p = \underline{62p}$

17. $63p - 42p = \underline{21p}$

18. $\frac{1}{2}$ of 50 = 25

19. $\frac{1}{3}$ of 21 = 7

20. $3 \times \underline{9} = 27$

Maths Home Learning Problem solving Friday (RISE)

Question 1: What Am I?

I am a 2D shape.

I have four sides.

I have four equal corners.

All four sides are the same length.

What Am I?

Maths Home Learning Problem solving Friday (RISE)

Answer 1: What Am I?

I am a 2D shape.

I have four sides.

I have four equal corners.

All four sides are the same length.

What Am I?

A Square!



Maths Home Learning Problem solving Friday (RISE)

Question 2: What Am I?

I am a 2D shape.

I have five sides.

I have five vertices.

All my sides are straight.

What Am I?

Maths Home Learning Problem solving Friday (RISE)

Answer 2: What Am I?

I am a 2D shape.

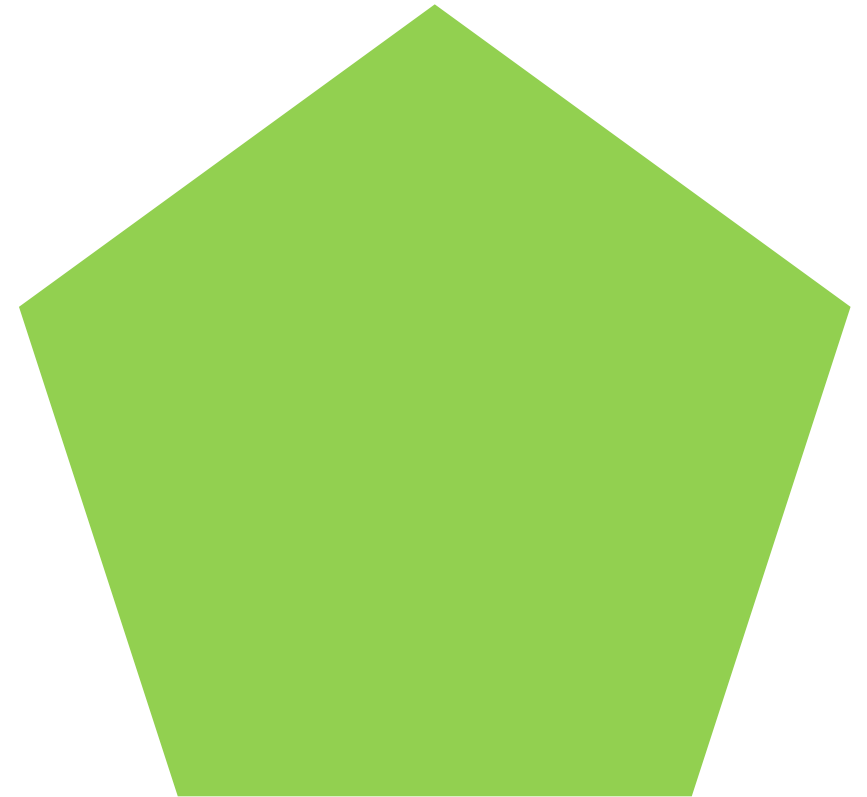
I have four sides.

I have four equal corners.

All four sides are the same length.

What Am I?

A Pentagon!



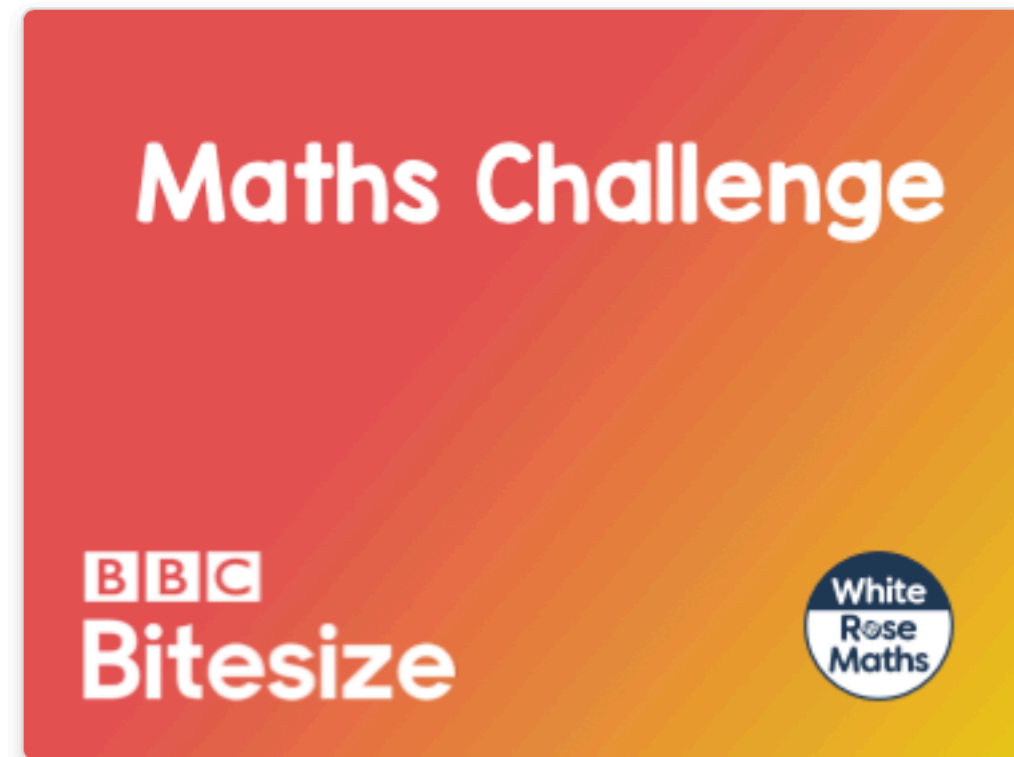
Maths Home Learning Problem solving Friday (RISE) - EXTRA CHALLENGE!

Are you up for 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



Find the joy in music today: play,
sing, dance or listen.