

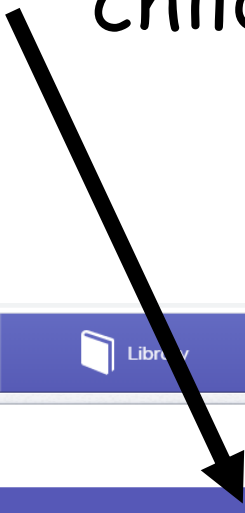
# Friday 5<sup>th</sup> June 2020

For the 'everyday'  
activities please see  
Monday's power point.  
This will save you having  
to keep printing the same  
slides.

# In the News

Follow this link if you want child friendly news to read.

The site lets you navigate previous days news so you can catch up on what's happening around the world in a safe and child friendly way.



<https://readon.myon.co.uk/news/index.html>

Spend some time today reading.

# Maths !

- **First** complete the ten in ten arithmetic questions.
- We are carrying on with **week 4** as White Rose put a lot of work into one week and we thought there might be a bit too much.
- **Grown ups** -
- **Children -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** - the 8 times table (White Rose Week 4 lesson 1)
- **Tuesday** - a recap of multiplying and dividing using the grid method. (NO WHITE ROSE VIDEO)
- **Wednesday and Thursday** - problem solving involving multiplication and division (White Rose video Week 4 lesson 4 - Week beginning 11<sup>th</sup> May)
- Watch the video on Wednesday.
- **Friday** - challenge time - Do the week 4 lesson 5 challenges. (week beginning 11<sup>th</sup> May)
- I hope that this is clear for all of you.
- <https://whiterosemaths.com/homelearning/year-3/>

Friday Maths Challenge - Coming soon!

**Maths Challenge**

BBC Bitesize White Rose Maths

- Get the Activity**  
Family Challenge Friday 15th
- Challenge Certificate**  
Download your certificate and record how many challenges you completed!
- Get the Answers**  
Answers Friday 15th

The most suitable questions for Year 3 are 1, 2, 3 & 4. But why don't you work with your family on the rest of the problems. Do as many as you can! Help each other out.

Share your progress  
#WR3Challenge #BitesizeChallenge

Instead of ten in ten today how fast can you answer the 8 x table and 4 x table division race?

### Division by 8 Race

**Start** →

**Division Race**

Take the number in the circle below and divide the numbers on the outside of the track by it. Write your answers as you go and see how long it takes you to finish the race!

Divide by 8

96	56	48	24	16	24
40					88
80					64
72					40
8					80
32					32
64					80
88	16	24	48	96	72

### Division by 4 Race

**Start** →

**Division Race**

Take the number in the circle below and divide the numbers on the outside of the track by it. Write your answers as you go and see how long it takes you to finish the race!

Divide by 4

12	16	8	24	8	16
20					4
36					40
32					28
44					24
4					44
28					32
32	40	48	20	12	36

# Race answers

**Start** →

**Division Race**

Take the number in the circle below and divide the numbers on the outside of the track by it. Write your answers as you go and see how long it takes you to finish the race!

Divide by 4

Track numbers (clockwise from top): 24, 8, 16, 4, 4, 1, 10, 40, 7, 28, 6, 24, 11, 44, 8, 32, 9, 3, 12, 5, 3, 10, 12, 8, 8, 7, 28, 4, 1, 44, 11, 32, 8, 8, 10, 48, 20, 12, 36, 32, 40, 48, 20, 12, 36.

**Start** →

**Division Race**

Take the number in the circle below and divide the numbers on the outside of the track by it. Write your answers as you go and see how long it takes you to finish the race!

Divide by 8

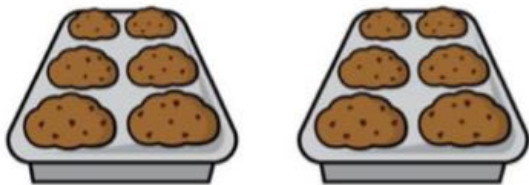
Track numbers (clockwise from top): 24, 16, 24, 3, 2, 3, 11, 88, 8, 64, 5, 40, 10, 80, 4, 32, 10, 80, 9, 12, 6, 3, 2, 11, 8, 64, 8, 88, 16, 24, 48, 96, 72, 88, 16, 24, 48, 96, 72.

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.

### Challenge 1

Eric bakes these two trays of muffins.



He eats 2 muffins.

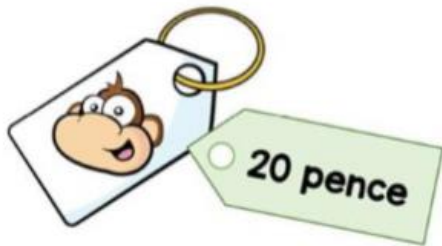
His dad eats 3 muffins.

His sister eats 4 muffins.

How many muffins does he have left?

### Challenge 2

Lola buys this key ring.



Her mum gives a quarter of the money.

She pays for the rest herself.

How much does she pay herself?

### Challenge 5

Filip has these five digit cards.



He uses all of the cards to make a three-digit number and a two-digit number.

He multiplies the two numbers together and the answer is **15,741**.

$$\begin{array}{r}
 \square \square \square \\
 \times \quad \square \square \\
 \hline
 15741
 \end{array}$$

What are the two numbers Filip makes?

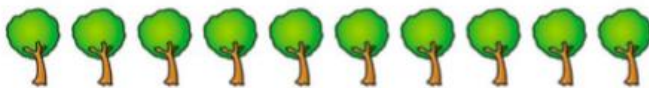
### Challenge 3



How old is the teacher?

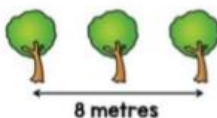
### Challenge 4

Ten trees are planted in a row.



The trees are spaced out equally.

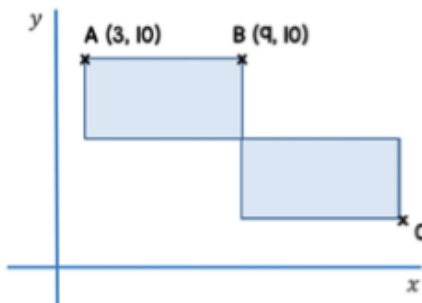
The distance between the fourth and sixth tree is 8 metres.



What is the distance between the first and last tree?

### Challenge 6

Here are two identical rectangles.



The length of each rectangle is double its width.

Work out the coordinates of point C.

# Answers

**Challenge 1** - 3 muffins

**Challenge 2** - 15 pence

**Challenge 3** - 24-years-old

**Challenge 4** - 36 metres

**Challenge 5** - 583 and 27

**Challenge 6** - (15, 4)



# Free Writing Friday

So Friday again, which means its free writing time! I have included an image from pobble 365 called 'Every cloud has a silver lining'.

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

## Story starter!

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Floating gently through the clear blue sky, Billy stared ahead, hoping he would reach his destination soon. The clouds were endless; covering the horizon as far as the eye could see.

He had set off with a dream but didn't know if it would come true. As the clouds parted, he could not believe what he could see...



## Question time!

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- ▶ What would you like to find beneath the clouds?
- ▶ How is the house flying?
- ▶ How might Billy be feeling?
- ▶ Where will the house land?
- ▶ Is there anyone else in the house?



Draw a picture of what you would like to see when you drop below the clouds.



# Mindfulness Hour

Take some time today to do some mindfulness activities.

I have included a guided meditation session with techniques that you should be familiar with.



<https://www.youtube.com/watch?v=Wsy2L9VvX90>

On the next slide are 5 different activities all to do with mindfulness.

You can choose one or more activities to do depending on how much time you want to spend doing this.

I hope you enjoy taking some time for yourself today and doing something that helps you to relax and feel calm.

You can do most of these activities alone but it might be nice to ask your grown up to join you - they might need some time to relax too!

Fun

# 5

# MINDFULNESS ACTIVITIES

for children

by Big Life Journal

1

## "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



2

## CREATE A GLITTER JAR

- Find a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



3

## HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



4

## GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



5

## TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

