# Wednesday 10th June

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

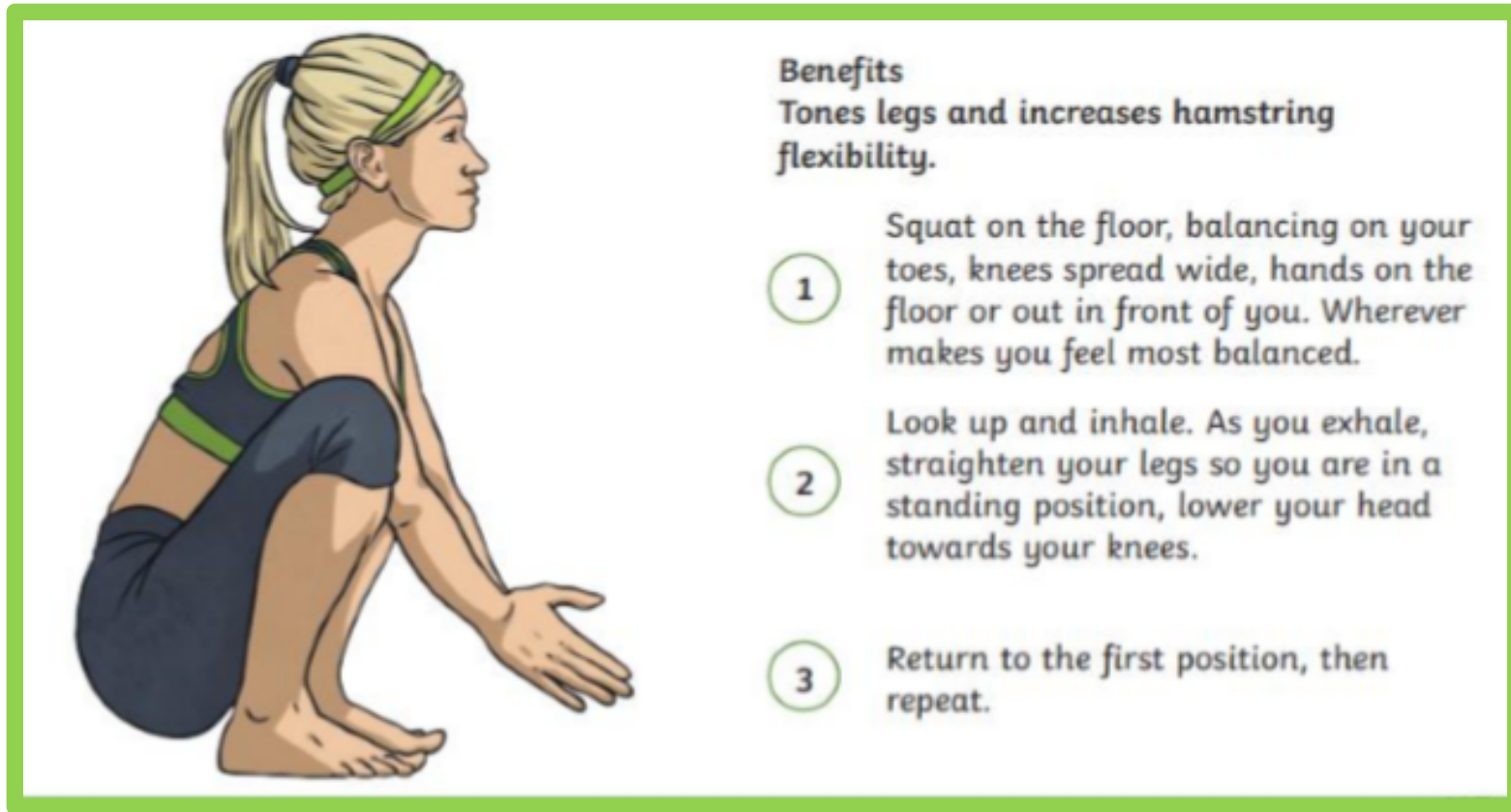This month, lets try something a little bit different!

Each day you will be set a challenge. That challenge has three difficulty levels (bronze, silver and gold).

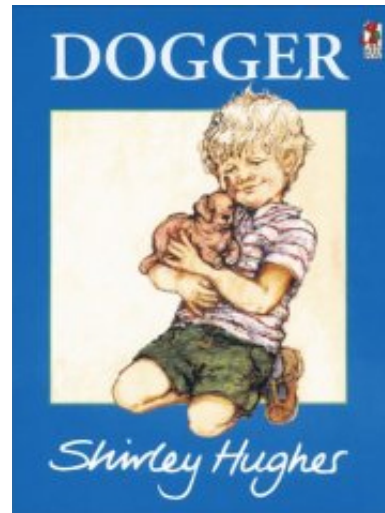Choose the difficulty level you want to aim towards and try your best to achieve it!

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!**

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# Well-Being Wednesday

• Try this yoga pose to boost your mental well-being and improve self- confidence. This is called the <u>frog pose</u>.



**Benefits**
Tones legs and increases hamstring flexibility.

1  Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.

2  Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.

3  Return to the first position, then repeat.

# <u>English Lesson 3- using adjectives and adverbs</u>

1. Story time- we are going to listen to Miss Lewis' favourite story.

2. Open https://www.youtube.com/watch?v=jNOYgRf5jes.

3. Listen to the first half of 'Dogger' by Shirley Hughes, up to when Dogger goes missing (about 3 mins 30 secs in).

4. How do you think Dave is feeling at this point in the story?

# English Lesson 3- Task 2-Making a 'Lost' poster

- Read the 'Lost' poster for a missing rag doll called Jemima on the next slide.
- Can you create a 'Lost' poster for Dogger?
- Look at the 'Lost' poster for Jemima to help with your ideas.
- Remember to draw Dogger on your poster so people know what he looks like.
- Explain what has happened to Dogger.
- Describe Dogger using good adjectives and adverbs.
- Say how Dave is feeling about not having Dogger.
- Offer a reward for his safe return.

# LOST

Have you seen my favourite rag doll, Jemima?

I think I might have dropped her in the park or at the shops.

She has long orange hair and a very cheeky grin. Her dress is blue and red and she is wearing a pair of natty velvet boots. Although she isn't very big, she has left a huge hole in my heart by getting lost and I really miss her. She helps me to get to sleep at night – and also makes sure none of my other toys misbehave!

If anyone sees Jemima, please telephone 0772 678911.

There is a reward of £5 for anyone who helps me get her back.

Thank you!

# Writing about a really precious toy

- Dogger is Dave's most precious toy.
- Think of a really precious toy you have.
- Describe it.
- Think of three reasons why it is so special.
- Use the conjunctions because, since and as to help explain each of the reasons why it is important to you

  E.g. I love it because...

  It's important to me as...

- Underneath your writing, do a drawing of your precious toy.

## Spend some time learning your spellings.

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.

## Today's words are:

We will continue with the same spelling rule all week –le at the end of words

(-able)
*able
*table
*vegetable
*fable

# Reading time

Read your school reading book or a book from home for 20 minutes.

**100 Books To Read In Key Stage 1**

Have you read any of these books from the top 100 books for Year 1 and 2?
Take the time to enjoy reading different books.
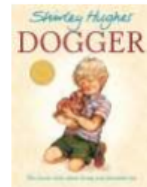


| | | |
|---|---|---|
| Dogger — Shirley Hughes | The Gruffalo — Julia Donaldson | The Tunnel — Anthony Browne |

Mr Bump — Roger Hargreaves
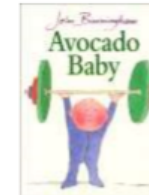
Avocado Baby — John Burningham

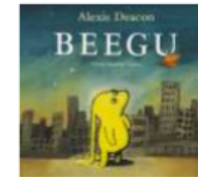Aliens Love Underpants — Claire Freedman and Ben Cort
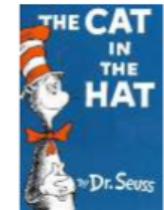
The Cat In The Hat — Dr Seuss
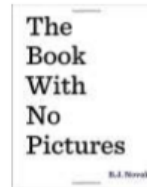
The Book With No Pictures — B.J. Novak

The Mousehole Cat — Antonia Barber

The Fantastic Mr Fox — Roald Dahl

Beegu — Alexis Deacon
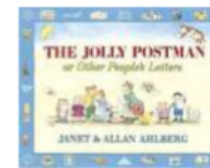
The Jolly Postman — Janet and Allan Ahlberg

Meerkat Mail — Emily Gravett

Meg and Mog — Helen Nicoll and Jan Pieńkowski

Pumpkin Soup — Helen Cooper

The Loudest Roar — Thomas Taylor

Traction Man — Mini Grey

Giraffes Can't Dance — Giles Andreae and Guy Parker-Rees

Burglar Bill — Janet and Allan Ahlberg

Six Dinner Sid — Inga Moore

The True Story Of The 3 Little Pigs — Jon Scieszka

# 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. ___ + 41 = 48
2. 18 – ___ = 3
3. 25 ÷ 5 =
4. 18 ÷ 3 =
5. 100 - ___ = 67
6. 60p + 75p =
7. 53 - 15 =
8. ½ of 42 =
9. $\frac{1}{3}$ of 30 =
10. 5 x ___ = 30

Extension!

1. I'm thinking of a number. I add 19 to it. The answer is 60. What was my number?

2. Write out the number 58 using words.

3. What is the value of the 6 in the number 1062?

4. How many months are there in two years?

5. If I had 30 sweets and I share them between 6 people, how many sweets do they have each?

# Mental Maths (10-4-10) Answers

1. <u>7</u> + 41 = 48
2. 18 – <u>15</u> = 3
3. 25 ÷ 5 = <u>5</u>
4. 18 ÷ 3 = <u>6</u>
5. 100 - <u>33</u> = 67
6. 60p + 75p = <u>135p or £1.35</u>
7. 53 - 15 = <u>38</u>
8. ½ of 42 = <u>21</u>
9. ⅓ of 30 = <u>10</u>
10. 5 x <u>6</u> = 30

Extension!

1. I'm thinking of a number. I add 19 to it. The answer is 60. What was my number? <u>= 41</u>

2. Write out the number 58 using words. <u>= Fifty-eight</u>

3. What is the value of the 6 in the number 1062? <u>= 60 or 6 tens</u>

4. How many months are there in two years? <u>= 24</u>

5. If I had 30 sweets and I share them between 6 people, how many sweets do they have each? <u>= 5</u>

# Maths Home Learning – White Rose

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

Use the link above to help your child learn about finding half (Summer Term – Week 7 - lesson 3)

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

- 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! ☺

## Home Learning – Year 2

## Maths focus – Grouping

So far this week we have developed our understanding with unit and non-unit fractions – well done for all of your hard work so far this week! ☺

Today we will revisit the process of finding half. Remember, when you are looking to find half of something you are dividing it by 2 or you are making two equal groups.

Two halves make a whole, so when we find half, we must make sure that both of the halves are the same.

**Today's questions (part 1)**

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

White Rose Maths

**1** Here are 6 counters.

● ● ● ● ● ●

a) Share the counters into 2 equal groups.

| Group 1 | Group 2 |
|---|---|
|  |  |
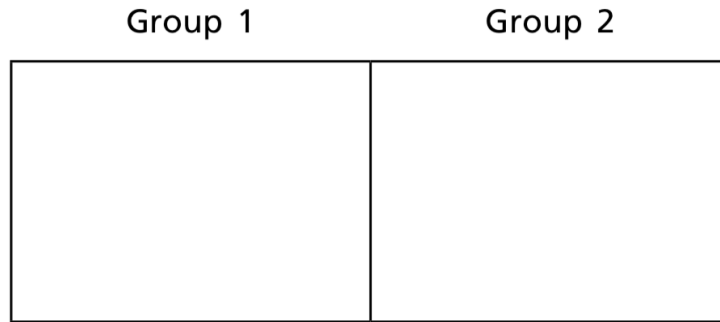
b) Complete the sentences.

There are 6 counters.

The counters are shared equally between

☐ groups.

There are ☐ counters in each group.

$\frac{1}{2}$ of 6 is equal to ☐

**2** Use counters.

a) Can you share 10 counters into 2 equal groups? _____

b) Can you share 11 counters into 2 equal groups? _____

Talk about it with a partner.

**3** Mo and Eva have 12 tennis balls.

Share the tennis balls equally between Mo and Eva.

Mo          Eva

**4** Find $\frac{1}{2}$ of each number.

Use the arrays to help you.

a) $\frac{1}{2}$ of 10 = ☐

b) $\frac{1}{2}$ of 16 = ☐

c) $\frac{1}{2}$ of 20 = ☐

**5** Ron has run 20 m.

Start    Finish

Rosie has run half that distance.

a) Draw an arrow on the running track to show where Rosie is.

a) How far has Rosie run? ☐ m

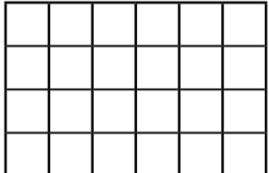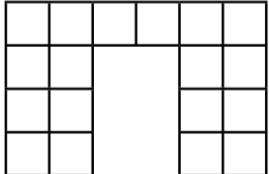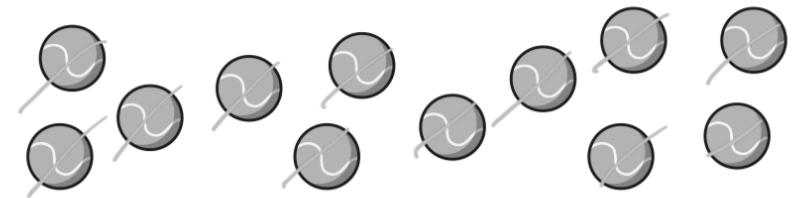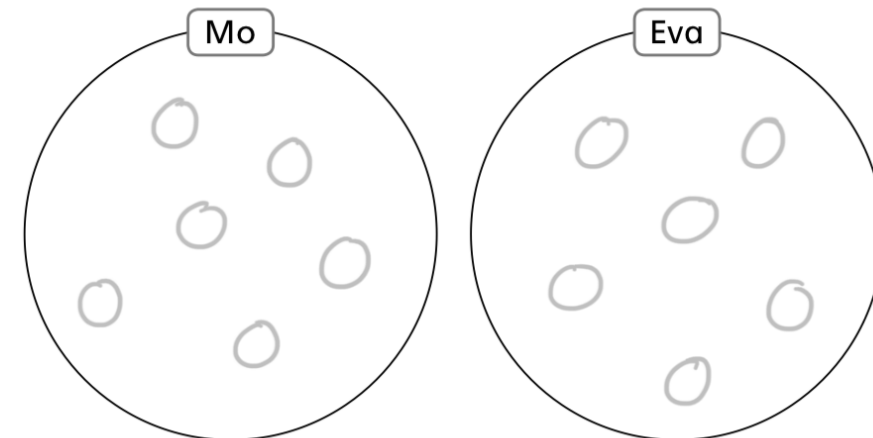**6** Here are half of Annie's sweets.

How many sweets does Annie have in total? ☐

Compare answers with a partner.

**7** Colour $\frac{1}{2}$ of each shape.

Use the shapes to help you complete the number sentences.

a) $\frac{1}{2}$ of ☐ = ☐

b) $\frac{1}{2}$ of ☐ = ☐

**8** Complete the number sentences.

$\frac{1}{2}$ of ☐ = 10    $\frac{1}{2}$ of ☐ = 7

Today's
Answers
(part 1)

☺

**1** Here are 6 counters.

a) Share the counters into 2 equal groups.

| Group 1 | Group 2 |
|---------|---------|
| ○ ○ ○ | ○ ○ ○ |

b) Complete the sentences.

There are 6 counters.

The counters are shared equally between

2 groups.

There are 3 counters in each group.

$\frac{1}{2}$ of 6 is equal to 3

**2** Use counters.

a) Can you share 10 counters
into 2 equal groups? _____Yes_____

b) Can you share 11 counters
into 2 equal groups? _____No_____

Talk about it with a partner.

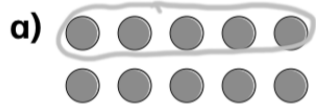**3** Mo and Eva have 12 tennis balls.

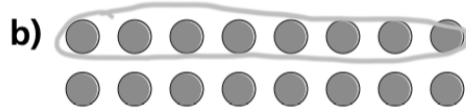Share the tennis balls equally between
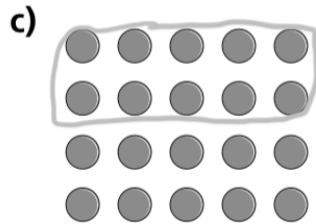Mo and Eva.

Mo          Eva

**Today's Answers (part 2)** ☺

4. Find $\frac{1}{2}$ of each number.

Use the arrays to help you.

a) $\frac{1}{2}$ of 10 = $\boxed{5}$

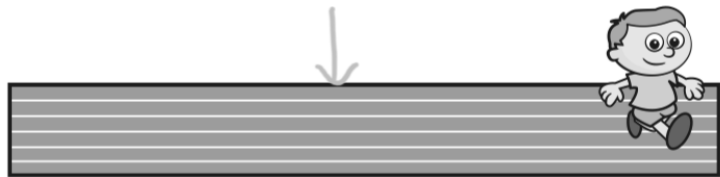b) $\frac{1}{2}$ of 16 = $\boxed{8}$

c) $\frac{1}{2}$ of 20 = $\boxed{10}$

5. Ron has run 20 m.

Start        Finish

Rosie has run half that distance.

a) Draw an arrow on the running track to show where Rosie is.

a) How far has Rosie run? $\boxed{10}$ m
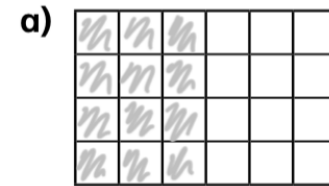
6. Here are half of Annie's sweets.

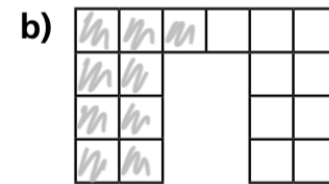How many sweets does Annie have in total? $\boxed{12}$

Compare answers with a partner.

7. Colour $\frac{1}{2}$ of each shape.

Use the shapes to help you complete the number sentences.

a) $\frac{1}{2}$ of $\boxed{24}$ = $\boxed{12}$

b) $\frac{1}{2}$ of $\boxed{18}$ = $\boxed{9}$

8. Complete the number sentences.

$\frac{1}{2}$ of $\boxed{20}$ = 10          $\frac{1}{2}$ of $\boxed{14}$ = 7