Tuesday 9th 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! ©

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I 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 Cold: 50 times	3 Practise balancing on right leg: Bronze: I minute Silver: 2 minutes Gold: 3 minutes	4 Practise balancing on left leg: Bronze: I 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 burpee : Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpe s	9 Try and do some mountain climbers: Bronze: 10 times Silver: 20 times Gold: 30+ times	10 Tarefully try and do a blank: B onze: 30 seconds Siver: 45 seconds aold: 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	Do some runges 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: I 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	Challenge can! K	h of these act yourself to ge (eep track an	et as many br d celebrate y	June! ne people you onze/silver/g your achiever active and h	olds as you ments!

Active June!





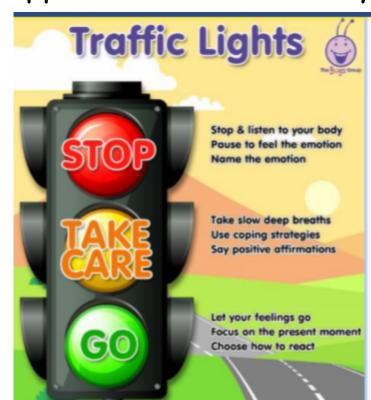


*Taking notice, being aware and mindful is associated with positive mental health and well being.

*Take time to notice and appreciate nature, everyday life and moments.

Create a 'lockdown memory jar'. Collect memories from this time that you want to remember. What are you grateful for? What have been happy times? What have been challenging moments? And how have you managed through these moments?





Get children to STOP and listen to their body. Help them to identify their emotion.

Take slow deep breaths and say positive things like 'I am calm, I am confident'.

Let go of your feelings and choose how to react.

https://www.thebugsgroup.com/wpcontent/uploads/2020/04/bugs_traffic_lights.pdf

<u>English – Lesson 2- Task One- revision of nouns,</u> <u>adjectives and adverbs</u>

Nouns, adjectives and adverbs

*When we are writing a good description, we use adjectives and adverbs to give more information about nouns.

*Remember that <u>nouns name things</u>, including objects, creatures, people or feelings: <u>a ball</u>. Nouns often have words like a, an, the or some in front of them.

*<u>Adjectives are describing words</u>. They often come before a noun (a red ball) but they can be further on in the sentence too: the ball was red and round.

*<u>Adverbs tell us a bit more about an adjective</u>. We often use adverbs like very, really, quite, extremely and rather in descriptions: an extremely bright red ball. Find the nouns, adjectives and adverbs in the passage below (you can do this verbally)

Check on the Answers sheet to see if you spotted them all.

How Maisie Cares for Her Dragon

- Maisie cares for her little dragon. She gives it a very bouncy ball to play with. She also gives it an extremely comfortable bed with a blanket that is soft and fluffy.
- Maisie bathes her dragon when it is dirty and dries it with a soft, white towel. She gives it delicious food to eat and takes it for quite long walks on a long lead.
- Maisie reads her dragon funny stories and tucks it up in bed. Sleep well, dragon!

How Maisie Cares for Her Dragon

Answers



Maisie cares for her little dragon. She gives it a very bouncy ball to play with. She also gives it an extremely comfortable bed with a blanket that is soft and fluffy.

Maisie bathes her dragon when it is dirty and dries it with a soft, white towel. She gives it delicious food to eat and takes it for quite long walks on a long lead.

Maisie reads her dragon funny stories and tucks it up in bed. Sleep well dragon!

Nouns are in orange, adjectives are green and adverbs are shown in purple. Did you manage to find them all?

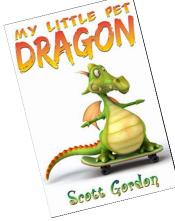


Writing descriptively



- Can you write what you would do if you had to care for a pet dragon?
- Write sentences using the ideas in each of the boxes on 'Dragon Care' which can be found on the next slide.
- Try to use as many adjectives, adverbs and prepositions as you can to help with the description in your sentences.
- Use conjunctions to link together your ideas. (Remember we learnt about these last week)







What to do:

- 1. Think hard abut how you would care for a pet dragon.
- 2. For each heading, write a sentence explaining two things that you would do to care for a dragon.
- 3. Link your ideas using conjunctions: and, but, or, although and however.

I would feed my dragon really hot peppers but I would only let it eat quite small amounts of ice cream in case this puts its fire out.

4. Use adjectives and adverbs in your sentences to describe nouns.

Food	
Exercise	
Toys	
Bedding	

<u>Spellings</u>

We have now gone through all of the Year 2 common exception words.

Continue to practise spelling these words until you know them off by heart!



New learning- we are now focusing on key spelling rules Focus: the /l/ or /əl/ sound, spelled -le at the end of words

<u>The -le spelling is the most</u> <u>common spelling for this sound</u> <u>at the end of words</u>

New words to learn

(-ble) *double *tumble *bubble *Bible

TT Rock Stars

- Why not have a go online today ?
- You can also use the app if you have this already downloaded on your tablet
- Choose Arena and try compete against others!
- Choose Garage and earn yourself some credits.

Mental Maths (10-4-10) Questions

- 1. ____+ 37 = 43
- 2. 32 ___ = 6
- 3. 45 ÷ 5 =
- 4. 4 ÷ 4 =
- 5. 100 ____ = 35
- 6. 49p + 49p =
- 7. 47 18 =
- 8. ¹/₂ of 24 =
- 9. $\frac{1}{3}$ of 24 =
- 10. 5 × ____ = 60

Extension!

- 1. I'm thinking of a number. I add 24 to it. The answer is 50. What was my number?
- 2. Write out the number 53 using words.
- 3. What is the value of the 7 in the number 781?
- 4. How many days are there in three weeks?
- 5. If I have 20 sweets and I share them between 5 people, how many sweets do they have each?

Mental Maths (10-4-10) Answers

- **1**. <u>6</u> + 37 = 43
- 2. 32 **-** <u>26</u> = 6
- 3. 45 ÷ 5 = <u>9</u>
- 4. $4 \div 4 = 1$
- 5. 100 <u>65</u> = 35
- 6. 49p + 49p = <u>98p</u>
- 7. 47 18 = <u>29</u>
- 8. ¹/₂ of 24 = <u>12</u>
- 9. $\frac{1}{2}$ of 24 = 8
- 10. 5 × <u>12</u> = 60

Extension!

- I'm thinking of a number. I add 24 to it. The answer is 50. What was my number? <u>= 26</u>
- 2. Write out the number 53 using words. = Fifty-three
- 3. What is the value of the 7 in the number 781? <u>= 700 or</u> <u>7 hundreds</u>
- 4. How many days are there in three weeks? = 21
- 5. If I have 20 sweets and I share them between 5 people, how many sweets do they have each? <u>= 4</u>

Maths Home Learning - White Rose

https://whiterosemaths.com/homelearning/ye ar-2/

Use the link above to help your child learn about Non-Unit Fractions (Summer Term -Week 7 - lesson 2)

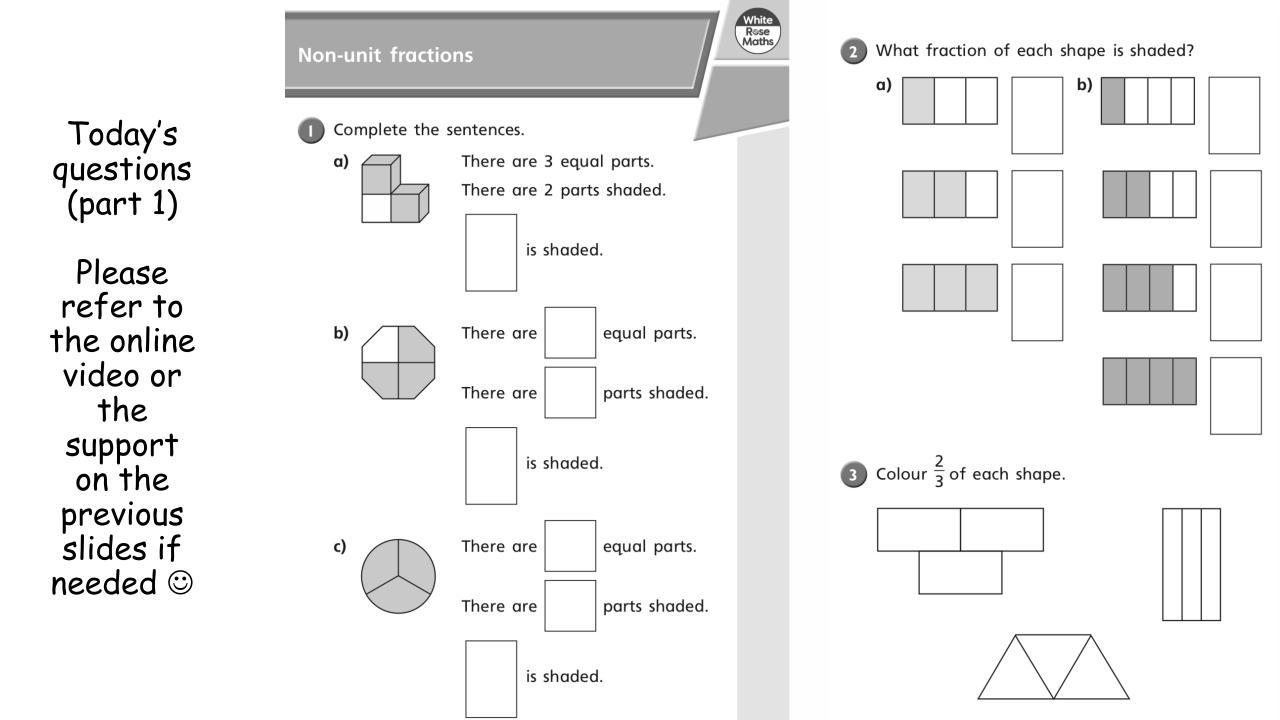
• First watch the video clip (if available) and then complete the activities when asked to do so.

Home Learning – Year 2

 White Rose have 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! ^(C) Maths focus – Non-unit Fractions Yesterday we had a look at unit fractions. This is when the numerator (the number at the top of the fraction) is always 1, such as, $\frac{1}{2}$ or $\frac{1}{4}$.

Today we move onto non-unit fractions. Non-unit fractions are fractions. What are Non-Unit Fractions?

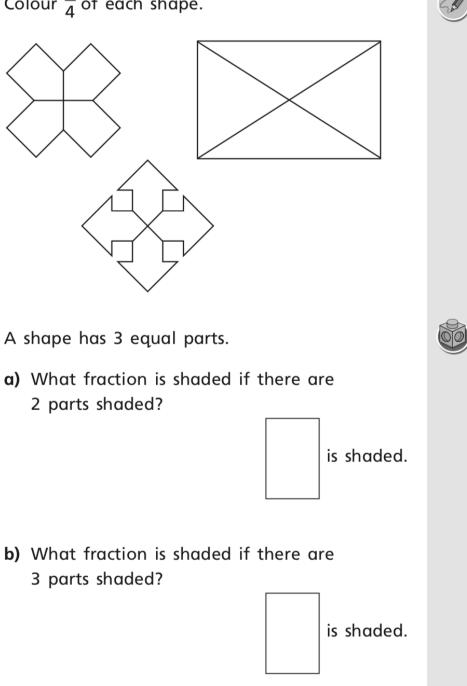
Well, a non-unit fraction is a fraction where the numerator is greater than 1. For example, $\frac{3}{4}$ is a non-unit fraction, because three is the numerator.



Colour $\frac{3}{4}$ of each shape.

Today's questions (part 2)

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



Write the fractions in the table.

1	
3	

3
4

3	
4	

<u>2</u> 3

 $\frac{1}{4}$

Unit fractions	Non-unit fractions

 $\frac{1}{2}$

Fill in the boxes to give a unit fraction and a non-unit fraction.



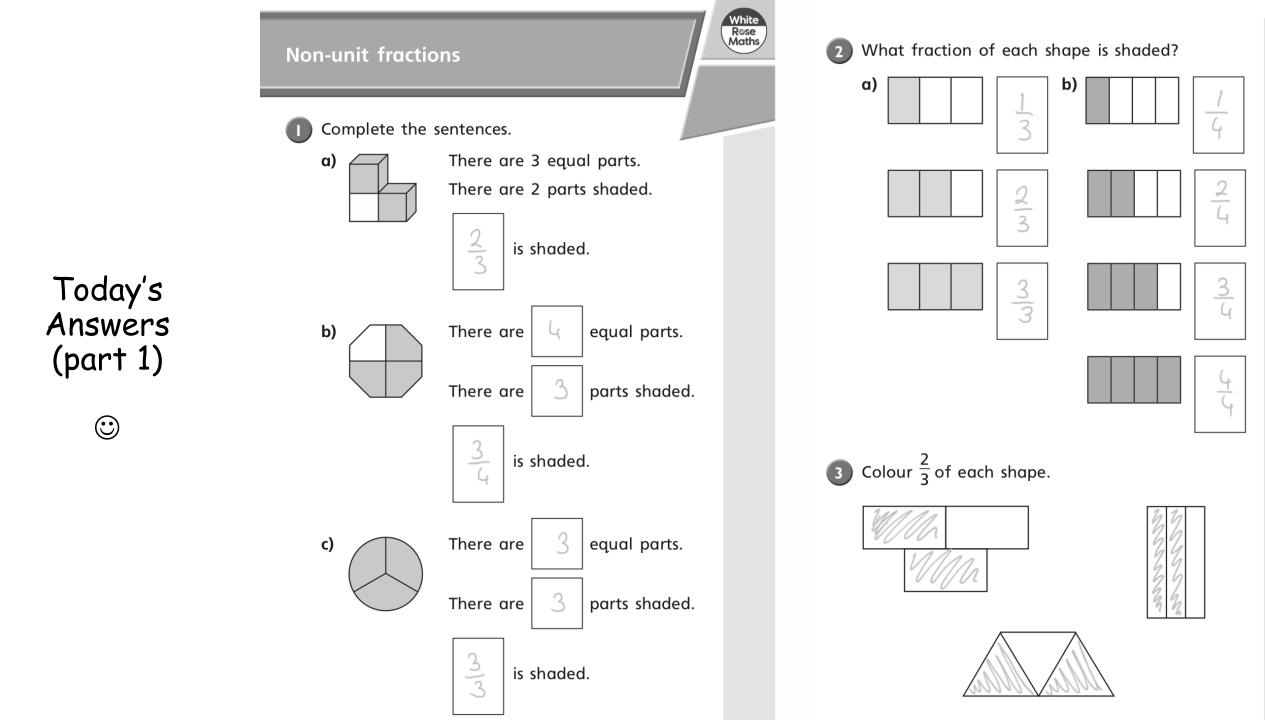
Work with a partner.

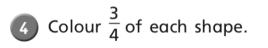
Find other examples of unit fractions and non-unit fractions.

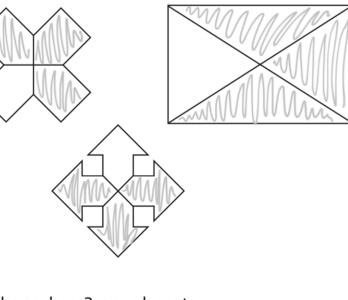
Write five examples of each.

unit	fractions:	

non-unit fractions:







Today's Answers (part 2)

 \odot

- 5 A shape has 3 equal parts.
 - a) What fraction is shaded if there are2 parts shaded?

 $\frac{2}{3}$ is shaded.

b) What fraction is shaded if there are 3 parts shaded?

3	4	ŀ	2		4	3
Unit fractions			5	Non-unit fractions		
-l~)		1.	14	3/2	, a la s	2 3

2

1

Write the fractions in the table.

3

1



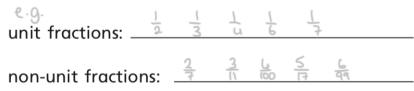
Fill in the boxes to give a unit fraction and a non-unit fraction.



Work with a partner.

Find other examples of unit fractions and non-unit fractions.

Write five examples of each.



 $\frac{3}{3}$ is shaded.