

Friday 19th June 2020

Please refer to Monday's power point for the 'everyday' activities.

- Remember that we are not using White Rose videos at the moment as we have completed the fractions lessons.

Morning Challenge

See how many words you can make from the letters given below and create a sentence using the words.

I O M S P R A L P
D E C T C I E D S B



Note: Letters can only be used once.

Maths !

- **First** complete the ten in ten arithmetic questions, I know that a lot of the time I put more questions on!
- **Grown ups** - as explained on the first slide we are out of videos so we are using a combination of Classroom secrets and White Rose resources.
- **Children** - as we have run out of videos we are going to use some of the classroom secrets power points as your introduction to lessons.
- This week is all about TIME! Some children will find this concept quite tricky, others who sometimes find Maths really tricky may find it quite easy - it sometimes happens with the Maths topics.
- If you have a watch it would be a good idea to wear it each day, having a watch on makes it so much easier to practice telling the time.
- **Finally** check your answers and correct any mistakes, just like we do in class. You can even use a pink and green pen if you want to. (Bonus points if you find a mistake!)
- **Maths this week**
- Monday - time - five minutes - power point and practical
- Tuesday -time - five minutes - clock sheets
- Wednesday - Roman Numerals
- Thursday -Roman Numeral time
- Friday - challenge day!

Ten in Ten

Follow the link to your online mental maths for today. We have played this game lots in class with Mrs Wellings. You will need to set the 3 options. I have taken a screenshot to show you which ones.

Level 3

Doubles/halves

Doubles/halves up to 100

Then choose the time limit at the bottom - I would suggest 5 seconds for 3 star, 7 seconds for 2 star and 10 seconds for 1 star.

*** If you want to make it more of a challenge try giving yourself less time.

The screenshot shows the 'Daily 10' Mental Maths Challenge interface. At the top, there are three dropdown menus: 'Level 3', 'Doubles/Halves', and 'Doubles: Up to 100'. The main title 'Daily 10' is in a large, stylized font, with 'Mental Maths Challenge' below it. A central text box contains the following instructions: 'You will be asked 10 questions.', 'Write down each of your answers.', and 'Check your answers at the end.' Below this, it says 'Choose your question interval to start:' followed by a row of buttons for '3 secs', '5 secs', '7 secs', '10 secs', '15 secs', '20 secs', and 'Manual'. The 'Topmarks' logo is in the bottom right corner.

<https://www.topmarks.co.uk/maths-games/daily10>

Challenge time !!!

The challenges are on the next slide.

Challenges 2 to 4 are aimed at year three ish, complete whatever you can. It won't take long to do the first couple. You might be able to do the trickier challenges with your family but you are **NOT** expected to be able to do them alone.

Myself and Poppy have had a go at some of the challenges and have really enjoyed them.

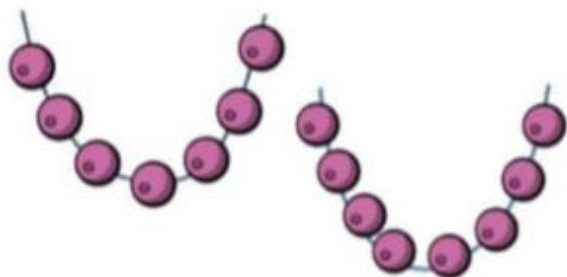




Challenge 1

Sal has 20 beads.

She uses some beads to make these two necklaces.



How many beads does she have left?

Challenge 2

George is thinking of a 2 digit number.



My number is in the 5 times table.

My number is less than 80

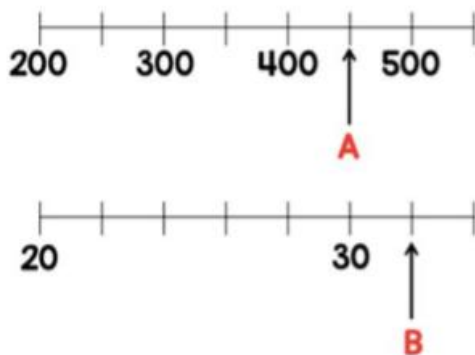


The sum of the digits is 9

What number is George thinking of?

Challenge 3

Two numbers, A and B, are marked on the number lines.



Find the sum of A and B.

Challenge 4

Max buys a shirt and a jacket.



The jacket costs £25 more than the shirt.

The total cost of the shirt and jacket is £87.

How much does each item cost?

Challenge 5

The mass of 1 cube and 4 cones is 110 g.



The mass of 1 cube and 2 cones is 72 g.



What is the mass of 1 cube?

Challenge answers

Answers

Challenge 1 - 5 beads

Challenge 2 - 45

Challenge 3 - 482

Challenge 4 - Jacket £56 and Shirt £31

Challenge 5 - 34 g



Name:

.....

I completed the
White Rose Maths Challenge!

I got right!

#WRMChallenge

Time

Knowledge Organiser

Key Vocabulary	O'Clock and Half Past							
time	half past twelve	one o'clock	half past one	two o'clock	half past two	three o'clock	half past three	four o'clock
clock								
hours								
minutes	half past four	five o'clock	half past five	six o'clock	half past six	seven o'clock	half past seven	eight o'clock
hand								
o'clock								
half past								
quarter past	half past eight	nine o'clock	half past nine	ten o'clock	half past ten	eleven o'clock	half past eleven	twelve o'clock
quarter to								
five minutes								
duration	Past and To							
shorter								
longer								
	o'clock	quarter past	half past	quarter to				

Time

Knowledge Organiser

Telling Time to 5 Minutes	O'Clock and Half Past	Find Durations of Time												
	<p>There are 60 minutes in an hour.</p>	<table border="1"> <thead> <tr> <th>Start</th> <th>Duration</th> <th>End</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="3">20 minutes has passed.</td> </tr> </tbody> </table>	Start	Duration	End				20 minutes has passed.					
Start	Duration	End												
20 minutes has passed.														
<p>Hour Hand The short hand points to the hour. If this hand is pointing between hours, it is either past the earlier hour or to the later hour.</p> <p>Minute Hand The long hand points to the minutes past or to the hour.</p>	<p>There are 24 hours in a day.</p>	<p>Compare Durations of Time</p> <table border="1"> <tbody> <tr> <td> A swimming lesson</td> <td>30 minutes</td> <td> A visit to the cinema</td> <td>2 hours</td> </tr> <tr> <td> The time it takes to do 1 star jump</td> <td>1 second</td> <td> A favourite TV programme</td> <td>20 minutes</td> </tr> <tr> <td> A nice long walk</td> <td>3 hours</td> <td> A week at school</td> <td>5 days</td> </tr> </tbody> </table> <p>Compare the time using the vocabulary 'longer' and 'shorter'.</p>	A swimming lesson	30 minutes	A visit to the cinema	2 hours	The time it takes to do 1 star jump	1 second	A favourite TV programme	20 minutes	A nice long walk	3 hours	A week at school	5 days
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Please write the time in words.

Tell the Time: Writing the Time

Write the time shown on each clock.



Don't forget to use a ruler to draw the hands. The hour hand is the shorter hand and the minute hand is longer, use two different colours.

Tell the Time: Drawing the Time

Draw the time on each clock.



9 o'clock



half past 3



6 o'clock



half past 4



quarter past 2



half past 1



quarter to 11



11 o'clock



half past 2



5 o'clock



quarter past 1



half past 5



quarter to 8



3 o'clock



half past 6



quarter to 1



half past 7



quarter past 8



10 o'clock



half past 12



quarter past 11



quarter to 4



half past 6



2 o'clock

Time answers

Tell the Time: Writing the Time Answers



3 o'clock half past 8 quarter to 1 12 o'clock half past 6 quarter past 8



quarter past 5 half past 1 6 o'clock half past 4 half past 3 2 o'clock



quarter past 12 half past 7 quarter to 8 5 o'clock half past 2 quarter to 3



half past 9 1 o'clock quarter to 6 half past 10 half past 11 4 o'clock

Tell the Time: Drawing the Time Answers



9 o'clock half past 3 6 o'clock half past 4 quarter past 2 half past 1



quarter to 11 11 o'clock half past 2 5 o'clock quarter past 1 half past 5



quarter to 8 3 o'clock half past 6 quarter to 1 half past 7 quarter past 8



10 o'clock half past 12 quarter past 11 quarter to 4 half past 6 2 o'clock

Free Writing Friday

So Friday again, which means its free writing time! I have included an image from pobble 365 called 'Doors'.

Can you write a short story about this image. There is a story starter to help you.



Story starter!

I placed my ear against the firm, wooden door. It felt warm: the sun had been shining on it all morning. From the other side I could hear voices. It sounded like two, or maybe three people whispering. One of the voices was a woman, and the others seemed to be men. Or was it the sound of a child?

The tone of their voices suggested great excitement. Had a great discovery just been made? Had a long-lost secret just been unearthed? Curious, I placed my hand on the shiny, metal door handle and began to turn. Creak... the door's stiff hinges resisted me, but gradually gave way, and I was drenched in darkness as I stepped over the threshold...

The six doors that you can see in the picture above are all real. They all have their own stories to tell, about real people.

Can you write a story about going through one of the doors, and what might be on the other side?

Perfect picture!

Can you draw or describe your own front door? Can you describe it? How is it similar or different to the doors above?



Taking care of myself: getting a good night's sleep



We are learning about the importance of good sleep



We will be able to:

- explain why sleep is important for a healthy lifestyle
- describe bedtime routines that help improve sleep
- identify how our sleep patterns and needs might change as we grow up

Sleep: What's our starting point?

Draw a person getting ready for a good night's sleep — what might they be doing, thinking, feeling?

Can you draw and write about:

- How this person will feel when they wake up?
- Anything that is helping them to sleep well?
- Anything that might make it hard for them to sleep well?

Once you've finished your picture, put it to one side — you will come back to this later!

Activity 1 and 2

Activity 1: Why is sleep important?

Go on a fact hunt...

Look at the information on the posters in your worksheet pack (pages 1-4).

Use these posters to help you to answer the questions on the worksheet (My Sleep Factfile - page 5)



Could you now tell someone at home the 3 facts you think are most important?

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Activity 2: Sleepbusters

Complete the sleep buster solutions grid (page 6) by coming up with some possible solutions to the problems people might have when trying to go to sleep.

Can you think of any additional problems and solutions? Add them to the table.

Check your answers on the next slide...

It is difficult to go to sleep when...	A solution to this might be...
Individual s...	need to take to carry y... solution

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FACTS ABOUT SLEEP



Children aged 6-12 years old usually need between 10 and 11 hours sleep every night (some may need more or less). To wake up at 7am in time for school, a good time to go to bed is before 9pm.



Spending time outside during the day and exercising can help someone fall asleep and help them to sleep well.



Doing something relaxing in the hour before going to sleep can really help. This could be things like reading a book or listening to a story being read, having a bath, cuddling a pet, talking to someone in your family about your day, or playing a board game or puzzle.



Keeping to the same routine is a good idea, such as going to bed and waking up at the same time every day, even at weekends.

TIDY YOUR ROOM!

A messy bedroom can actually affect good sleep! It is much easier to relax and fall into a deep sleep in a tidy, organised room. Making a bedroom dark and cool before going to sleep can also help.



CALM DOWN!

Avoid running around or doing lots of exercise just before bedtime. This can make the body wake up when it needs to be winding down.

TURN IT OFF!

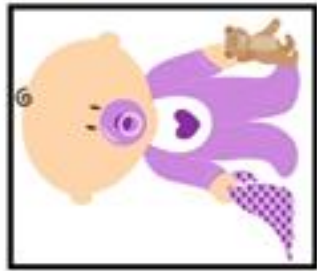
All electronic screens like the TV, computer, tablet, mobile phone should be turned off at least an hour before bedtime. It's best to put them away in a room where people don't sleep.

DON'T DRINK THAT!

Drinking or eating anything with caffeine (like coffee, tea or energy drinks) or lots of sugar (like sweets and fizzy drinks) can keep someone awake for a long time. This might mean that when they fall asleep, they don't sleep very well.

Activity 1: worksheet

PUBERTY & SLEEP



As we get older, our sleep needs and patterns change. As children become teenagers, they need a bit less sleep each night (usually about 9 or 10 hours sleep per night).

Teenagers usually want to go to sleep and wake up about 2 hours later than younger children or adults. This is called a shift in their "internal body clock".

During puberty, a person's body produces new hormones and this mostly happens when they are in a deep sleep.

By getting good sleep the body can grow and develop during puberty. This will help to improve memory and learning. Good sleep might also reduce some other issues during puberty such as moodiness, getting spots or putting on weight.

Activity 1: worksheet

SLEEP

People who get good quality sleep are more likely to...

MAKE GOOD decisions

PERFORM better at sports



FEEL happy

GET BETTER scores in exams



AVOID illness



BE MORE creative

LEARN better

FEEL healthier

REMEMBER more

HEAL FASTER from an injury

Activity 2: worksheet

ACTIVITY 2: SLEEP BUSTER SOLUTIONS

It is difficult to go to sleep when...	A solution to this might be....
Someone has been watching TV, or playing games online before bed	
Someone is nervous or worried about something, e.g. a test at school	
Someone drinks a sugary drink, such as orange juice or hot chocolate, before bed	
Individual steps I would need to take to carry out the sleep solution	
①	
②	
③	
④	

Activity Answers

Activity 1: Answers

Once you have completed your table, click on each box to reveal a possible

QUESTION	POSSIBLE ANSWERS
How much sleep do children need each night?	Children between the ages of 6 and 12 usually need around 10-11 hours of sleep a night and should usually go to bed before 9pm.
Find 3 things to start doing that help someone get good sleep:	Relaxing, calming activities before bed, such as reading, meditating, etc. Exercising outside during the day, keeping to the same routine, tidy their bedroom.
Find 3 things to stop doing that would help someone sleep:	Running around before bed (or rough play). Using electronics, game consoles, including phones, tablets, TV and computer (ideally these should not be in the bedroom at all). Drinking fizzy drinks or 'energy drinks' (which may keep us awake and make it difficult to fall asleep when we want to), eating sugary foods (which may make us feel hungry or thirsty not long after eating them).
What happens during sleep when someone starts puberty?	When asleep, the body makes hormones needed for the changes that happen during puberty. Sleep patterns also tend to shift around 1-2 hours later and they need slightly less sleep than they did before.
Why is it important to get good sleep?	It helps us to feel awake the next day and ready for school. We can find it easier to learn, have ideas for our school work, remember things we need to do (homework!), catch less colds and coughs, heal more quickly from injuries, perform well in tests and at sporting activities and feel well and happy.

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Activity 2: Solutions

It is difficult to go to sleep when...	A solution to this might be....
Someone has been watching TV, or playing games online before bed	Turning off all electronic screens like the TV, computer, tablet, mobile phone at least an hour before bedtime.
Someone is nervous or worried about something, e.g. a test at school	Do something relaxing before bed, e.g. reading a book, cuddling a pet, listening to a story
Someone drinks a sugary drink, such as orange juice or hot chocolate, before bed	Avoid drinking anything sugary and with caffeine in it before bed
Individual steps I would need to take to carry out the sleep solution	
①	
②	
③	

What instructions could you give somebody to help them carry out their solutions?

E.g. They could create a bedtime schedule to follow, so that they know when to turn off the TV etc.

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