

Thursday 25th 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 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!</p> <p>Try each of these activities with the people you're with!</p> <p>Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</p> <p>Remember it is important to stay active and healthy!</p>				

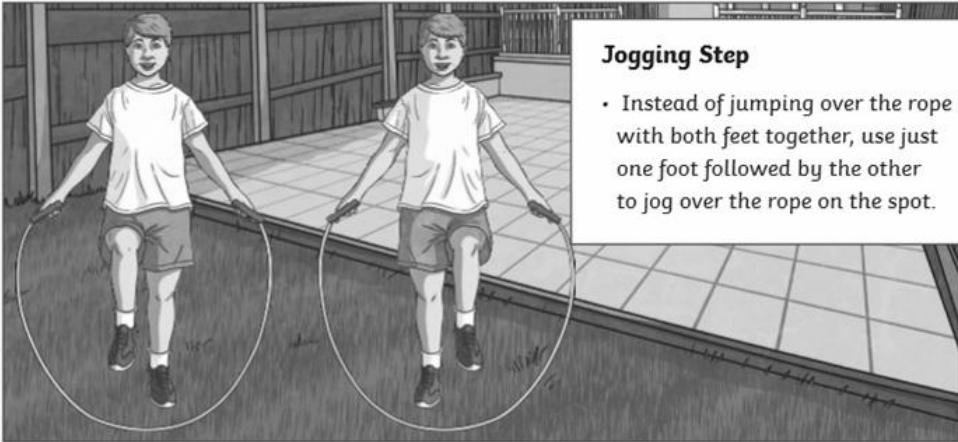
Back and Forth

- Mark a line on the ground using chalk, string or other marker. Make sure it won't trip you up!
- Stand behind the line. Jump forwards over the rope and land in front of the line.
- Continue jumping back and forth over the line.



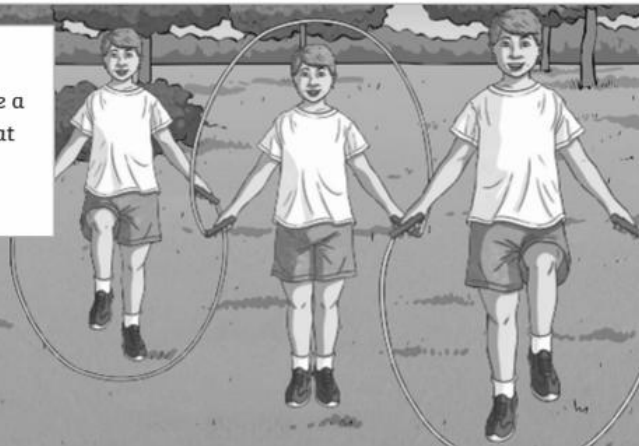
Jogging Step

- Instead of jumping over the rope with both feet together, use just one foot followed by the other to jog over the rope on the spot.



Forward Motion

- Like the jogging step but take a step forward each time so that you can move in a forwards while jogging over the rope.



Daily Physical Exercise

If you have a skipping rope at home, you could try this skipping workout as a way of getting active today. The children that are in school have access to skipping ropes and they've enjoyed using them to practise their skipping as well as to play socially distanced games, so I may suggest they do this in school too-I may even join them!

Reading at home

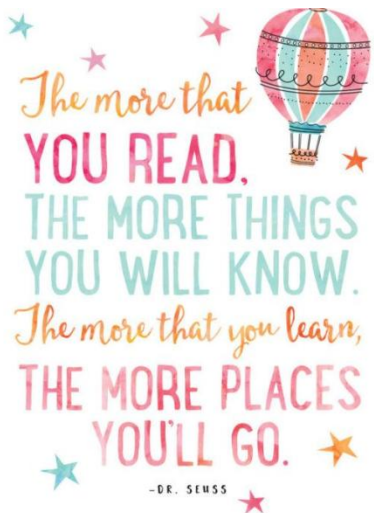
You should still be aiming to read for *at least 20 minutes everyday*.

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!



English

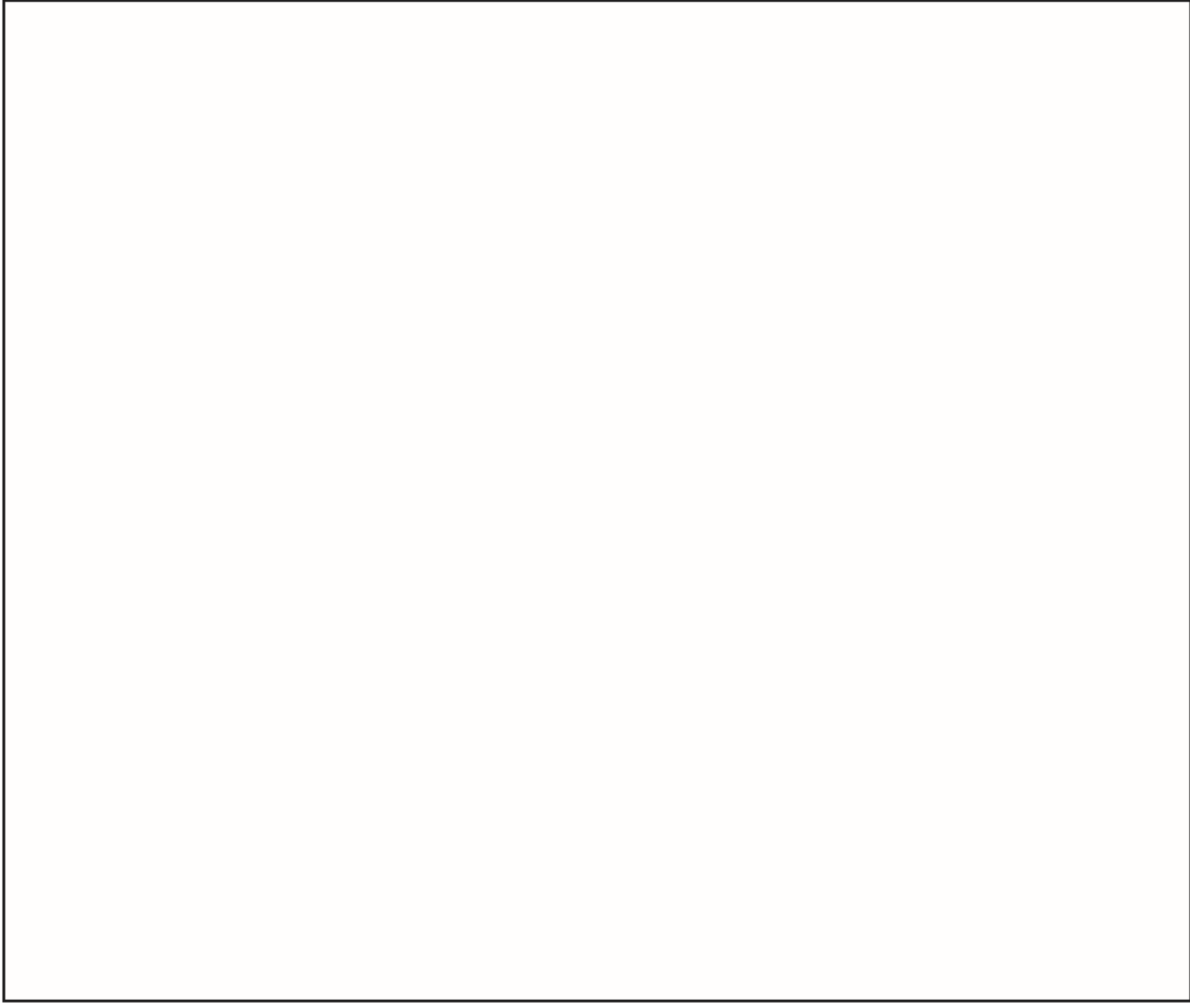
Task 1: Listen to Chapter 3: Trapdoor Treasure Trove from the story History Hackers: Roman Rescue by following this link: <https://www.youtube.com/watch?v=EkS7Sypx4hc&feature=youtu.be> (alternatively you could look back at Monday's presentation where you'll find the text which you can re-read for yourselves).

Task 2: Use (and rotate) the template on the following slide (or a piece of paper you have at home) to draw a labelled diagram of the hidden room and its contents-what's inside it. Use the description in the story to help you decide what to draw and where. Take your time and enjoy drawing the hidden room. You may then choose to colour it in.

Drawing a Description

Part A

Use the description in the eBook to draw a labelled diagram of the hidden room and what is in it.



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	

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.

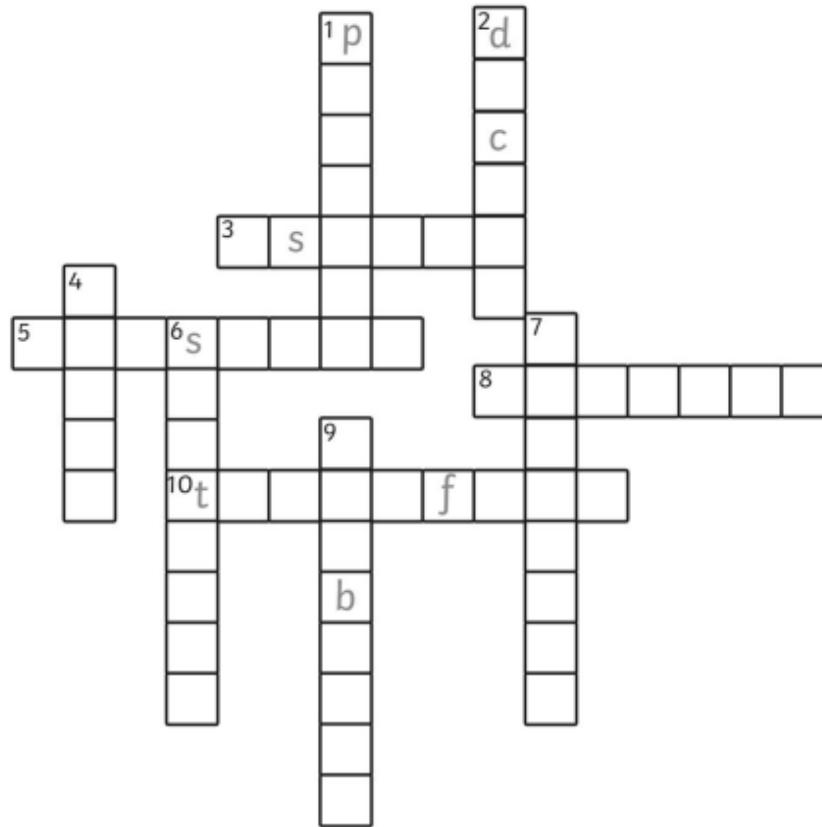
On the following slide, you will find a cross word to complete. All of the words which you will be looking for are taken from the Year 3 and 4 spelling list (pictured left). Use the clues to work out which words need to be inserted. Be sure to look to see whether it needs to be written across (horizontally)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

- 3. Land completely surrounded by water.
- 5. The state of being pressed.
- 8. Confident, sure.
- 10. Consequently.

Down

- 1. Regarded with favour by people in general.
- 2. To solve, conclude or determine.
- 4. A collection people or things.
- 6. A grammatical unit of one or more words.
- 7. The second month of the year.
- 9. Very likely.

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= **p**eople **e**at **o**ranges **p**igs **l**ike **e**ggs!
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!

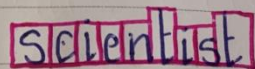
8. Try drawing around the word to help you remember how many letters and the shape of them (see bottom left).

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).

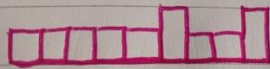


• 9 letters

• 2 ascending letters ↑

• 7 sit on the line

• 0 descending letters ↓



↑

Silent letter.

Statutory Spelling Word Activity Mat: disappear

2



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

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

I watched the mist _____.

"Don't _____!" commanded the genie.

Did the sun _____ from the sky?

I wish they would all _____.

Write the syllables of the word **disappear** inside the hands.



Finish off the word **disappear**.

dis _____

_____ ear

_____ r

d _____

Now write the full word.

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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Trace the word **disappear**.

disappear

disappear

disappear

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

varnish vegetate vanish voluminous

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

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

dissappear

disappear

disappeer

Optional if you've completed the cross word.

Statutory Spelling Word Activity Mat: early

3



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

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

I intend to arrive _____.

"Will you finish _____?" asked Nat.

We ate an _____ lunch.

I want to get an _____ start.

Write the syllables of the word **early** inside the hands.



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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Finish off the word **early**.

ear _____

____ ly

____ y

e _____

Now write the full word.

Trace the word **early**.

early

early

early

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

premature mature natural pristine

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

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

erly

earlee

earlie

Optional if you've completed the crossword.

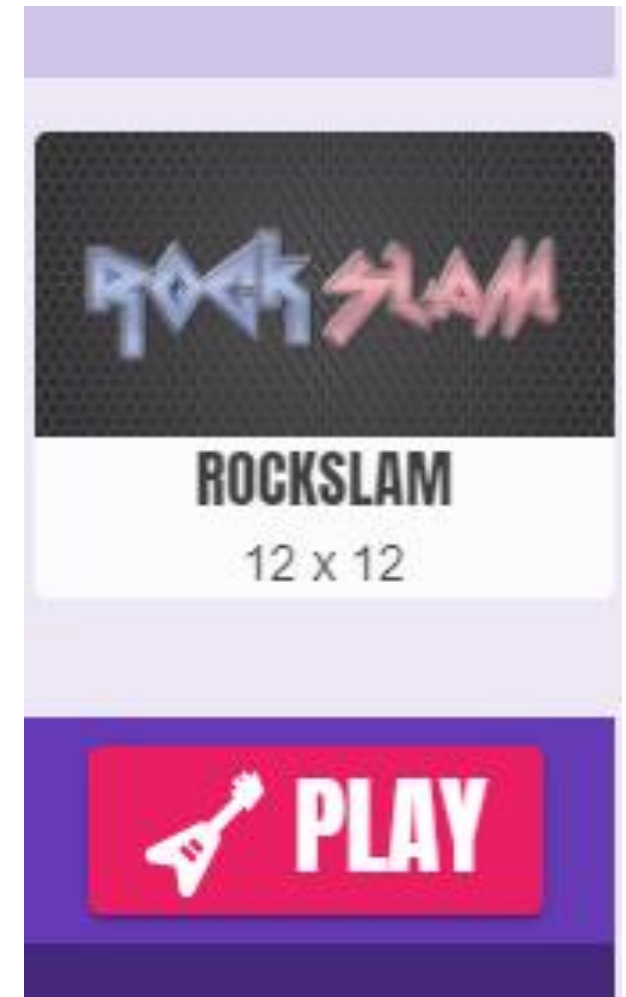
Maths

Why not send us a Rockslam? I (Miss Williams) am eager to be challenged by you all! A big shout out to NS in 4EW as she's sent me lots already so I can tell she's online practising! Super star!

Have you played in Studio yet? There's still time to climb the leader board!

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.

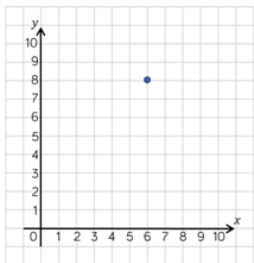


Aim to spend 15 minutes each day practising your times tables and associated division facts- we don't mind how you do it but we don't want you to forget them as they will help you for the rest of your lives!

10-4-10

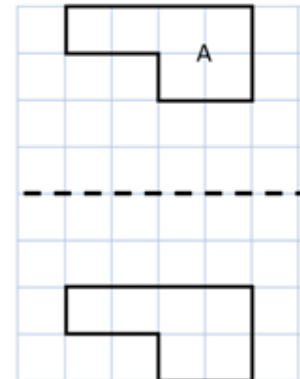
Complete in the same way as we do in school. Aim to complete as many questions as you can in 10 minutes. Miss them out if you're spending too long thinking about how to tackle them. You don't need to write the question. Only show your workings if you need to. You should use the squares in your Maths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

1. $1,454 + 3,567 =$
2. $\underline{\hspace{2cm}} + 435 = 2,611$
3. $5,678 - 999 =$
4. 10 more than 98.
5. 1000 more than 208.
6. $7 \times \underline{\hspace{1cm}} = 56$
7. What is 48 divided by 8?
8. $356 \times 9 =$
9. $455 \div 5 =$
10. Write the coordinates of the point shown.



Extension

11. $6 \times 3 \times 4 =$
12. $9 \times 3 \times 5 =$
13. What is 18:00 in 12 hour clock?
14. What is the total number of days in April and September?
15. Round 1,368 to the nearest 10.
16. Round 3,256 to the nearest 100.
17. I have 4 50p coins, 3 £1 coins and 1 20p coin. How much money do I need to make £10?
18. $0.97 \times 100 =$
19. $34.9 + \underline{\hspace{1cm}} = 100$
20. Is shape A reflected correctly?

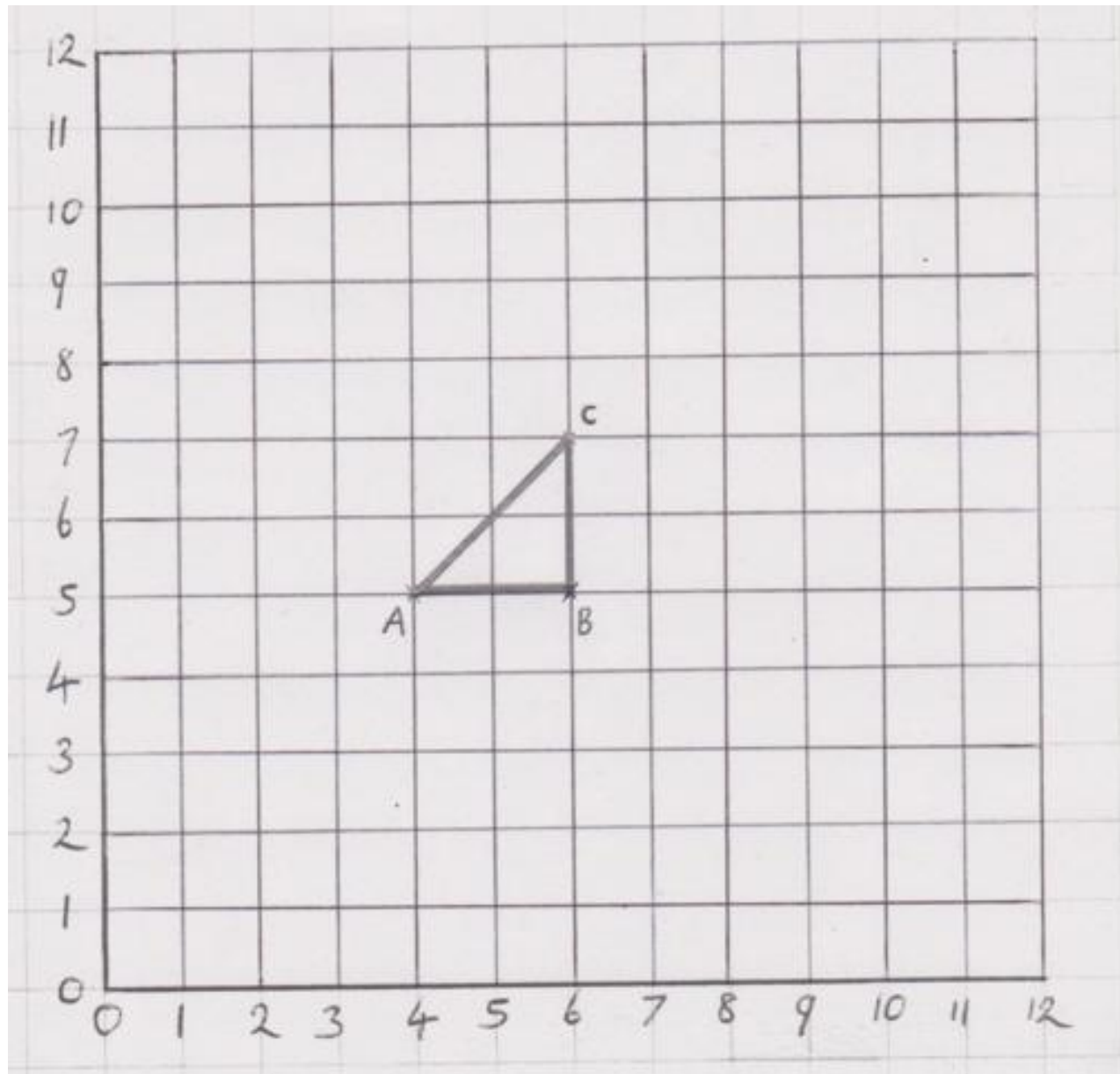


New learning-you've not been taught this in year 4 before.

W.A.L.T: describe movements between positions as translations of a given unit to the left/right and up/down.

- Today's work builds upon what we've already done in maths this week. If you didn't get round to Tuesday or yesterday's maths lesson-go back and look at the relevant presentations as they will help you understand how to translate shape a little more.
- On the slides that follow, there are some worksheets for you to have a go at. They are starred. Start with the sheet that has 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. Our expectation is that you try to do **1** worksheet. You may wish to print out the worksheet that you have chosen to have a go at or alternatively you could jot down the answers on paper that you have.
- As you're used to by now, the answers are at the end of today's presentation-no cheating though!

Helpful Hint: Do one coordinate at a time-don't try and do the whole shape at once.



Translate this shape to make two more shapes, shapes 1 and 2.

Write the coordinates of the original triangle, and the coordinates of the other triangles that you draw.

To make shape 1, translate the original, "two squares East and 4 squares North."

To make shape 2, translate the original, "four squares West and 4 squares South."

The first ones have been done for you (see below).

Shape 1

A) (6 , 9)

B) (,)

C) (,)

ORIGINAL

A) (4 , 5)

B) (,)

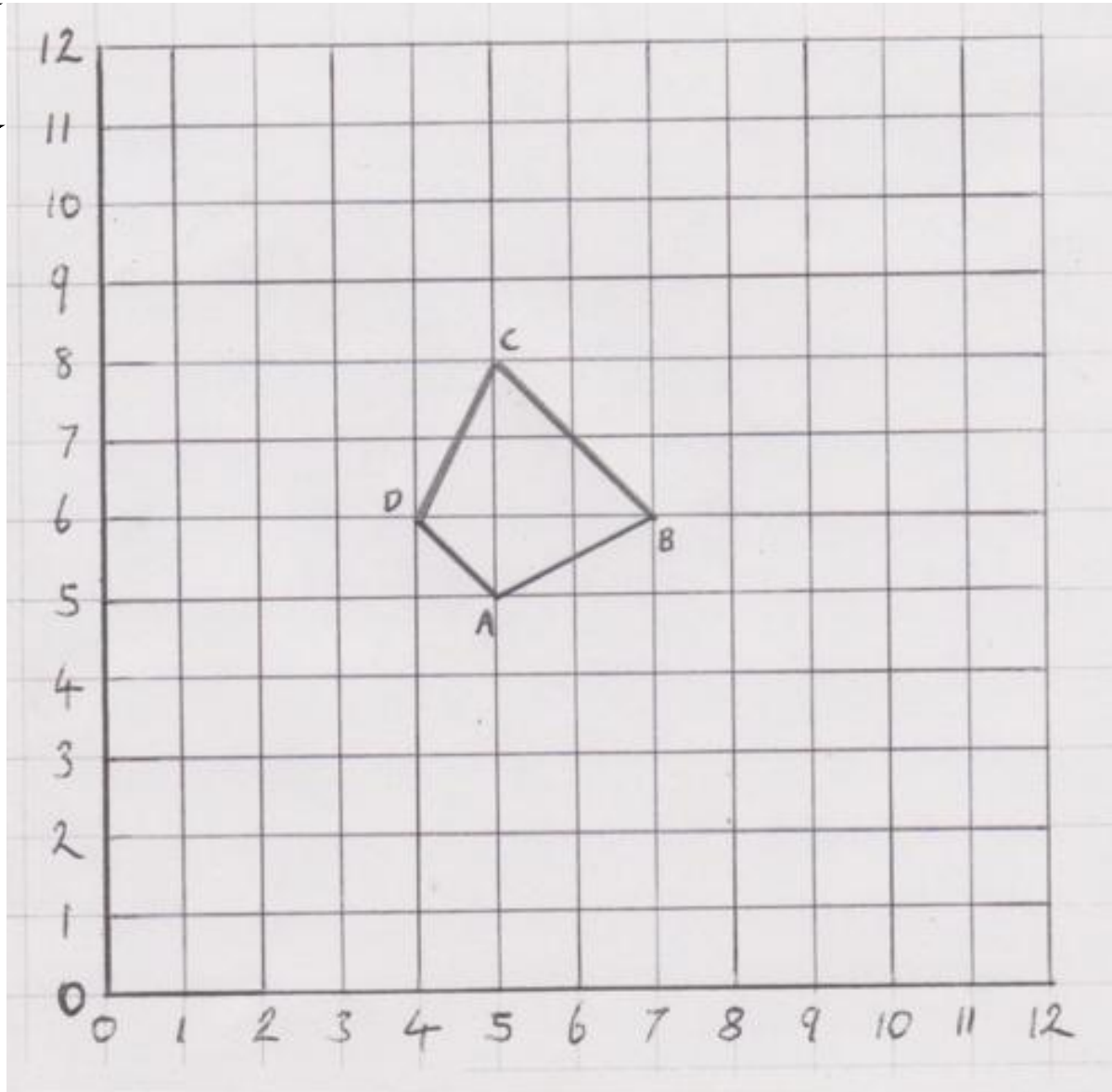
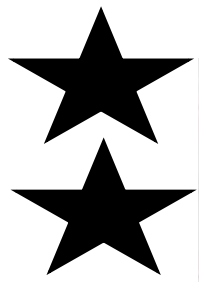
C) (,)

Shape 2

A) (0 , 1)

B) (,)

C) (,)



Translate this shape to make two more shapes, shapes 1 and 2.

Write the coordinates of the original, and the coordinates of the other shapes that you draw.

To make shape 1, translate the original, "two squares East and 3 squares North."

To make shape 2, translate the original, "four squares East and 5 squares South."

ORIGINAL

A) (5 , 5)

B) (,)

C) (,)

D) (,)

Shape 1

A) (,)

B) (,)

C) (,)

D) (,)

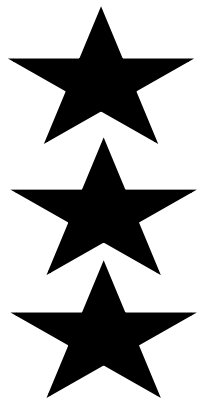
Shape 2

A) (,)

B) (,)

C) (,)

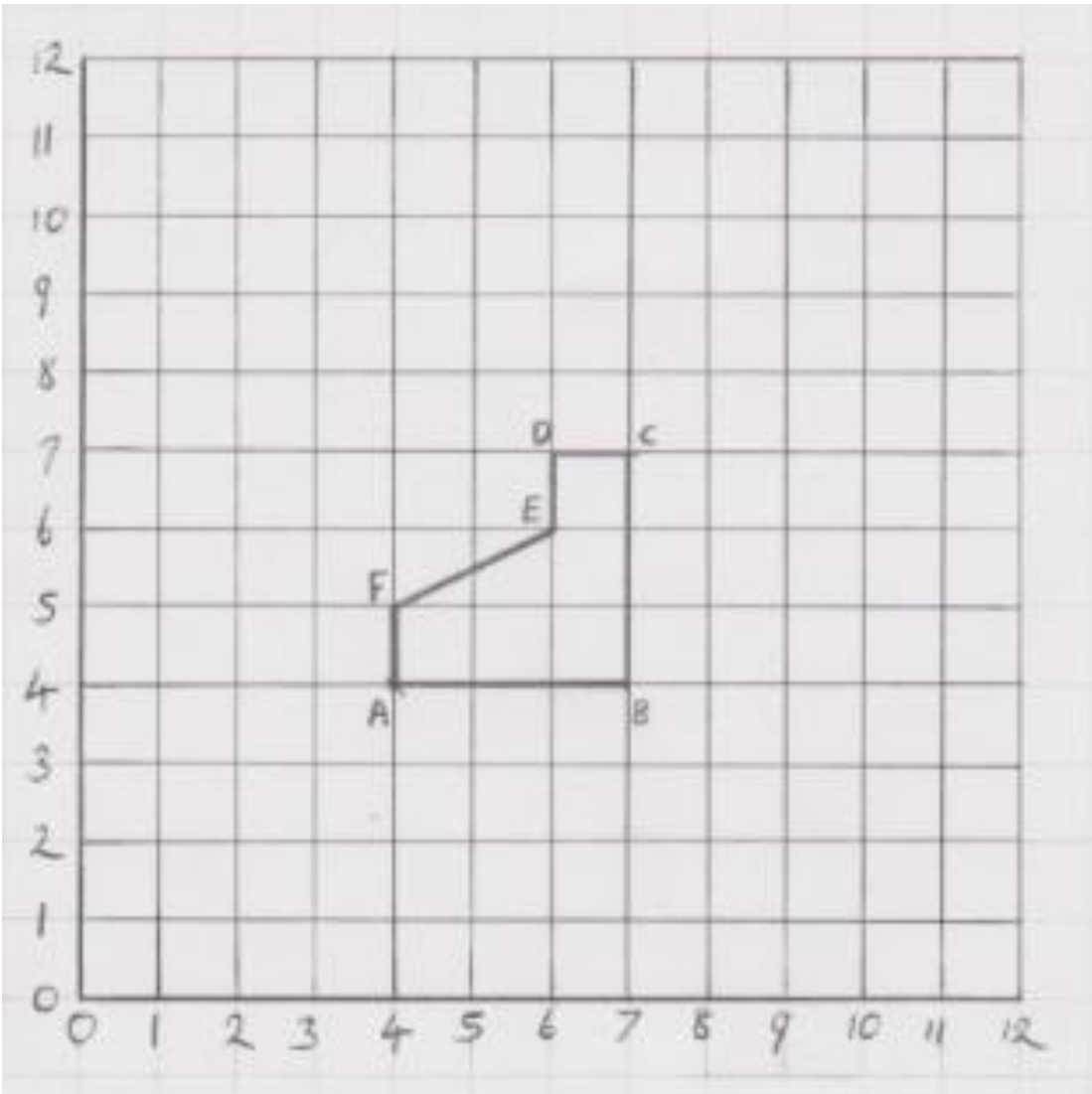
D) (,)



Translate this shape to make two more shapes, shapes 1 and 2.

Write the coordinates of the original, and the coordinates of the other shapes that you draw.

- To make shape 1, translate the original, “four squares East and 5 squares North.”
- To make shape 2, translate the original, “two squares East and 4 squares South.”



Shape 1

- A) (,)
- B) (,)
- C) (,)
- D) (,)
- E) (,)
- F) (,)

ORIGINAL

- A) (4 , 4)
- B) (,)
- C) (,)
- D) (,)
- E) (,)
- F) (,)

Shape 2

- A) (,)
- B) (,)
- C) (,)
- D) (,)
- E) (,)
- F) (,)

Answers

Cross word Answers

Across

3. island

5. pressure

8. certain

10. therefore

Down

1. popular

2. decide

4. group

6. sentence

7. February

9. probably

Statutory Spelling Word Activity Mat: disappear

2



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

No longer visible/can be seen.

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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

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

I watched the mist disappear.

"Don't disappear!" commanded the genie.

Did the sun disappear from the sky?

I wish they would all disappear.

Write the syllables of the word **disappear** inside the hands.



Finish off the word **disappear**.

disappear

disappear

disappea r

d isappear

Now write the full word.

d i s a p p e a r

Trace the word **disappear**.

disappear

disappear

disappear

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

varnish vegetate vanish voluminous

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

Your own answers-possible answer e.g. The magician made items disappear.

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

dis~~s~~appear

disa^ppear
↑

disappe^ar

Optional if you've completed the crossword.

Statutory Spelling Word Activity Mat: early

3



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

Happening or done before the usual or expected time.

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

I intend to arrive **early**.

"Will you finish **early**?" asked Nat.

We ate an **early** lunch.

I want to get an **early** start.

Write the syllables of the word **early** inside the hands.



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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Finish off the word **early**.

early_____

____**ear**ly

____**earl**y

early____

Now write the full word.

e a r l y

Trace the word **early**.

early

early

early

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

premature mature natural pristine

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

Your own answers-possible answer e.g. I went to bed early last night.

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

a
erly
↑

earle~~y~~

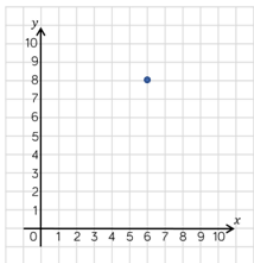
earl~~lye~~

Optional if you've completed the cross word.

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.

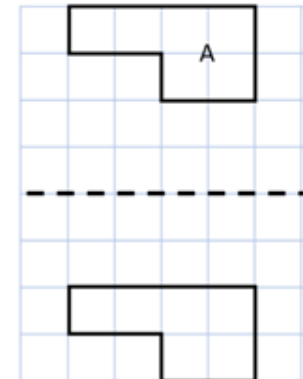
1. $1,454 + 3,567 = 5,021$
2. $\underline{2,176} + 435 = 2,611$
3. $5,678 - 999 = 4,679$
4. 10 more than 98. **108**
5. 1000 more than 208. **1,208**
6. $7 \times \underline{8} = 56$
7. What is 48 divided by 8? **6**
8. $356 \times 9 = 3,204$
9. $455 \div 5 = 91$
10. Write the coordinates of the point shown. **(6,8)**

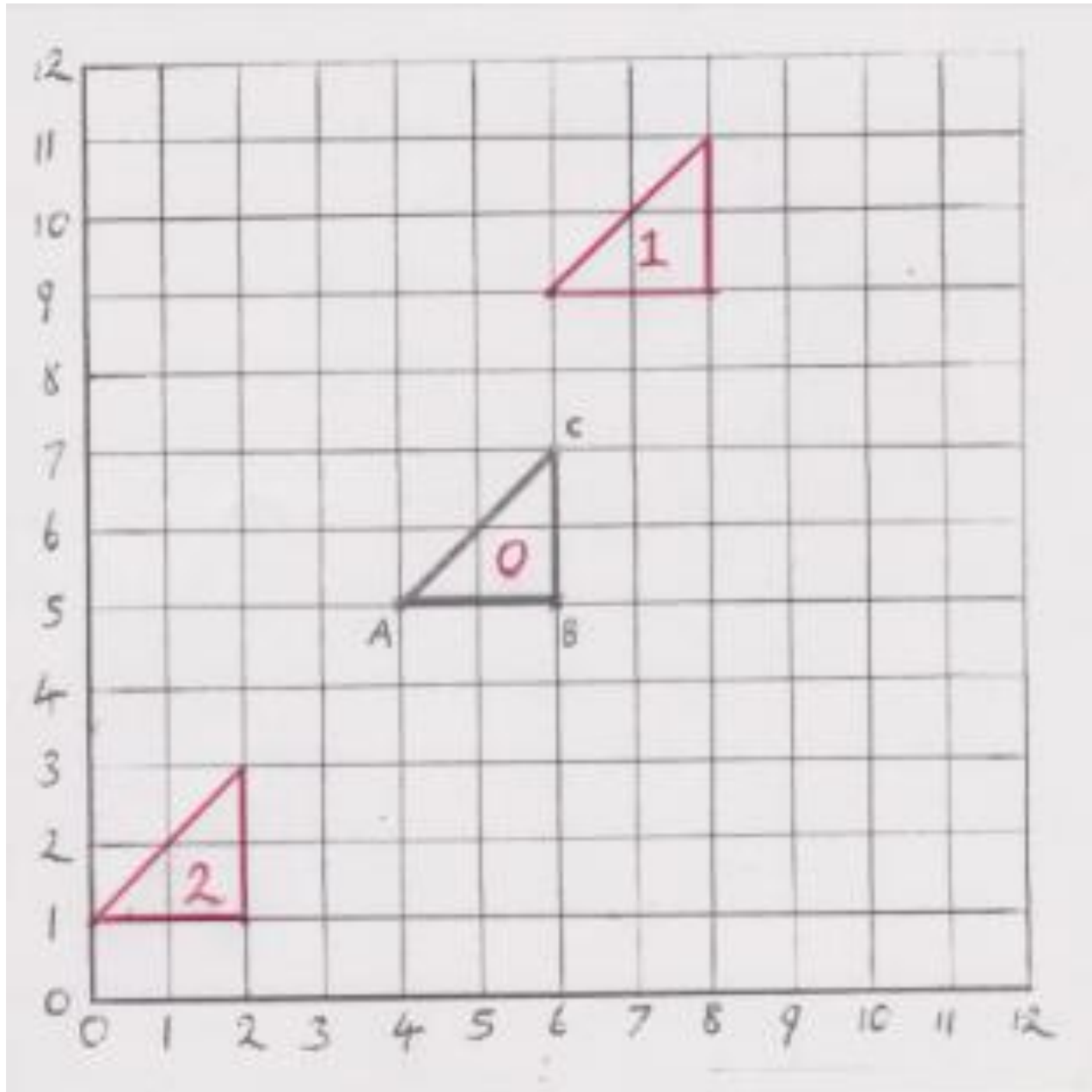


Extension

11. $6 \times 3 \times 4 = 72$
12. $9 \times 3 \times 5 = 135$
13. What is 18:00 in 12 hour clock? **6pm**
14. What is the total number of days in April and September? **60**
15. Round 1,368 to the nearest 10. **1,370**
16. Round 3,256 to the nearest 100. **3,300**
17. I have 4 50p coins, 3 £1 coins and 1 20p coin. How much money do I need to make £10? **£4.80**
18. $0.97 \times 100 = 97$
19. $34.9 + \underline{65.1} = 100$
20. Is shape A reflected correctly?

No





Translate this shape to make two more shapes, shapes 1 and 2.

Write the coordinates of the original triangle, and the coordinates of the other triangles that you draw.

To make shape 1, translate the original, "two squares East and 4 squares North."

To make shape 2, translate the original, "four squares West and 4 squares South."

Shape 1

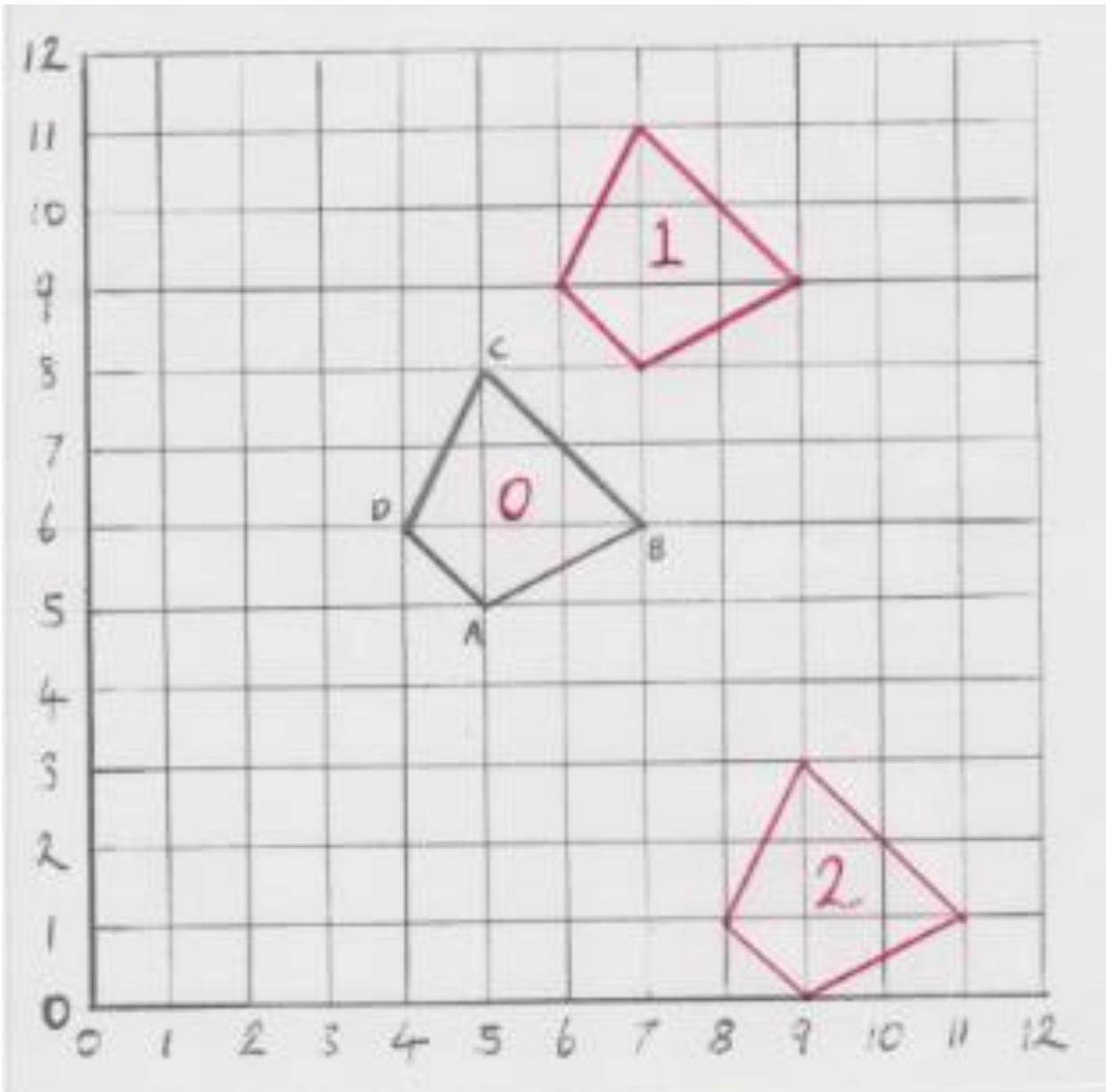
- A) (6 , 9)
- B) (8 , 9)
- C) (8 , 11)

ORIGINAL

- A) (4 , 5)
- B) (6 , 5)
- C) (6 , 7)

Shape 2

- A) (0 , 1)
- B) (2 , 1)
- C) (2 , 3)



Translate this shape to make two more shapes, shapes 1 and 2.
Write the coordinates of the original, and the coordinates of the other shapes that you draw.

To make shape 1, translate the original, "two squares East and 3 squares North."

To make shape 2, translate the original, "four squares East and 5 squares South."

ORIGINAL

- A) (5, 5)
- B) (7, 6)
- C) (5, 8)
- D) (4, 6)

Shape 1

- A) (7, 8)
- B) (9, 9)
- C) (7, 11)
- D) (6, 9)

Shape 2

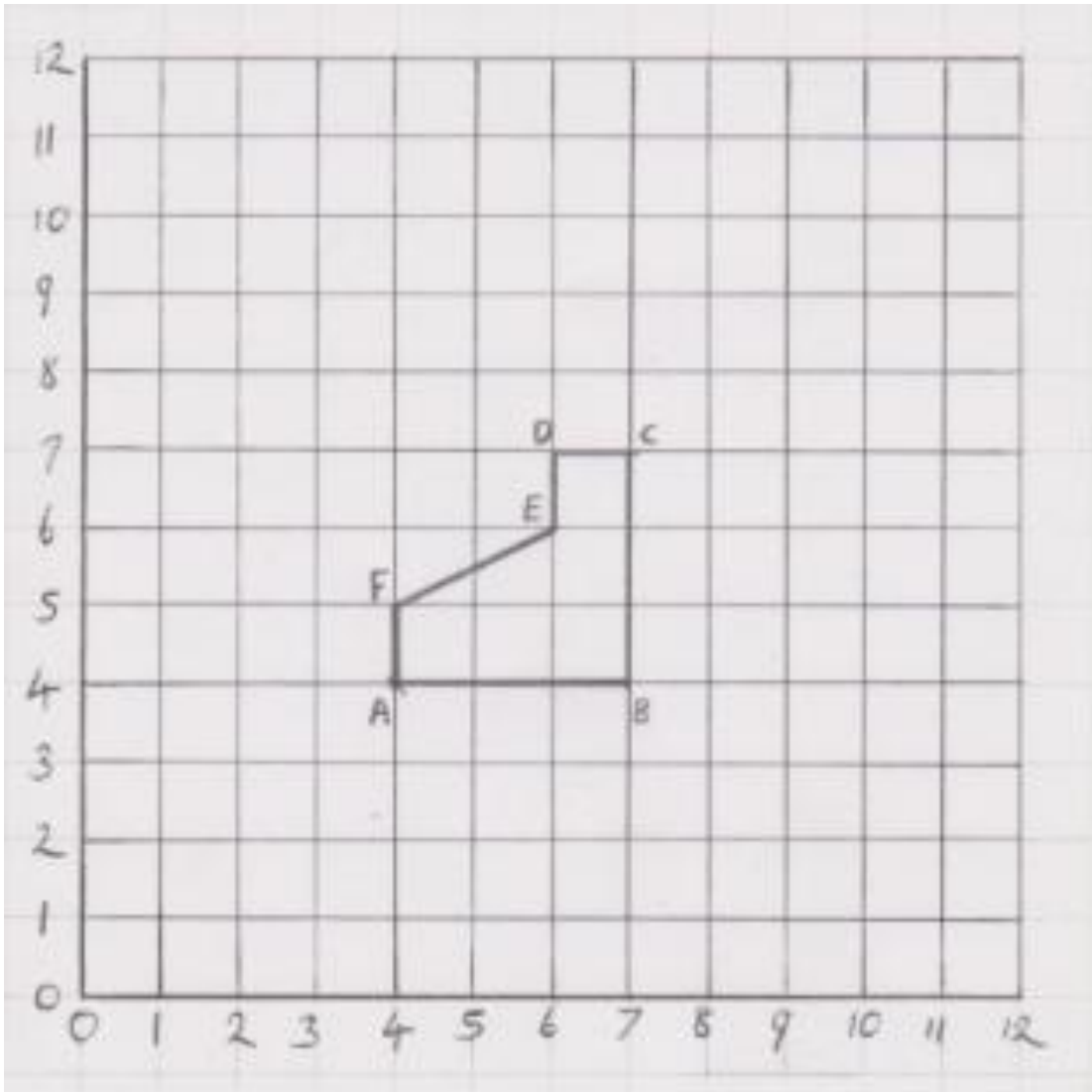
- A) (9, 0)
- B) (11, 1)
- C) (9, 3)
- D) (8, 1)



Translate this shape to make two more shapes, shapes 1 and 2.

Write the coordinates of the original, and the coordinates of the other shapes that you draw.

- To make shape 1, translate the original, “four squares East and 5 squares North.”
- To make shape 2, translate the original, “two squares East and 4 squares South.”



Shape 1

- A) (8 , 9)
- B) (11 , 9)
- C) (11 , 12)
- D) (10 , 12)
- E) (10 , 11)
- F) (8 , 10)

ORIGINAL

- A) (4 , 4)
- B) (7 , 4)
- C) (7 , 7)
- D) (6 , 7)
- E) (6 , 6)
- F) (4 , 5)

Shape 2

- A) (6 , 0)
- B) (9 , 0)
- C) (9 , 3)
- D) (8 , 3)
- E) (8 , 2)
- F) (6 , 1)