

Wednesday 1<sup>st</sup> July

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! 😊



1 Do some <b>sit ups</b> : Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups	2 Do some <b>star jumps</b> : Bronze: 20 times Silver: 30 times Gold: 50 times	3 Practise <b>balancing</b> on <b>right</b> leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	4 Practise <b>balancing</b> on <b>left</b> leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	5 Have a <b>jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	6 Create your <b>own throwing and catching game!</b>	7 <b>Teach</b> the people at home <b>your game</b> and see who scores the most points!
8 Do some <b>burpees</b> : Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees	9 Try and do some <b>mountain climbers</b> : Bronze: 10 times Silver: 20 times Gold: 30+ times	10 Carefully try and do a <b>plank</b> : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	11 See how many <b>tuck jumps</b> you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	12 <b>Push ups!</b> Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups	13 Use a pack of cards and <b>create a game involving different exercises</b> and the different suits!	14 <b>Compete against someone at home</b> to see who can complete more exercises in a given time.
15 Try and do some <b>crunches</b> : Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches	16 Do some <b>lunges</b> on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg	17 Do a <b>wall sit</b> – remember, stay still! Bronze: 20 seconds Silver: 30 seconds Gold: 60 seconds	18 <b>Squat</b> – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	19 <b>High knees</b> – Keep going without stopping Bronze: 30 seconds Silver: 50 seconds Gold: 1+ minute	15 Challenge yourself to <b>learning some new yoga posts</b> – watch a Youtube video to help.	16 Practise those yoga skills your learned and <b>see if you can balance for longer</b> than you did yesterday.
22 Try doing some <b>scissor kicks</b> : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	23 Do some <b>shuttle runs</b> : Bronze: 15 runs Silver: 30 runs Gold: 50 runs	24 <b>Hop</b> on the spot: Bronze: 10 each leg Silver: 25 each leg Gold: 50 each leg	25 <b>Hopscotch</b> until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes	26 Try safely to do some <b>jump squats</b> in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	27 Go outside and be active with someone from your house. <b>Go for a run or a walk!</b>	28 Use your outdoor time to <b>jump</b> over things, <b>balance</b> along things and <b>move</b> in different ways.
29 Try <b>hurdling</b> over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	30 <b>Step jumps</b> – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times	<b>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!</b>				

## English- Lesson 3-

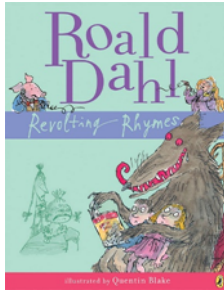
\*Story time

\*Go to <https://www.youtube.com/watch?v=q738kKFuhgM>.

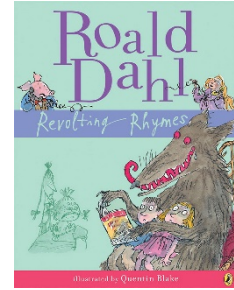
\*Enjoy listening to the reading of Cinderella written by Roald Dahl (ends at about 5.14 mins).

\*Say one way that Roald Dahl's version is the same as the traditional story you have heard previously.

\*Say one way in which it is different.



## English Lesson 3 - Task 2



- Revolting Rhymes Roald Dahl's Cinderella comes from a book called Revolting Rhymes.
- Look at Revolting... Rhymes!
- Suggest similar and opposite words for revolting. Record these in a chart like the example on the next slide.
- Identify the rhymes in the excerpt from Cinderella.(Slide 38)
- Suggest other words that rhyme with the pairs you have found.

## Revolting...

similar	opposite



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

Focus on -al at the end of words

equal

local

normal

rival

capital

# 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.  $45 + 9 =$

2.  $38 - 15 =$

3.  $2 \times 4 =$

4.  $24 \div 4 =$

5.  $46 + 31 =$

6.  $56 - 40 =$

7.  $6 \times 5 =$

8.  $55 \div 5 =$

9.  $68 + 28 =$

10.  $57 - 51 =$

11.  $\underline{\quad} + 20 = 56$

12.  $40 - \underline{\quad} = 29$

13.  $\underline{\quad} - 34 = 60$

14.  $100 - 77 =$

15.  $100 - \underline{\quad} = 41$

16.  $44p + 90p =$

17.  $75p - 14p =$

18.  $\frac{1}{2}$  of 22 =

19.  $\frac{1}{3}$  of 12 =

20.  $6 \times \underline{\quad} = 24$

# Maths Home Learning - White Rose

Use the link below to help your child to revisit their understanding of Compare volume (Summer Term - Week 10 - lesson 3)

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

- The videos for this week will be available at the link above. This will help to explain to you how to work through today's activities.
- Try to complete all of questions on the sheets provided and then you can check your answers at the end of this PDF.
- As always, try your best and always ask if you need help. We are so proud of all of you! 😊

**Home Learning - Year 2**

Today's  
questions  
(part 1)

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

1 Here are three glasses.



A



B



C

- a) Which glass is empty? \_\_\_\_\_
- b) Which glass is half full? \_\_\_\_\_
- c) Which glass is full? \_\_\_\_\_

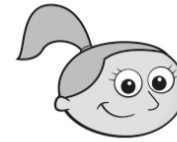
2 Tommy has some milk in a glass.



Circle all the glasses that have more milk than Tommy's.

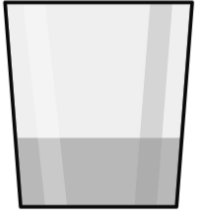


3 Eva, Ron and Amir have some juice.



This is my juice.

Eva

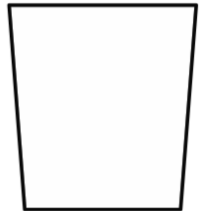


Shade the glasses to show how much juice Ron and Amir could have.



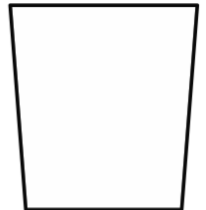
I have more  
juice than Eva.

Ron



I have less  
juice than Eva.

Amir

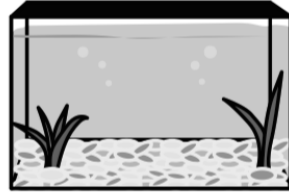
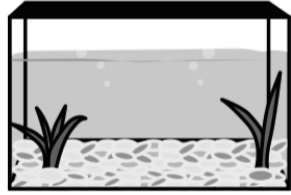


Compare answers with a partner.

## Today's questions (part 2)

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

- 4 Which fish tank contains less water?  
Tick your answer.



- 5 Tick the object with the greater capacity.



- 6 Tick the object with the greatest capacity.



- 7 Put these objects in order of how much water they can hold.  
Start with the object that has the smallest capacity.



A

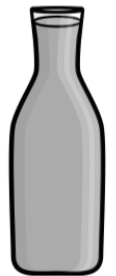
B

C

smallest

greatest

- 8 Whitney says B contains more water than A.



A

B

Why might Whitney think this?  
What could she do to check?

# Reading time

Try and have a go at reading some chapter books.



# PSHE: Joyful June



Home Learning



Watch something funny and enjoy how it feels when you laugh.  
Tell someone about something funny that happened to you.

# Mental Maths (10-4-10)

## Answers

1.  $45 + 9 = \underline{54}$

2.  $38 - 15 = \underline{23}$

3.  $2 \times 4 = \underline{8}$

4.  $24 \div 4 = \underline{6}$

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9.  $68 + 28 = \underline{96}$

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12.  $40 - \underline{11} = 29$

13.  $\underline{94} - 34 = 60$

14.  $100 - 77 = \underline{23}$

15.  $100 - \underline{59} = 41$

16.  $44p + 90p = \text{£}1.34 \text{ or } 134p$

17.  $75p - 14p = \underline{61p}$

18.  $\frac{1}{2} \text{ of } 22 = \underline{11}$

19.  $\frac{1}{3} \text{ of } 12 = \underline{4}$

20.  $6 \times \underline{4} = 24$



# Compare volume

## Today's Maths answers (part 1)



1 Here are three glasses.



A



B



C

a) Which glass is empty? C

b) Which glass is half full? B

c) Which glass is full? A

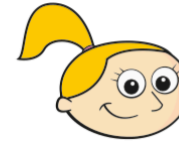
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Circle all the glasses that have more milk than Tommy's.



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This is my juice.

Eva

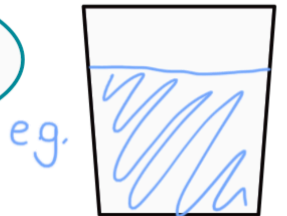


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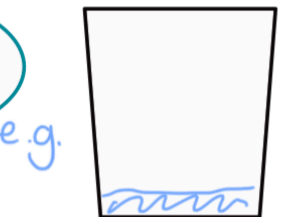
I have more juice than Eva.

Ron



I have less juice than Eva.

Amir

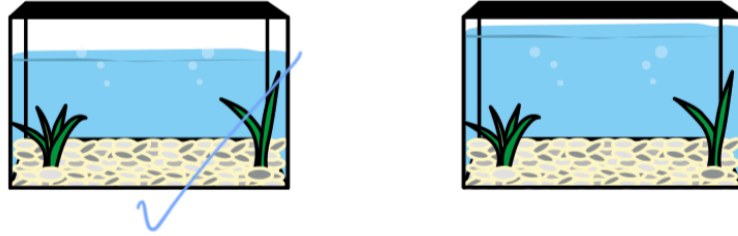


Compare answers with a partner.

# Today's Maths answers (part 2)



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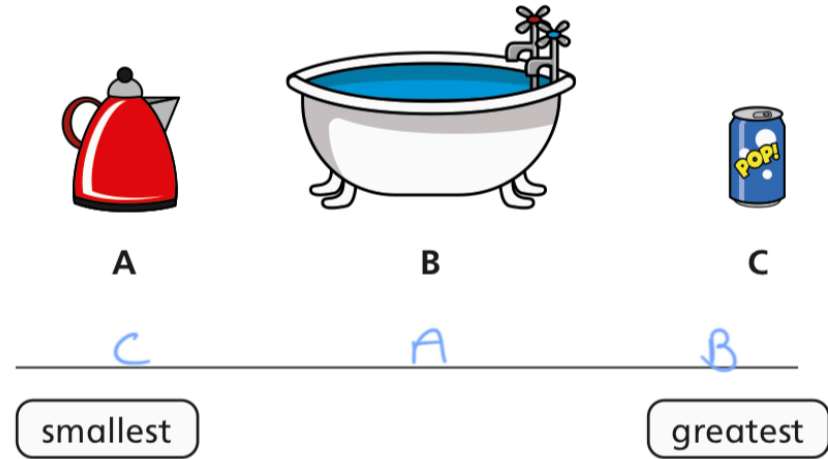
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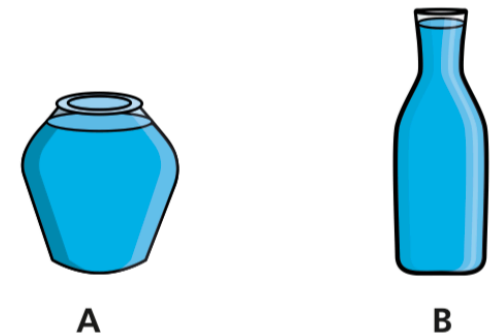
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