Friday 26th June
Daily activities

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 second 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!

2

Daily Physical Exercise

https://www.youtube.com/user/thebodycoach1
(Access via YouTube at 9 am-if doing it live-type in: The body coach).

- On YouTube you can search for lots of different Just Dance videos.

- Why not select a few of your favourite songs and learn the routines for them?

Reading at home

You should still be aiming to read for **_at least 20 minutes everyday_**.

If you're running out of reading material at home, there are lots of books that you can read or listen to online for free! Two websites we would recommend to do this are: https://readon.myon.co.uk/ and https://stories.audible.com/start-listen

Remember, you can now take Accelerated Reader quizzes from home by using this link Howley Grange Renaissance at home and logging on as usual using your username and password.

To check that the book you are reading has a quiz, you can check it using on Accelerated Reader Bookfinder. It's okay to read books which haven't got a quiz – just keep a record of what you have read.

Keep reading and exploring new worlds and adventures!
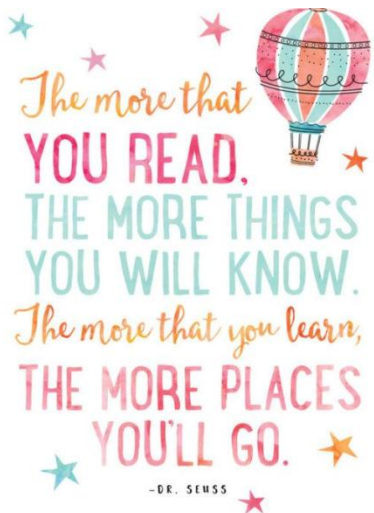
PSHE

Reflective Friday

My Weekly Reflections

3 things that made me smile this week -

-
-
-

3 things I learned this week -

-
-
-

3 words to describe my week -

-
-
-

2 things I struggled with this week -

-
-
-

1 goal for next week -

-

English

Daily Spelling Practice

Year 3 and 4 Statutory Spellings

accident	caught	eighth	heard	minute	possible	strange
accidentally	centre	enough	heart	natural	potatoes	strength
actual	century	exercise	height	naughty	pressure	suppose
actually	certain	experience	history	notice	probably	surprise
address	circle	experiment	imagine	occasion	promise	therefore
answer	complete	extreme	increase	occasionally	purpose	though
appear	consider	famous	important	often	quarter	although
arrive	continue	favourite	interest	opposite	question	thought
believe	decide	February	island	ordinary	recent	through
bicycle	describe	forward	knowledge	particular	regular	various
breath	different	forwards	learn	peculiar	reign	weight
breathe	difficult	fruit	length	perhaps	remember	woman
build	disappear	grammar	library	popular	sentence	women
busy	early	group	material	position	separate	
business	earth	guard	medicine	possess	special	
calendar	eight	guide	mention	possession	straight	

twinkl visit twinkl.com

Spelling practice this week follows a similar format to that of last week. The focus is still on words from the year 3 and 4 spelling list as we want you to know how to spell them.

On the following slide, you will find a cross word to complete. All of the words which you will be looking for are taken from the Year 3 and 4 spelling list (pictured left). Use the clues to work out which words need to be inserted. Be sure to look to see whether it needs to be written across (horizontally) or down (vertically).

Answers (as you know by now) are at the end of the presentation so that you can self mark (no cheating though!) and the idea, this week, is-once you've marked your answers, any words that you struggle to spell off by heart become your focus words to practise that day.

__If you are finding it too hard, go back through your spelling book and practise a few of those you've previously got wrong in a test instead. Alternatively, on slides 11 and 12 there are lots of different ways to practise 2 words from the year 3 and 4 list (so you'll know them inside out!) You don't all have to do these slides-they are optional if you've completed the cross word.__

Please don't stress yourselves out unnecessarily!

There will be a slide each day to remind you of various ways to practise the words you're focusing on but the ideas are not exhaustive meaning that you can practise in other ways if you have other ideas.
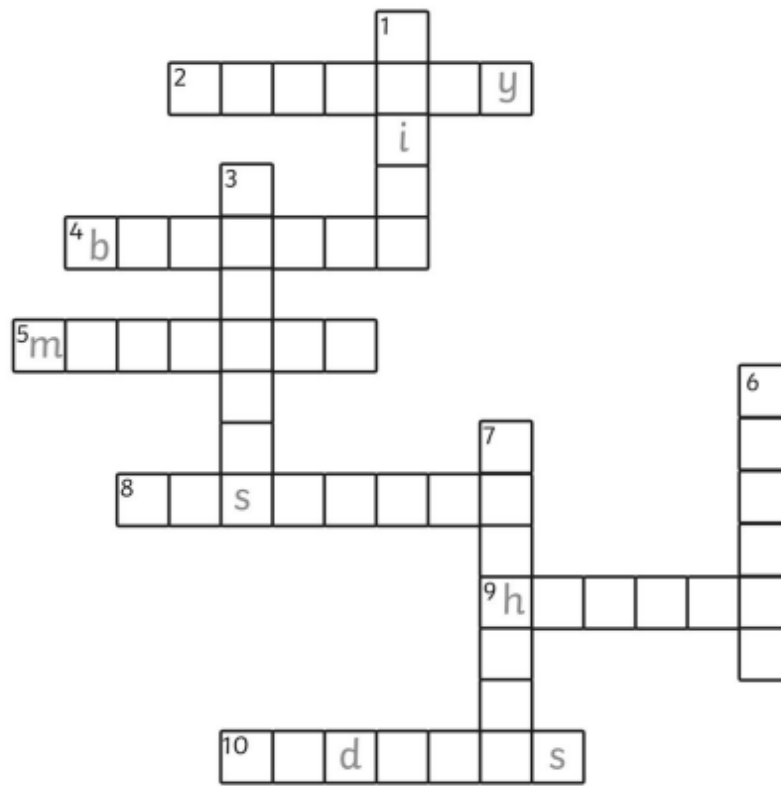
Across

2. 100 years.
4. To inhale and exhale.
5. To refer to briefly.
8. May be true.
9. The distance upward.
10. The place or name of where a person or organisation is located.

Down

1. To force something to move in a certain path.
3. Two or more things differing one from another.
6. 60 seconds.
7. Maybe, possibly.

Daily spelling practice-words you got wrong in the previous task.

You may choose to do one or each of the following to practise your focus words (these could be common exception words or words you often spell incorrectly if not from the previous word search task).

1. Practise spelling them by using the strategy: Look, say, cover, write and check.

2. Jot down and make 2 copies of your focus words and ask someone in your house to play 'Snap!' Before you're able to win the pair of cards, you should close your eyes and have a go at spelling the word.

3. Use the focus words you've made. Turn them all over face-down and play matching pairs. Turn over 1 card at a time and attempt to find the one that matches!

4. Make a mnemonic to help you remember how to spell the word (the sillier the better!) e.g. People= people eat oranges pigs like eggs!

5. You could write each letter in a different colour (rainbow writing).

6. Create a word pyramid – s

sc

sci

scie

scien

scienc

science

7. Describe the word to an adult or sibling-you could tell them the word class, what it means but you **must not** say the word!
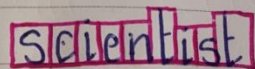
8. Try drawing around the word to help you remember how many letters and the shape of them (see bottom left).

9. You could play 'Hangman' with people in your house-make sure you're accurate when you tell them which letters are/aren't in your chosen words!

10. Write the word backwards.

11. If you have chalk available, write your focus words on the floor to create 'Hopscotch' and when you land on a given word, close your eyes and spell it aloud.

12. Say each letter in turn as you go upstairs or when bouncing on the trampoline (if you have one).
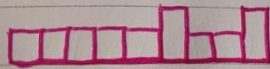

scientist
- 9 letters
- 2 ascending letters ↑
- 7 sit on the line
- 0 descending letters ↓

↑

silent letter.

Statutory Spelling Word Activity Mat: earth ④

★

Optional if you've completed the cross word.

Use a dictionary to define the word **earth.**

_____
_____
_____

Which word classes does the word **earth** belong to?

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Trace the word **earth.**

earth

earth

earth

Add the word **earth** to these sentences.

There is a range of life on _____.

"Buy a bag of _____," prompted Dad.

It was buried by a layer of _____.

Make sure you _____ the electricity.

Which of these words means the same as **earth**?

damage   dirt   power   total

Write the syllable of the word **earth** inside the hand.

Finish off the word **earth.**

ear_____   _____th

_____h   e_____

Now write the full word.

_ _ _ _ _

Write your own sentence containing the word **earth.**

_____
_____

Edit and improve these words so that they correctly spell the word **earth.**

erth   urph   earfth

Statutory Spelling Word Activity Mat: eight

★

Optional if you've completed the cross word.

Use a dictionary to define the word **eight.**

_____
_____
_____

Which word class does the word **eight** belong to?

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Trace the word **eight.**

eight
eight
eight

Add the word **eight** to these sentences.

I am _____ years old.

"May I have _____ of them?" asked Sue.

_____ is one more than seven.

The play will begin at _____ o'clock.

Which of these words is **eight** an example of?

a date   an order   a number   a command

Write the syllable of the word **eight** inside the hand.

Finish off the word **eight.**

ei_____   _____ht

_____t   e_____

Now write the full word.

_ _ _ _ _

Write your own sentence containing the word **eight.**

_____
_____

Edit and improve these words so that they correctly spell the word **eight.**

eiht   eigt   aight

Free Writing Friday

- Use the image to spark your imagination and create a piece of writing.

- Make this a quality piece of writing by using amazing vocabulary and applying all the grammar and punctuation skills we have learnt in year four (e.g. expanded noun phrases, inverted commas, fronted adverbials).

- You should spend at least 20 minutes writing your master-piece.

- You may want to 'magpie' the story starter (right) to begin your writing-but you don't have to.

Pobble

Story starter!

Motionless, she stood gazing down the never-ending tunnel. The track extended as far as the eye could see, encased by walls of brightest green. The trees that lined the way grew tall, reaching up and over, interlocking their spindly branches like fingers trapping whoever dared to walk this treacherous route. It was like looking down nature's kaleidoscope.

Where did the path lead? She had dreamt of this moment, but in her dream she couldn't remember what happened next.

There was only one way to find out. She bravely took a step forward...

Image by: Jokerry

Pobble.com
Pobble365.com

Maths

27 children played in Garage last week! Well done to every single one of you! This week let's see if we can beat that! Ready...Steady...Go! Get playing!

Aim to spend 15 minutes each day practising your times tables and associated division facts- we don't mind how you do it but we don't want you to forget them as they will help you for the rest of your lives!

We understand that you may not be able to get involved online and are practising your tables in other ways e.g. completing paper booklets, chanting them, saying them as you go up the stairs etc. -that is absolutely fine too!

But if you are able to get involved, we'd love as many of you to do so as possible.

Week	4GA	4EW
1	5	5
2	6	4
3	5	5
4		

Can you believe it another tie! Well done to those children from both classes that have played this week! Keep it up!

10-4-10

Complete in the same way as we do in school. Aim to complete as many questions as you can in 10 minutes. Miss them out if you're spending too long thinking about how to tackle them. You don't need to write the question. Only show your workings if you need to. You should use the squares in your Maths homework book as this will help you set out any written methods.

1. 98 x 10=

2. 564 x 1=

3. 1 x 0=

4. 234 ÷ 1 =

5. 2.5 x 10=

6. 3,567 + _____= 5,000

7. _____ - 3,765= 3,872

8. What time is 20 minutes after 9pm in 24 hour clock?

9. 12.8 x _____= 1,280

10. Write the coordinates of the point shown.

Extension

11. What is half of 276?

12. _____x 100= 12

13. What time would it be 1 and ¼ hours after 4:10?

14. £17.21 + _____= £20

15. 9 x _____= 200-92

16. An angle measures 112°, what type of angle is it?

17. 0.1 + 99 =

18. How many minutes in 4.5 hours?

19. 35 hundredths + _____= 2

20. Which angle is larger, A or B?
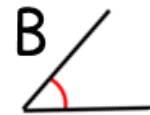
W.A.L.T: independently describe movement on a grid.

⭐ Questions 1-2

⭐⭐ Questions 1-3

⭐⭐⭐ Questions 1-5

As we're not there to check your understanding throughout the lesson, instead of having challenges for you to move on to, we have used the stars slightly differently-above you will see the question numbers which we'd like you to concentrate on. Start with the star you often start on, in maths, and then you can always continue on if you feel confident but **do not** pressure yourself to.

On the following slides there are some worksheets for you to have a go at-they are easier so try to have a go at these ones by yourselves. Think about all that you've learned in maths over the last 2 weeks-if you've missed out maths on some of the days-you may need to go back to the presentations from the last couple of weeks to help you understand further.

Remember: across the hallway and then up the stairs (horizontal first and then vertical axes).
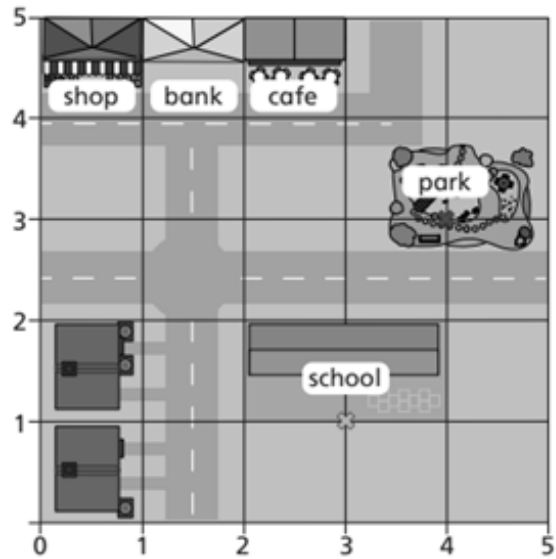
1 Here is a map of part of a town.

a) Ron is standing at (1, 1).

He walks to the school gates at point (3, 1).

Complete the sentence to describe his journey.

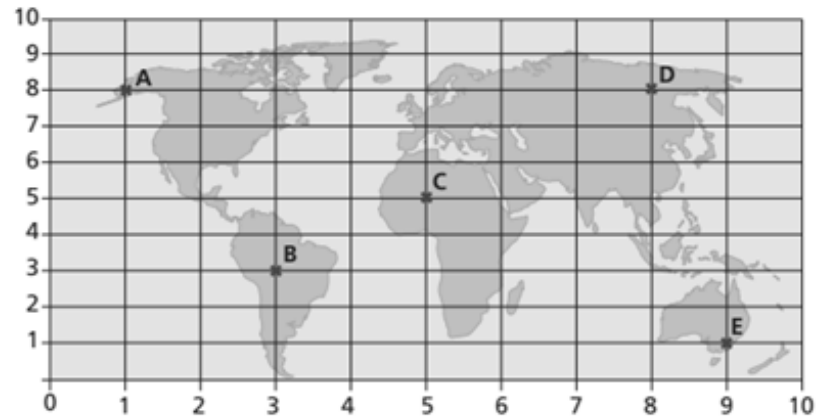Ron walks ☐ to the right.

b) Rosie is standing at (4, 0).

She walks to the slide in the park at point (4, 3).

Complete the sentence to describe her journey.

Rosie walks ☐ up.

2 A map of the world is shown on a grid.

Complete the sentences to describe the movement of planes.

a) Plane 1 flies from A to D.

Plane 1 flies ☐ right.

b) Plane 2 flies from A to B.

Plane 2 flies ☐ right and ☐ down.

c) Plane 3 flies from C to D.

Plane 3 flies ☐ right and ☐ up.

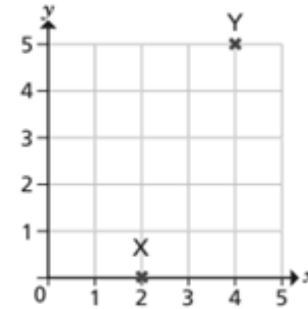**d)** Plane 4 flies from E to D.

Plane 4 flies ☐ left and ☐ up.

3 Five points are drawn on a grid.
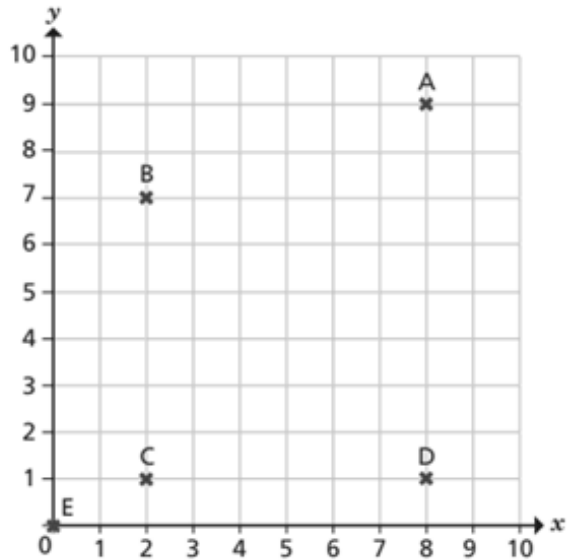
Complete the sentences to describe the translations.

a) C to D is a translation ☐ right.

b) A to D is a translation ☐ down.

c) E to C is a translation ☐ right and ☐ up.

d) C to A is a translation ☐ _____ and ☐ _____
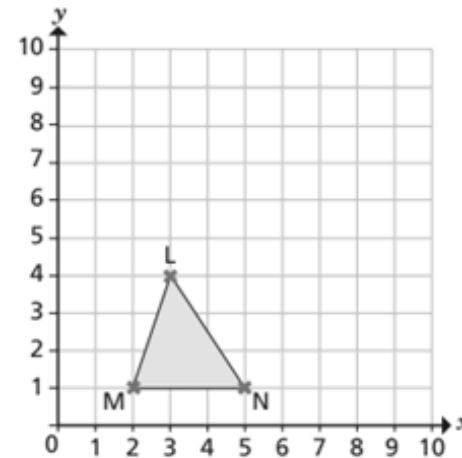
e) A to B is a translation ☐ _____ and ☐ _____

4 Two points, X and Y, are shown on the grid.

a) Describe the translation from X to Y.

_____

b) Describe the translation from Y to X.

_____

5 A triangle is drawn on the grid.

It is translated so that the vertex M moves to (7, 4).

a) Describe the translation.

_____

b) Draw the translated triangle on the grid to show its new position. Create your own problem like this for a partner.

Answers

Cross word Answers

Across
2. century
4. breathe
5. mention
8. possible
9. height
10. address

Down
1. guide
3. various
6. minute
7. perhaps

Statutory Spelling Word Activity Mat: earth

④ ★

Use a dictionary to define the word **earth**.

Noun: the planet on which we live or soil in the ground. Verb: (linked to electricity) connect with the ground.

Which word classes does the word **earth** belong to?

(noun)	(verb)	adjective
adverb	conjunction	pronoun
preposition		determiner

Trace the word **earth**.

earth

earth

earth

Add the word **earth** to these sentences.

There is a range of life on ___earth___.

"Buy a bag of ___earth___," prompted Dad.

It was buried by a layer of ___earth___.

Make sure you ___earth___ the electricity.

Which of these words means the same as **earth**?

damage　　(dirt)　　power　　total

Write the syllable of the word **earth** inside the hand.

earth

Finish off the word **earth**.

ear **th**	**ear** th
eart h	e**arth**

Now write the full word.

e a r t h

Write your own sentence containing the word **earth**.

Your own answers-possible answer e.g. As the farmer dug, he disturbed lots of earth.

Edit and improve these words so that they correctly spell the word **earth**.

a
erth

urph **earth**

ear/th

Statutory Spelling Word Activity Mat: eight

⑤

Use a dictionary to define the word **eight.**

A number between 7 and 9.
_____
_____

Add the word **eight** to these sentences.

I am ___**eight**___ years old.

"May I have ___**eight**___ of them?" asked Sue.

___**Eight**___ is one more than seven.

The play will begin at ___**eight**___ o'clock.

Write the syllable of the word **eight** inside the hand.

eight

Which word class does the word **eight** belong to?

(noun)	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Finish off the word **eight.**

ei**ght** ___ | _**eig**ht

eigh**t** | e**ight** ___

Now write the full word.

_e i g h t_

Trace the word **eight.**

eight

eight

eight

Which of these words is **eight** an example of?

a date   an order   (a number)   a command

Write your own sentence containing the word **eight.**

Your own answers-possible answer e.g. Sixty-four divided by eight equals eight.
_____

Edit and improve these words so that they correctly spell the word **eight.**

ei**g**ht   eig**h**t   **e**ight
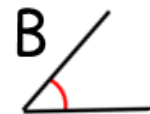
10-4-10 Answers

Complete in the same way as we do in school. Aim to complete as many questions as you can in 10 minutes. Miss them out if you're spending too long thinking about how to tackle them. You don't need to write the question. Only show your workings if you need to. You should use the squares in your Maths homework book as this will help you set out any written methods.

1. 98 x 10= **980**

2. 564 x 1= **564**

3. 1 x 0= **0**

4. 234 ÷ 1 = **234**

5. 2.5 x 10= **25**

6. 3,567 + **1,433**= 5,000

7. **7,637**- 3,765= 3,872

8. What time is 20 minutes after 9pm in 24 hour clock? **21:20**

9. 12.8 x **100** = 1,280
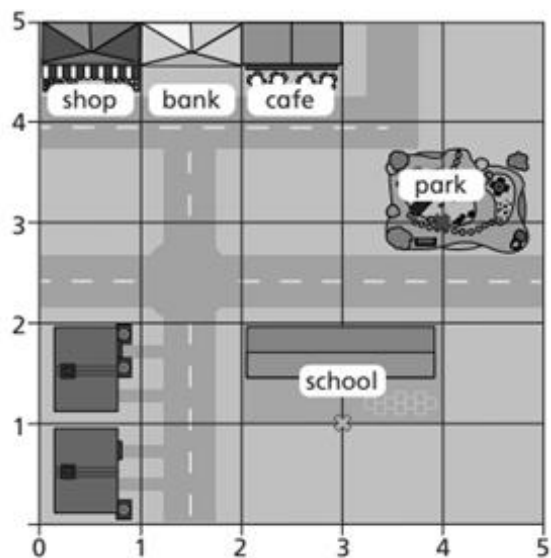
10. Write the coordinates of the point shown. **(3,4)**
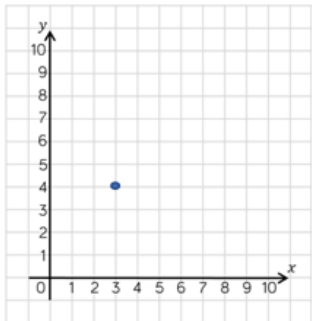
Extension

11. What is half of 276? **138**

12. **0.12**x 100= 12

13. What time would it be 1 and ¼ hours after 4:10? **5:25**

14. £17.21 + **£2.79**= £20

15. 9 x **12**= 200-92

16. An angle measures 112°, what type of angle is it? **Obtuse**

17. 0.1 + 99 = **99.1**

18. How many minutes in 4.5 hours? **270 minutes**

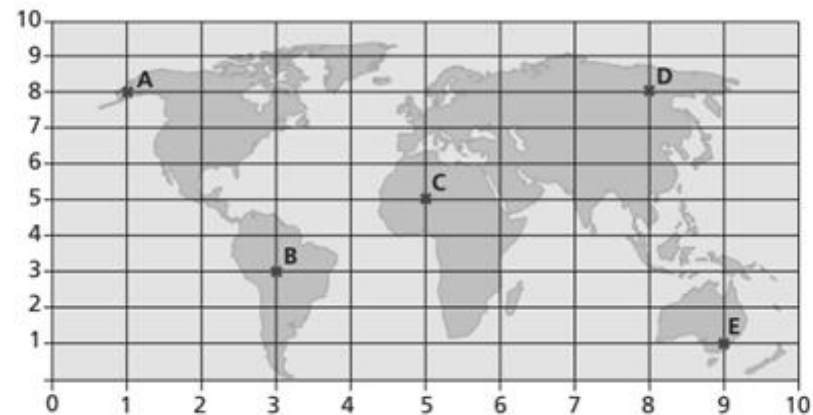19. 35 hundredths + **1.65**= 2

20. Which angle is larger, A or B? **B**

White
Rose
Maths

1 Here is a map of part of a town.

a) Ron is standing at (1, 1).

He walks to the school gates at point (3, 1).

Complete the sentence to describe his journey.

Ron walks [2] to the right.

b) Rosie is standing at (4, 0).

She walks to the slide in the park at point (4, 3).

Complete the sentence to describe her journey.

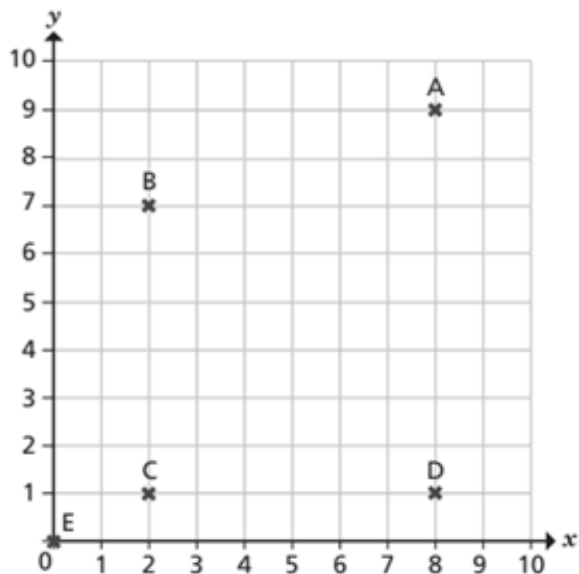Rosie walks [3] up.

2 A map of the world is shown on a grid.

Complete the sentences to describe the movement of planes.

a) Plane 1 flies from A to D.

Plane 1 flies [7] right.

b) Plane 2 flies from A to B.

Plane 2 flies [2] right and [5] down.

c) Plane 3 flies from C to D.

Plane 3 flies [3] right and [3] up.

d) Plane 4 flies from E to D.

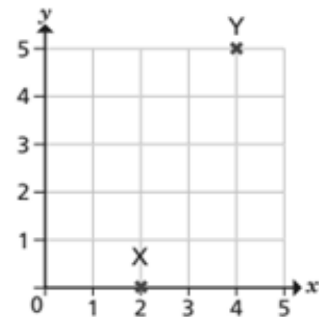Plane 4 flies [1] left and [7] up.

3 Five points are drawn on a grid.

Complete the sentences to describe the translations.

a) C to D is a translation [6] right.

b) A to D is a translation [8] down.

c) E to C is a translation [2] right and [1] up.

d) C to A is a translation [6] right and [8] up

e) A to B is a translation [6] left and [2] down

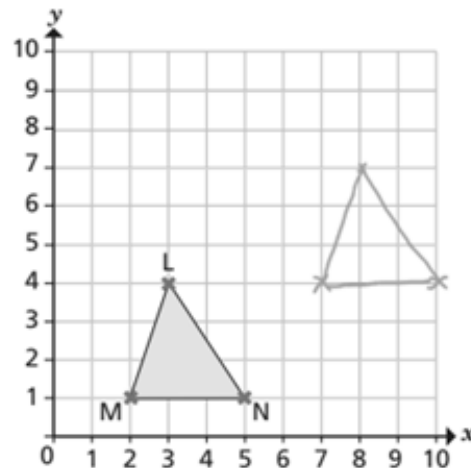**4** Two points, X and Y, are shown on the grid.

a) Describe the translation from X to Y.

2 right and 5 up.

b) Describe the translation from Y to X.

2 left and 5 down.

5 A triangle is drawn on the grid.

It is translated so that the vertex M moves to (7, 4).

a) Describe the translation.

5 right and 3 up

b) Draw the translated triangle on the grid to show its new position.

Create your own problem like this for a partner.