

Friday 12th 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	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 an idea to get you thinking!



Image by: Karen Alsop

Story starter!

- ▶ The King had known that the gift he presented to his children on their 5th birthday was dangerous. He was prepared to take the risk of letting them own a pet dragon, however. One day, the twins would rule the kingdom together, and they would need all the help they could get. No-one could deny that a dragon was a powerful ally!
- ▶ Before that day, though, the children had much work to do. They had to train their dragon!

Pobble.com
Pobble365.com



Image by: Karen Alsop

Sentence challenge!

- ▶ Can you make a list of adjectives to describe the dragon?
- ▶ Can you make a list of verbs to say what the dragon is doing?
- ▶ Can you make a list of adverbs to describe how the dragon is eating?
- ▶ Can you now write a sentence using a verb, an adverb and at least one adjectives?

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: (-dle)

*candle

*handle

*poodle

*needle

Mental Maths (10-4-10) Questions

1. $\underline{\quad} + 30 = 52$
2. $40 - \underline{\quad} = 7$
3. $50 \div 5 =$
4. $90 \div 10 =$
5. $100 - \underline{\quad} = 88$
6. $67p + 80p =$
7. $40 - 19 =$
8. $\frac{1}{2}$ of 26 =
9. $\frac{1}{3}$ of 21 =
10. $10 \times \underline{\quad} = 80$

Extension!

1. I'm thinking of a number. I add 20 to it. The answer is 59. What was my number?
2. Write out the number 71 using words.
3. What is the value of the 2 in the number 2001?
4. How many minutes are there half an hour?
5. If I had 40 sweets and I share them between 4 people, how many sweets do they have each?

Mental Maths (10-4-10)

Answers

1. 22 + 30 = 52
2. 40 - 33 = 7
3. 50 ÷ 5 = 10
4. 90 ÷ 10 = 9
5. 100 - 12 = 88
6. 67p + 80p = 147p or £1.47
7. 40 - 19 = 21
8. $\frac{1}{2}$ of 26 = 23
9. $\frac{1}{3}$ of 21 = 7
10. 10 × 8 = 80

Extension!

1. I'm thinking of a number. I add 20 to it. The answer is 59. What was my number? = 39
2. Write out the number 71 using words. = Seventy-one
3. What is the value of the 2 in the number 2001? 2000 or 2 thousands
4. How many minutes are there half an hour? = 30
5. If I had 40 sweets and I share them between 4 people, how many sweets do they have each? = 10

Maths Home Learning

Problem solving Friday (RISE)

Question: Can you explain who is correct about fractions and why?

Sam: "To find a quarter I need to divide the number by 4."

Ben: "If I want to find out half of a number, I first need to make sure that there is the same amount on each side."

Ethan: "I think that a unit fraction is a fraction where the numerator is always 1."

Who is correct?

Maths Home Learning

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Ethan: "I think that a unit fraction is a fraction where the numerator is always 1."

Who is correct? They are all correct! Sam is correct in saying that to find a quarter you must divide by 4. Ben is also correct because to find half you must make sure that both parts are equal. Ethan is correct because a unit fraction does always have 1 as its numerator.

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! 😊

Well done on completing another week, we are so proud of all your hard work and the efforts that you have put in!

Mr Hudson & Mrs Rhodes.

Friday Maths Challenge

