

Friday 19th 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+ minutes	15 Challenge yourself to learning some new yoga posts – watch a Youtube video to help.	16 Practise those yoga skills you 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>				

Daily Physical Exercise

- 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

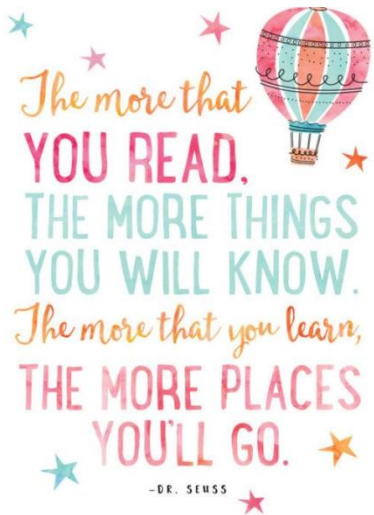
You should still be aiming to read for *at least 20 minutes everyday*.

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

DIY Squeeze ball

Squeeze balls are great for helping you release tension and in turn relax your body. If you'd like to make one, you'll need to get your adult's permission as they will need to help you.

To make your own, you will need:

- A balloon or balloons
- A filler (flour, rice, beans or something similar).
- A funnel (or plastic bottle to act as a funnel)
- Wool and pens (if you want to decorate it)

1. First, stretch your balloon around the funnel. If you don't have a funnel, you could use an empty plastic bottle. You will need to ask your adult to cut it for you and then you should have your own homemade funnel (just like the one pictured right).
2. Choose your preferred filling, if you want a soft ball to squeeze, pick something like flour, if you would like it more textured pick rice or beans to put inside.
3. Pour your chosen filling into the funnel-a little bit at a time until your balloon reaches the size you want it.
4. Tie a knot in the top of the balloon to stop any filling coming out-you may need your adult's help again for this bit.
5. You can then use pens to decorate your squeeze ball. Be careful though-you don't want it to burst! You might want to use wool for hair and then draw a face on it. The choice is yours.
6. Then, all that's left to do is squeeze to release any tension you may have-I really enjoy squeezing these sort of things; even when I don't think I feel tense-I find them really relaxing!



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	

Spelling practice this week follows a similar format to that at the end 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 word search to complete. All of the words which you will be looking for are taken from the Year 3 and 4 spelling list (pictured left).

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 find may be because you can't spell them off by heart yet so these will 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!)

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.

f	g	w	r	b	e	l	i	e	v	e	e
o	j	r	e	x	g	a	a	f	f	d	e
r	w	y	a	c	r	z	e	g	g	r	i
w	c	e	r	t	a	i	n	b	h	f	g
a	k	p	l	b	m	s	a	n	j	t	h
r	u	l	y	n	m	w	u	g	k	g	t
d	e	j	j	m	a	e	g	h	y	h	x
b	c	e	n	t	r	e	h	j	r	l	n
d	j	f	w	k	o	d	t	u	y	b	r
s	u	d	h	j	p	c	y	y	n	n	a
c	q	a	p	p	e	a	r	d	d	s	q
d	i	f	f	e	r	e	n	t	v	b	j

certain

early

eight

appear

naughty

different

believe

centre

grammar

forward

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!

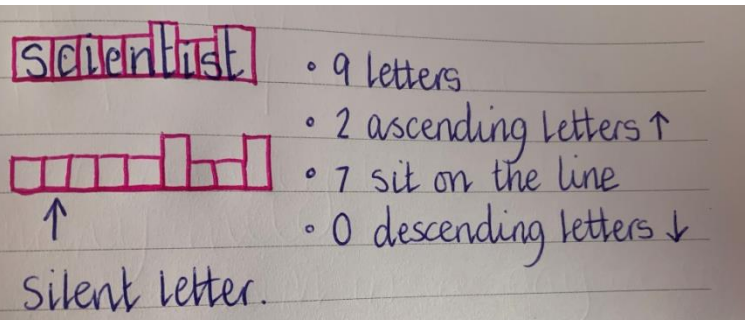
8. Try drawing around the word to help you remember how many letters and the shape of them (see bottom left).

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).



Statutory Spelling Word Activity Mat: decide

3



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

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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

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



I will take a while to _____.

“When will you _____?” asked Bo.

Read the menu and _____.

How can I possibly _____?

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



Finish off the word **decide**.

dec _____

_____ide

_____de

de _____

Now write the full word.

Trace the word **decide**.

decide

decide

decide

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

choose remain forfeit sovereign

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

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

deecide

deside

decied

Statutory Spelling Word Activity Mat: describe

4



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

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



_____ what you can see.

“How would you _____ the suspect?”

I couldn't possibly _____ it!

_____ your favourite meal.

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



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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Finish off the word **describe**.

des _____

_____ ibe

_____ e

d _____

Now write the full word.

Trace the word **describe**.

describe

describe

describe

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

support

report

relax

reduce

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

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

discribe

descrieb

desscibe

Free Writing Friday-The port-key

- Use the image to spark your imagination and create a piece of writing. In your writing, you may wish to write about where the port-key takes your characters after the jungle or you may wish to set your writing in a different setting-the choice is yours.
- 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.



Image by: Caras Ionut

Story starter!

Moments earlier, she had been standing in her classroom holding the tiny port-key up in her hand, waiting for the magic to happen. With a flash and a puff of smoke they had vanished into thin air.

The port-key had taken them to some strange places before, but never to a jungle. The problem with port-keys is that you never quite know where you're going to end up!

They gazed around them and took in their surroundings; the stifling heat and cacophony of jungle noises put the children on edge - they would have to be exceptionally brave on this particular adventure...

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.

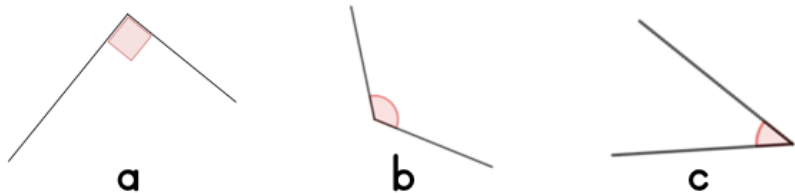
<u>Week</u>	<u>4GA</u>	<u>4EW</u>
1	5	5
2	6	4
3	5	5
4		

It's a tie again! Well done to both classes. Come on 4EW-we haven't won yet-we need more people in the top 10 highest earners-get playing in garage mode.

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. $45 \times 2 =$
2. $10 \times 87 =$
3. $34 \times 100 =$
4. $3.7 \times \underline{\quad} = 370$
5. Round 761 to the nearest 10 and nearest 100.
6. Write 21:47 in 12 hour clock.
7. It is 5:40pm, how many minutes until 18:00?
8. How many minutes in 2 and a half hours?
9. I have a £5 note in my right pocket and 2 £2 coins and 7 20p coins in my left pocket-which of my pockets has the most money in?
10. Order the angles from greatest to smallest.



Extension

11. $1.1 \times \underline{\quad} = 11 \times 10$
12. $5.67 + \underline{\quad} = 10$
13. How many minutes in an hour and a quarter?
14. $3 \times 4 \times 12 =$
15. $9.02 + 3 \text{ tenths} =$
16. Write $\frac{3}{4}$ as a decimal.
17. $4 - \text{four sixths} =$
18. $3 - \text{seven ninths} =$
19. What is half of 124?
20. What type of quadrilateral is this?

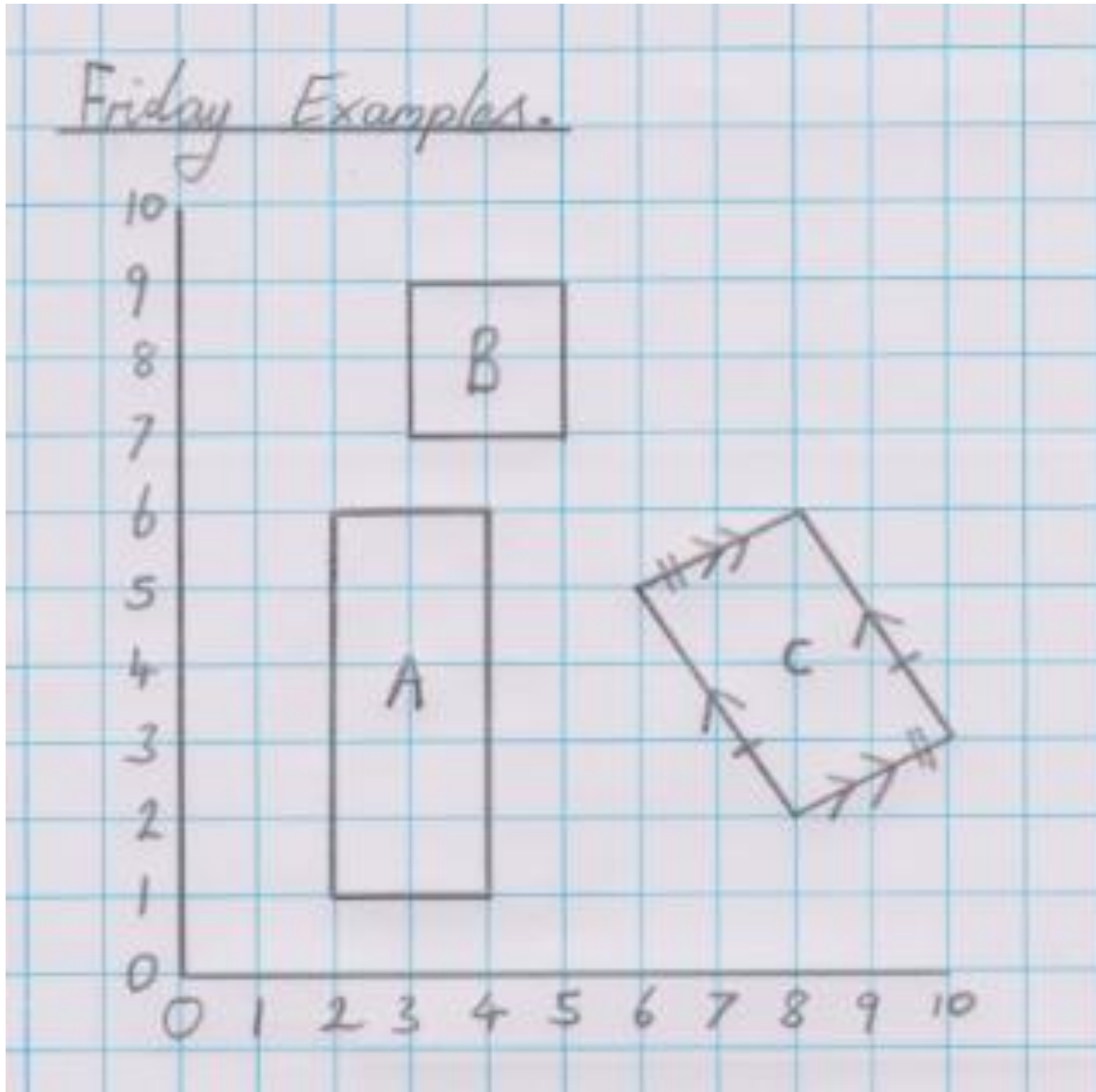


New learning-you've not been taught this in year 4 before.

W.A.L.T: find the coordinates of shapes.

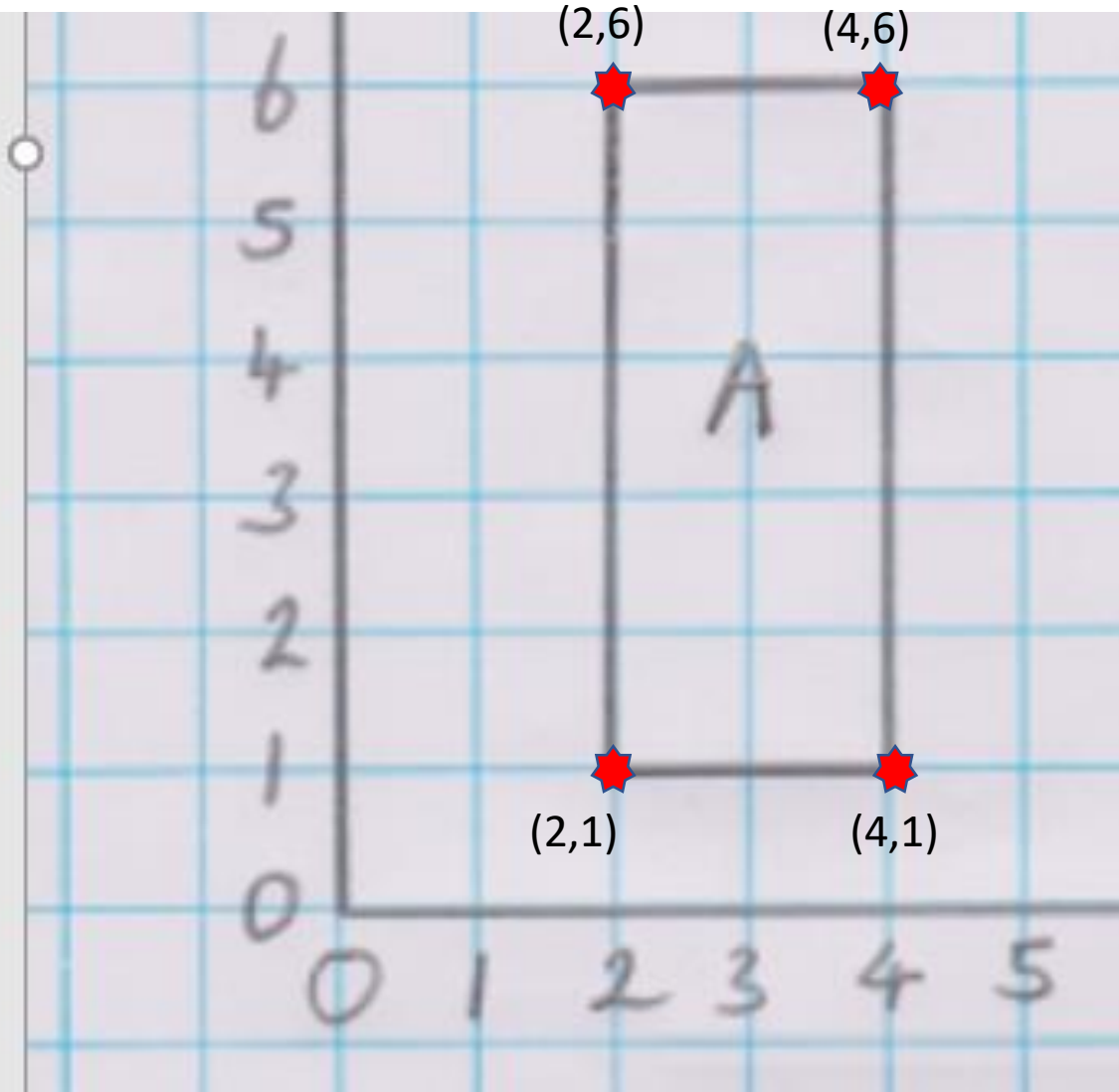
- This week we have now looked at shapes and coordinates separately.
- Today we are going to combine those skills by drawing shapes (quadrilaterals mostly) on a grid and identifying the positions of the corners of those shapes.
- Read the slides that follow this one. There will be things for you to think about on each slide. There are also a couple of slides (slides 22 and 24) that ask you to note down some coordinates-the answers to these are on the slides that follow them so that you can check your understanding as you go along/before you being your starred worksheet.
- Once you have read the slides, you will then find a worksheet 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. You may wish to print out the worksheet that you have a go at or alternatively you could copy out the grids into your maths homework book and complete the answers in there.
- As you're used to by now, the answers are at the end of today's presentation-no cheating though!
- (VOCAB: - a corner is where two sides meet on a 2D shape.)
- Reminder: All of the lines of these shapes are straight lines.

Shapes on a grid – examples:



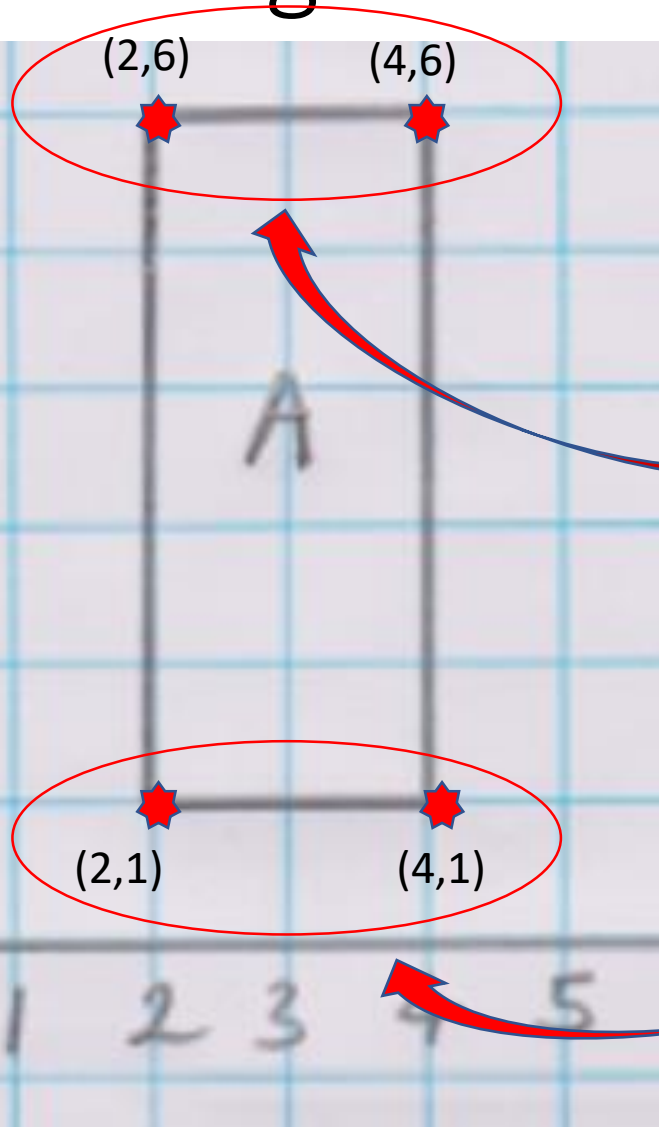
- Let's look at shape A.
- Can you name it?
- Starting at the bottom left hand corner, the coordinates are (2,1).
- Moving up (going clockwise) the remaining three coordinates of the corners are (2,6) (4,6) and (4,1).

Shapes on a grid – examples:



- The coordinates are only interested in these four parts of the shape. The shape is made by joining these parts with straight lines. (Notice there are no diagonal joins, just the sides of the shape.)

Shapes on a grid – examples:

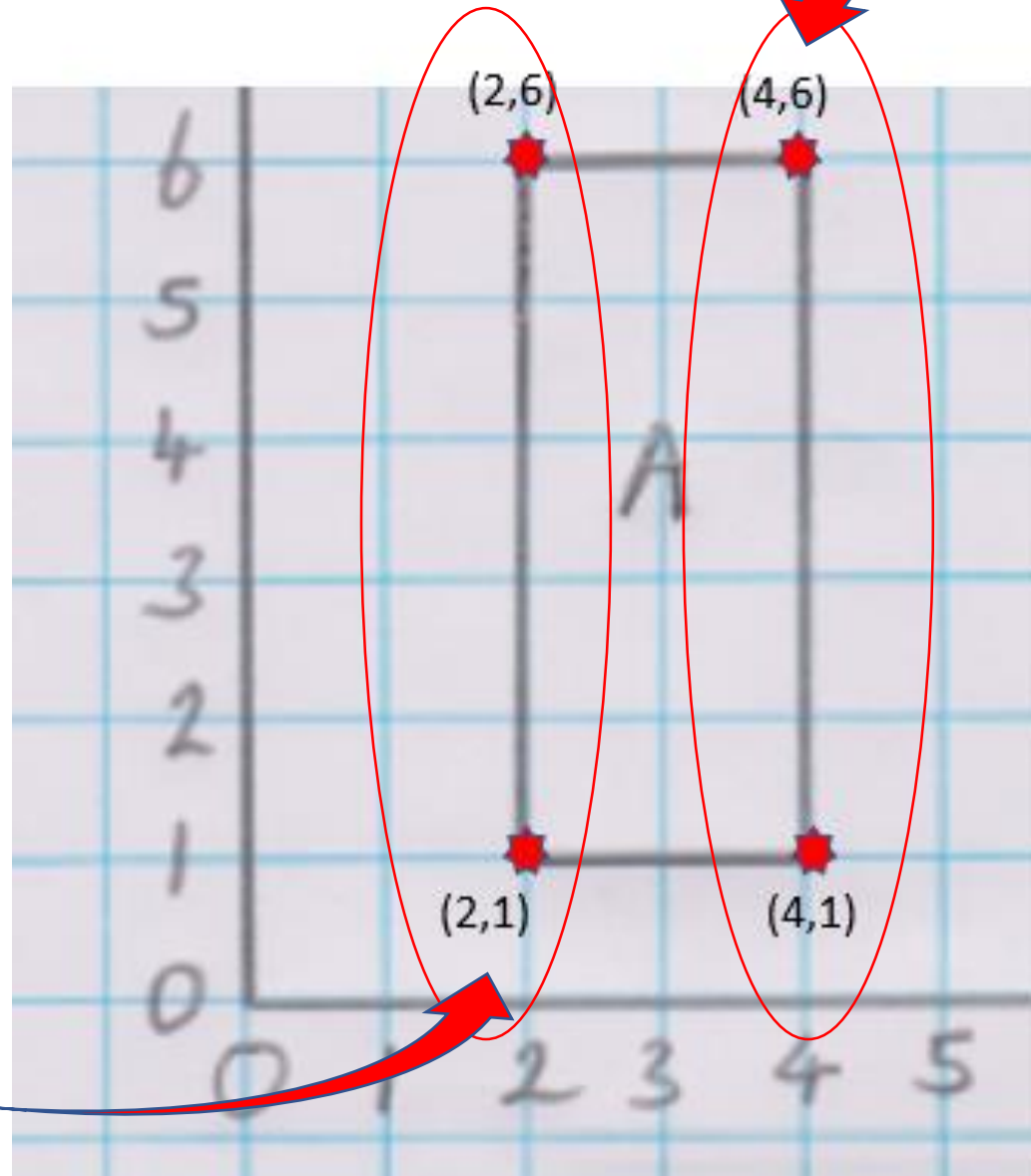


- I want you to see that these two share the digit 6, because they are on the same row. $(_,6)$

- Now see that these two share the digit 1, because they are on the same row. $(_,1)$

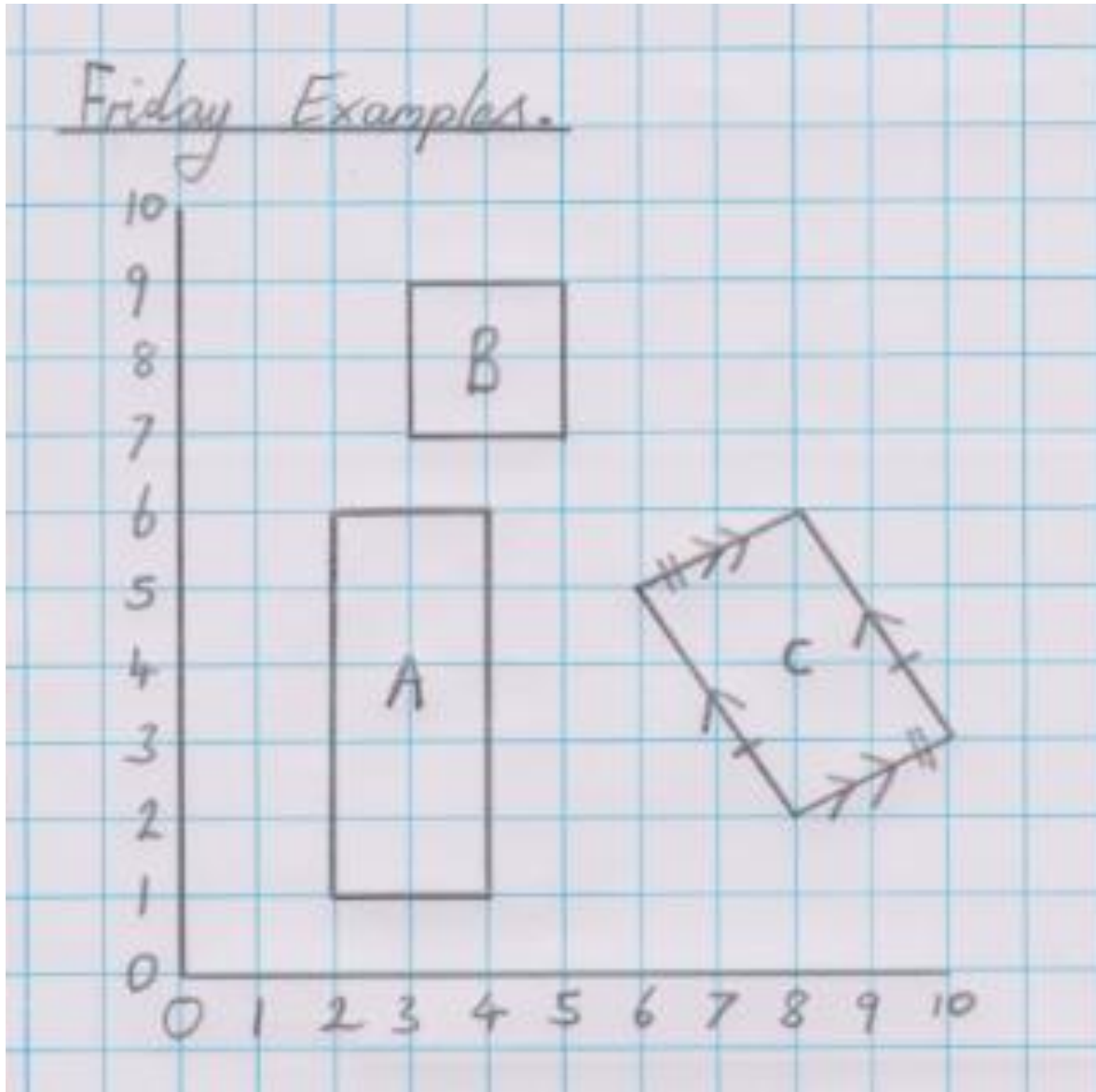
Shapes on a grid – examples:

- Now see that these two share the digit 2, because they are on the same column. (2,_)



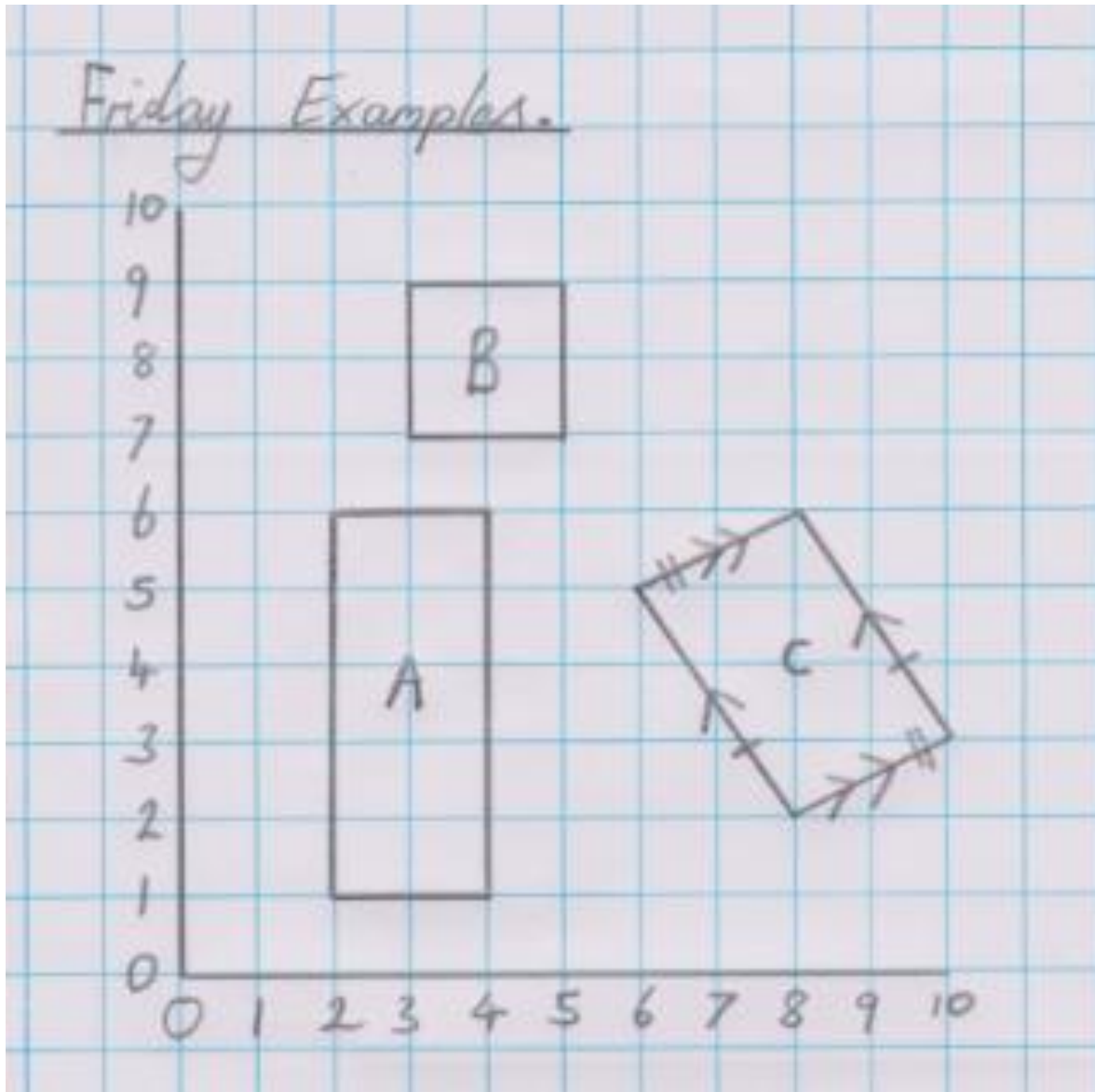
- Now see that these two share the digit 4, because they are on the same column. (4,_)

Shapes on a grid – You can all have a go at this-don't worry if you find it tricky-it's new learning. Have a look back at slides 19-21 again to help you.



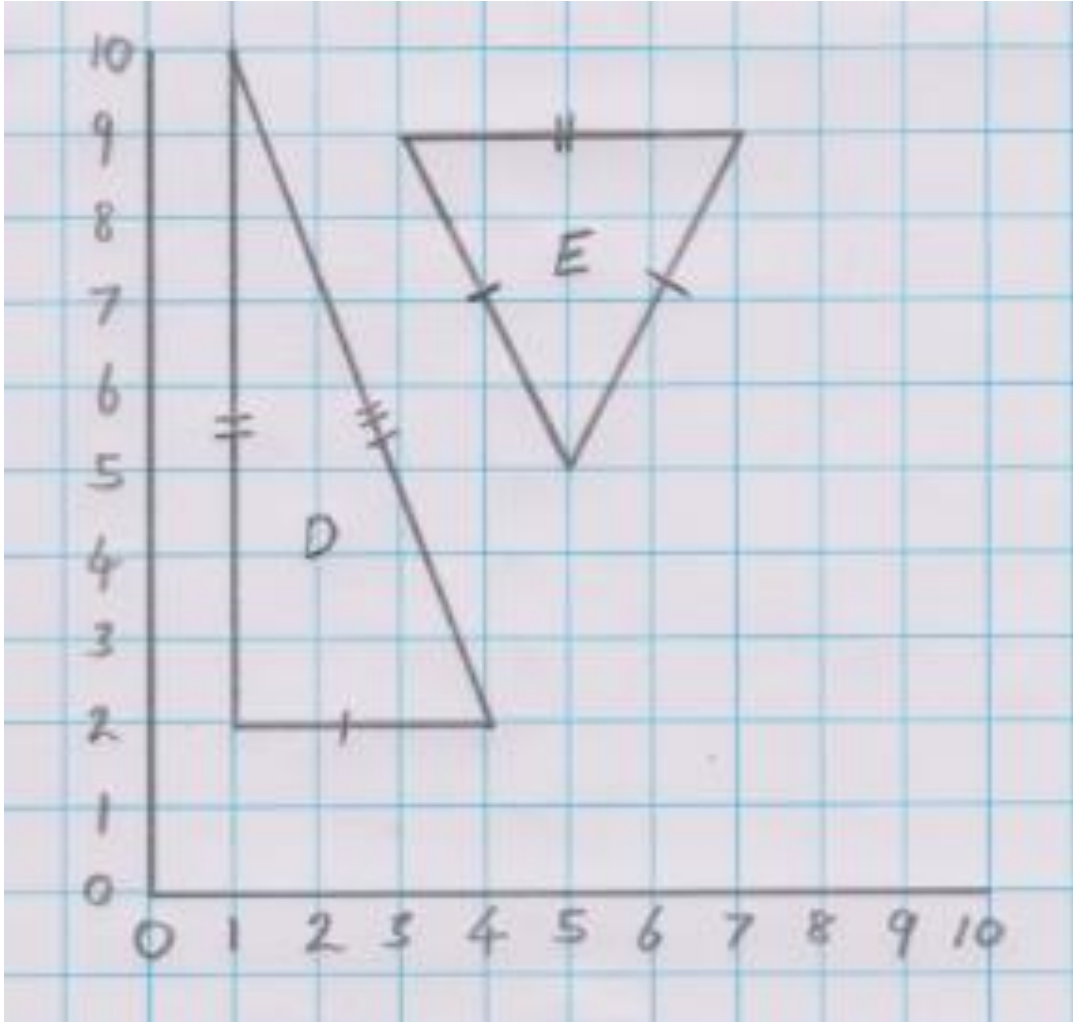
- Everyone look at shapes B and C now.
- Can you name them?
- Start at the bottom left hand corners, moving clockwise, identify all 4 coordinates of shape B and then identify all 4 coordinates of shape C.
- **Remember our work on coordinates yesterday-across the hall first and then up the stairs!**
- Check the following slide to see if you were correct.

Shapes on a grid – were you correct?



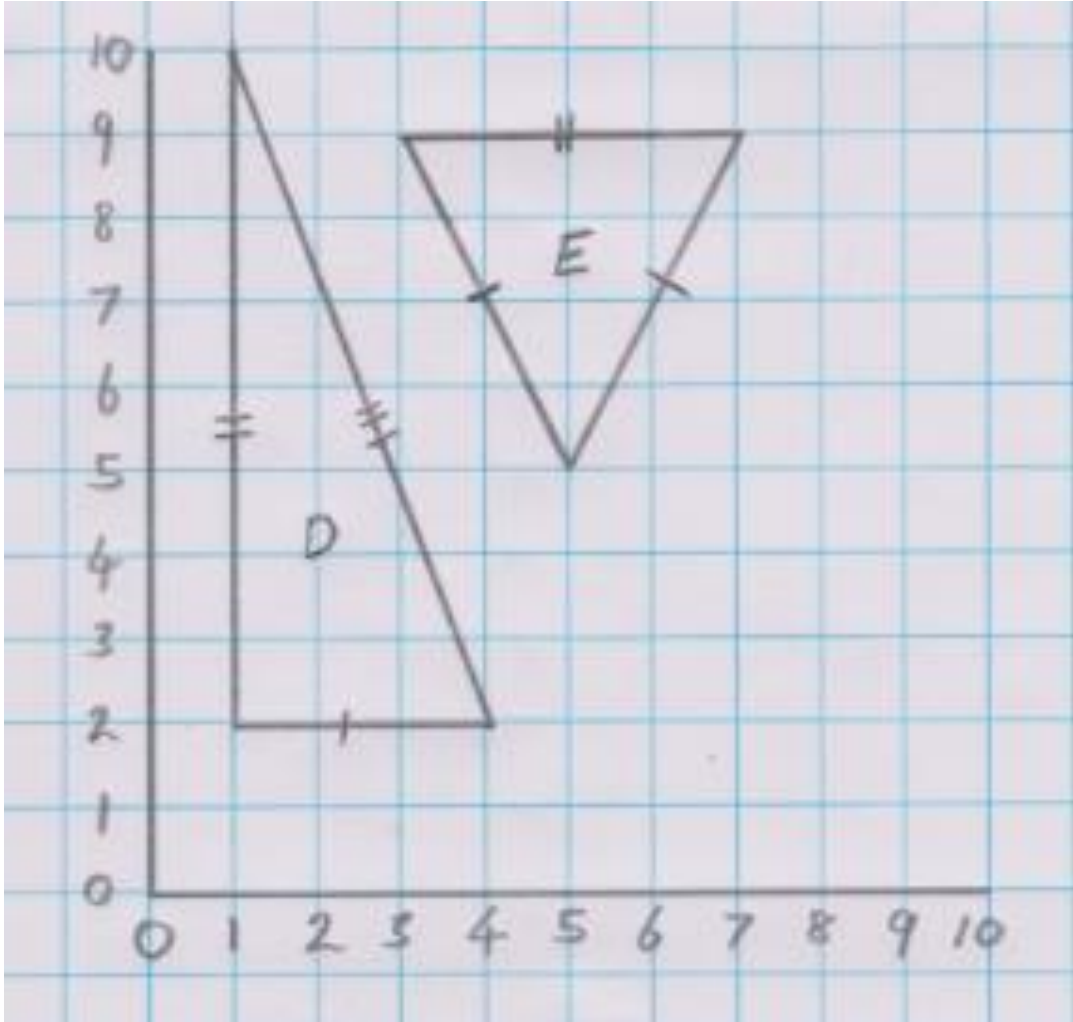
- A) Rectangle (or oblong.)
(2,1) (2,6) (4,6) (4,1)
- B) Square
(3,7) (3,9) (5,9) (5,7)
- C) Parallelogram
(8,2) (6,5) (8,6) (10,3)

Triangles on a grid.



- Same as before, write the coordinates:
- D (,) (,) (,)
- E (,) (,) (,)
- **Remember our work on coordinates yesterday-across the hall first and then up the stairs!**
- Check the following slide to see if you were correct.

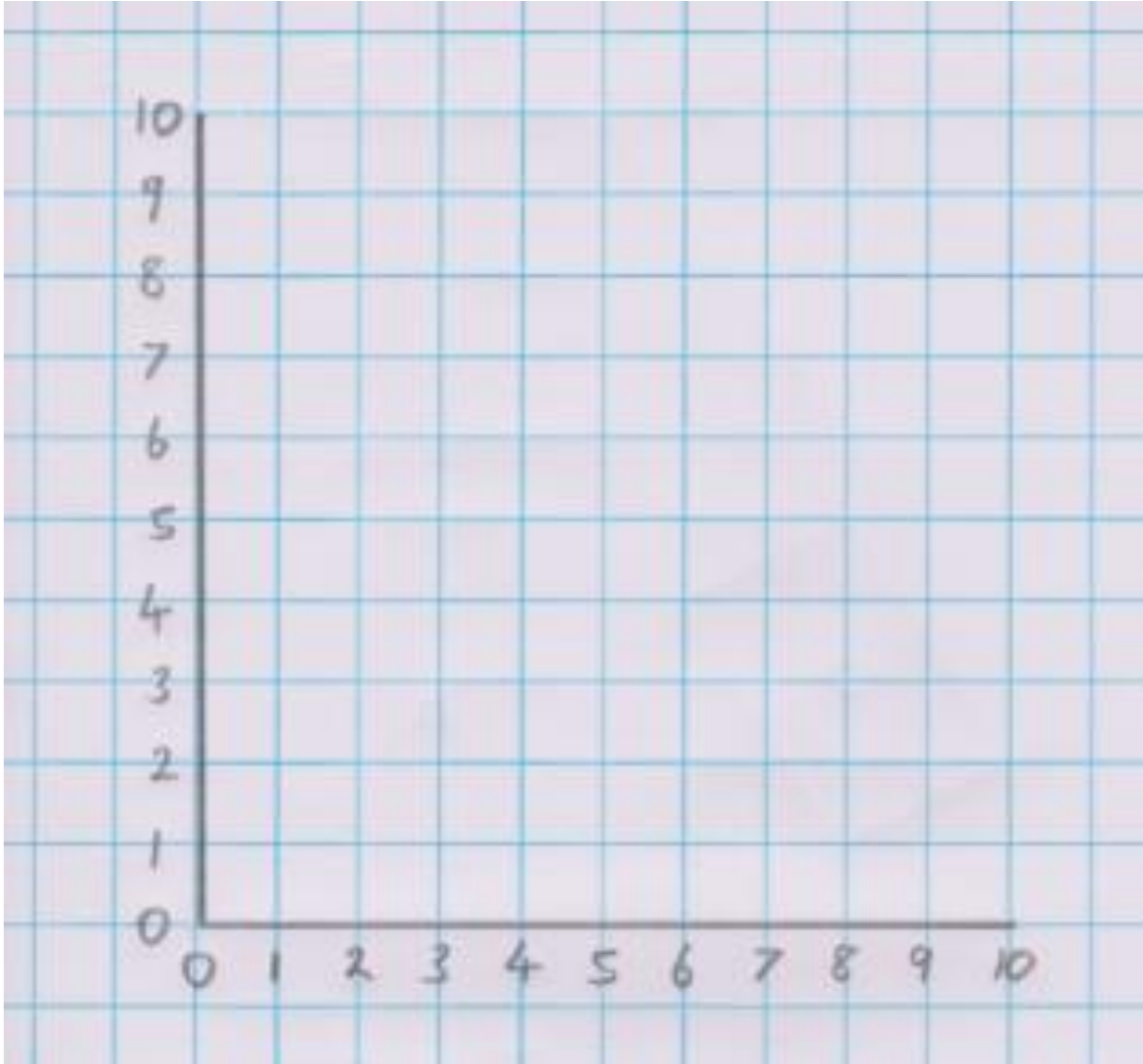
Triangles on a grid-were you correct?



- Same as before, write the coordinates:
- D (1,2) (1,10) (4,2)
- E (5,5) (3,9) (7,9)



Draw the following shapes onto this grid, or a grid you have drawn yourself if you can't print.



- Each bullet point is a new shape. (Yes, some coordinates overlap.)

- $(2,0)$ $(2,6)$ $(8,6)$ $(8,0)$

- $(2,6)$ $(5,10)$ $(8,6)$

- $(3,3)$ $(3,5)$ $(4,5)$ $(4,3)$

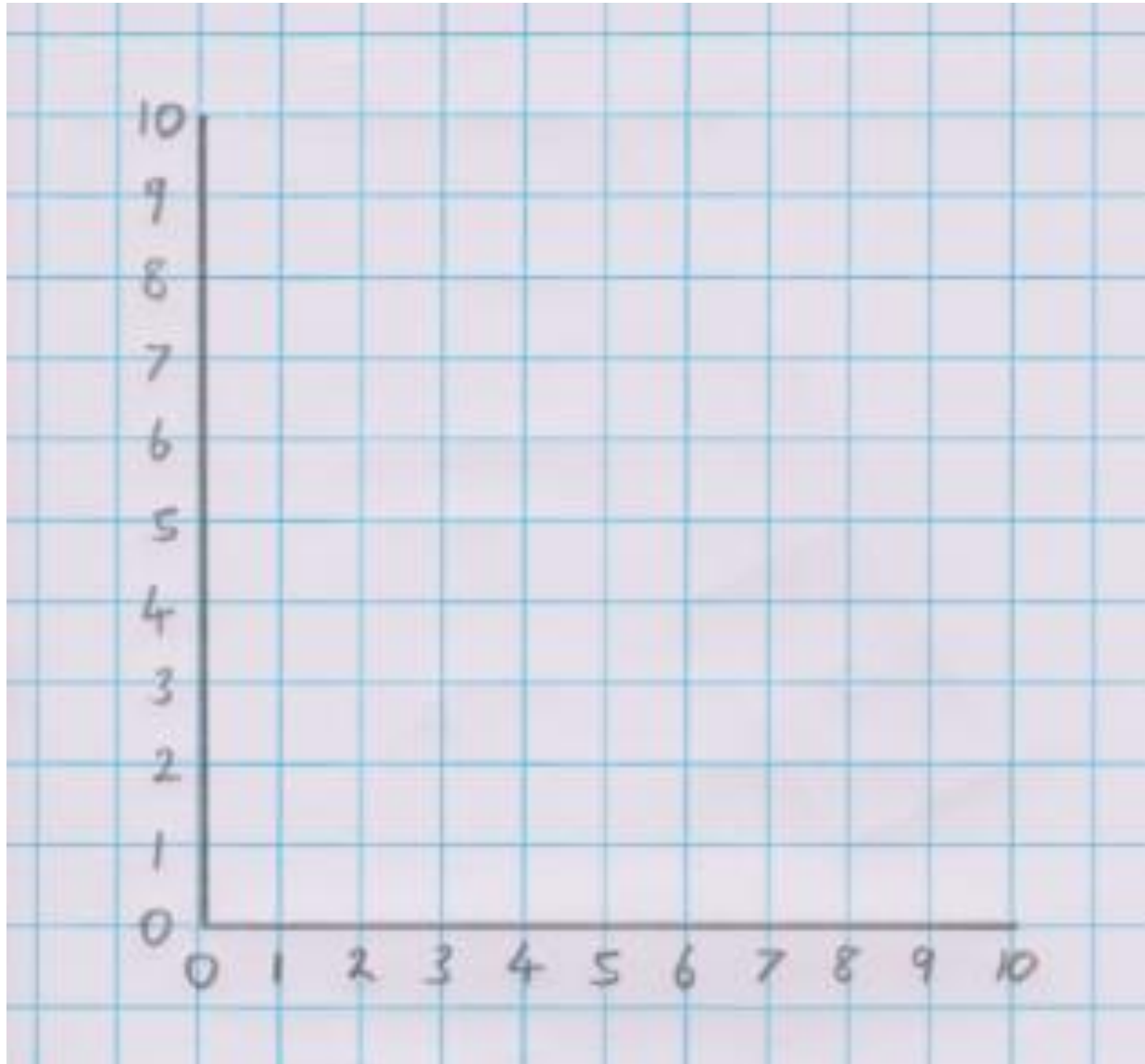
- $(6,3)$ $(6,5)$ $(7,5)$ $(7,3)$

- $(6,0)$ $(6,2)$ $(7,2)$ $(7,0)$

- $(8,0)$ $(8,2)$ $(10,2)$ $(10,0)$



Draw the following shapes onto this grid, or a grid you have drawn yourself if you can't print.
[Each shape is a quadrilateral. Fill in the missing coordinate.]



Each bullet point is a new shape.

- A) Rectangle

(1,1) (1,6) (3,6) (,)

- B) Rectangle

(2,7) (8,7) (8,10) (,)

- C) Parallelogram

(6,1) (4,2) (7,6) (,)

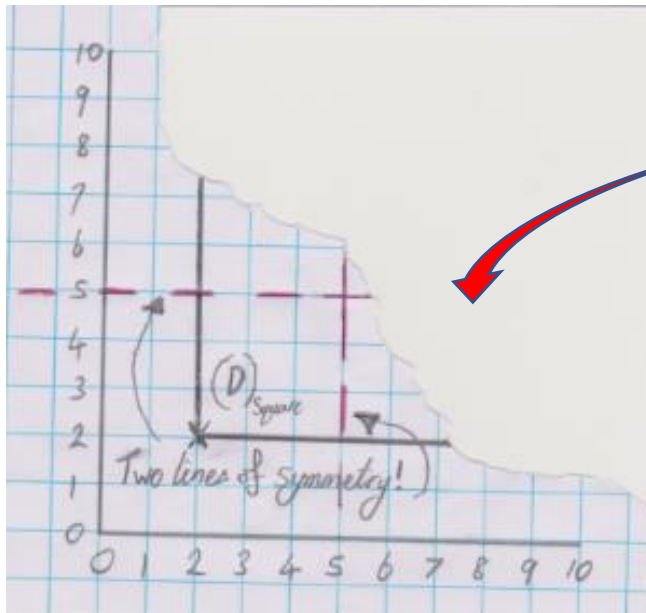
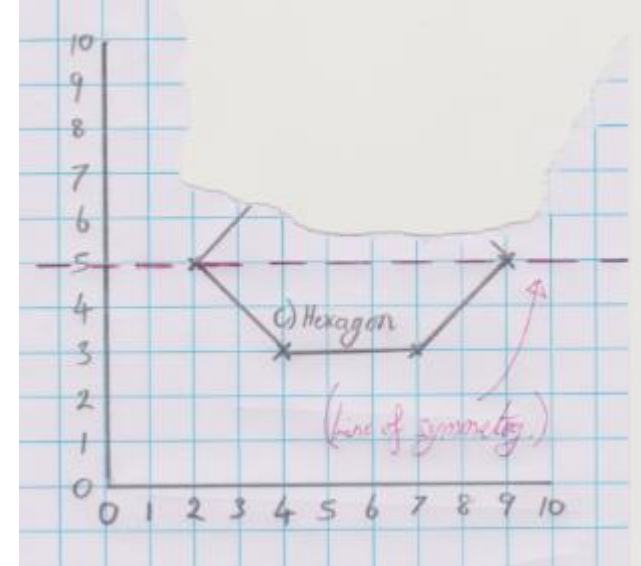
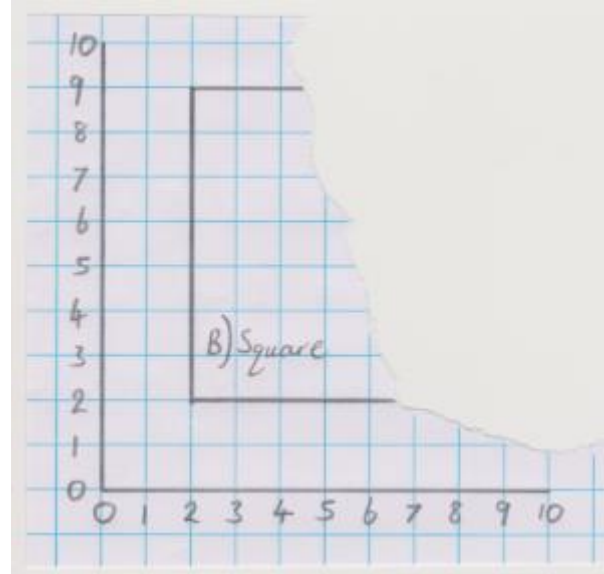
- D) Square

(9,0) (9,1) (10,1) (,)



These examples have been damaged by a maths-hungry dog! Can you write the missing coordinates?

Helpful hint: think about what you know about a square and its sides!



Please note the lines of symmetry in examples C and D.

The latter two are particularly challenging-do not get stressed unnecessarily, focus on the first two on this sheet.

Answers

Word Search Answers



Statutory Spelling Word Activity Mat: decide

3



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

Make a choice

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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

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



I will take a while to **decide**.

"When will you **decide**?" asked Bo.

Read the menu and **decide**.

How can I possibly **decide**?

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



Finish off the word **decide**.

decide

decide

decide

decide

Now write the full word.

d e c i d e

Trace the word **decide**.

decide

decide

decide

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

choose

remain

forfeit

sovereign

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

Your own answers-possible answer e.g. You can decide which game to play, I chose yesterday.

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

~~de~~cide

de^cide

decid^{de}

Statutory Spelling Word Activity Mat: describe

4



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

Give a detailed account.

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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Trace the word **describe**.

describe

describe

describe

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



Describe what you can see.

"How would you **describe** the suspect?"

I couldn't possibly **describe** it!

Describe your favourite meal.

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



Finish off the word **describe**.

describe

describe

describe

describe

Now write the full word.

d e s c r i b e

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

support **report** relax reduce

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

Your own answers-possible answer e.g. "Describe exactly what you see," instructed the teacher.

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

describe

describe

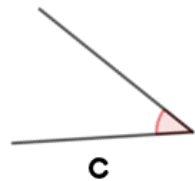
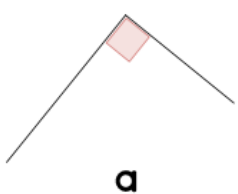
desrcibe

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. $45 \times 2 = 90$
2. $10 \times 87 = 870$
3. $34 \times 100 = 3,400$
4. $3.7 \times 100 = 370$
5. Round 761 to the nearest 10 and nearest 100. **760, 800**
6. Write 21:47 in 12 hour clock. **9:47pm**
7. It is 5:40pm, how many minutes until 18:00? **20 minutes**
8. How many minutes in 2 and a half hours? **150 minutes**
9. I have a £5 note in my right pocket and 2 £2 coins and 7 20p coins in my left pocket-which of my pockets has the most money in? **Left pocket has £5.40 so has 40p more.**

10. Order the angles from greatest to smallest.



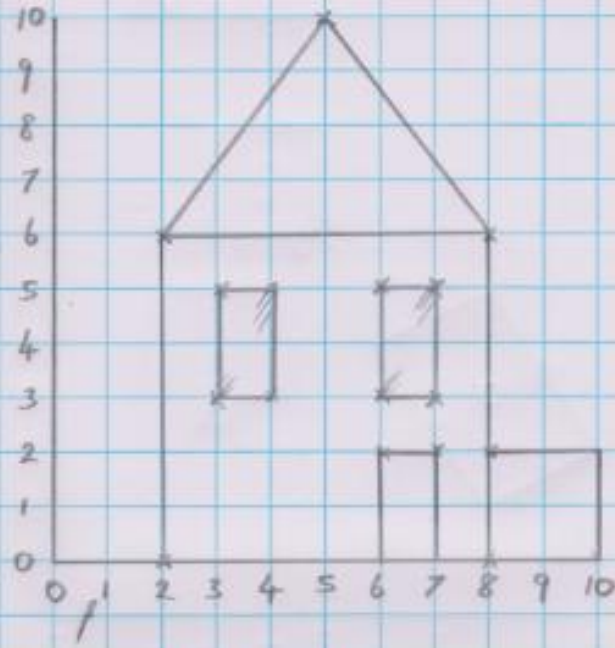
b, a, c.

Extension

11. $1.1 \times 100 = 11 \times 10$
12. $5.67 + 4.33 = 10$
13. How many minutes in an hour and a quarter? **75 minutes**
14. $3 \times 4 \times 12 = 144$
15. $9.02 + 3 \text{ tenths} = 9.32$
16. Write $\frac{3}{4}$ as a decimal. **0.75**
17. $4 - \text{four sixths} = 20 \text{ sixths or } 3 \text{ wholes and } 2 \text{ sixths.}$
18. $3 - \text{seven ninths} = 20 \text{ ninths or } 2 \text{ wholes and } 2 \text{ ninths.}$
19. What is half of 124? **62**
20. What type of quadrilateral is this?



Parallelogram



- $(2,0) (2,6) (8,6) (8,0)$

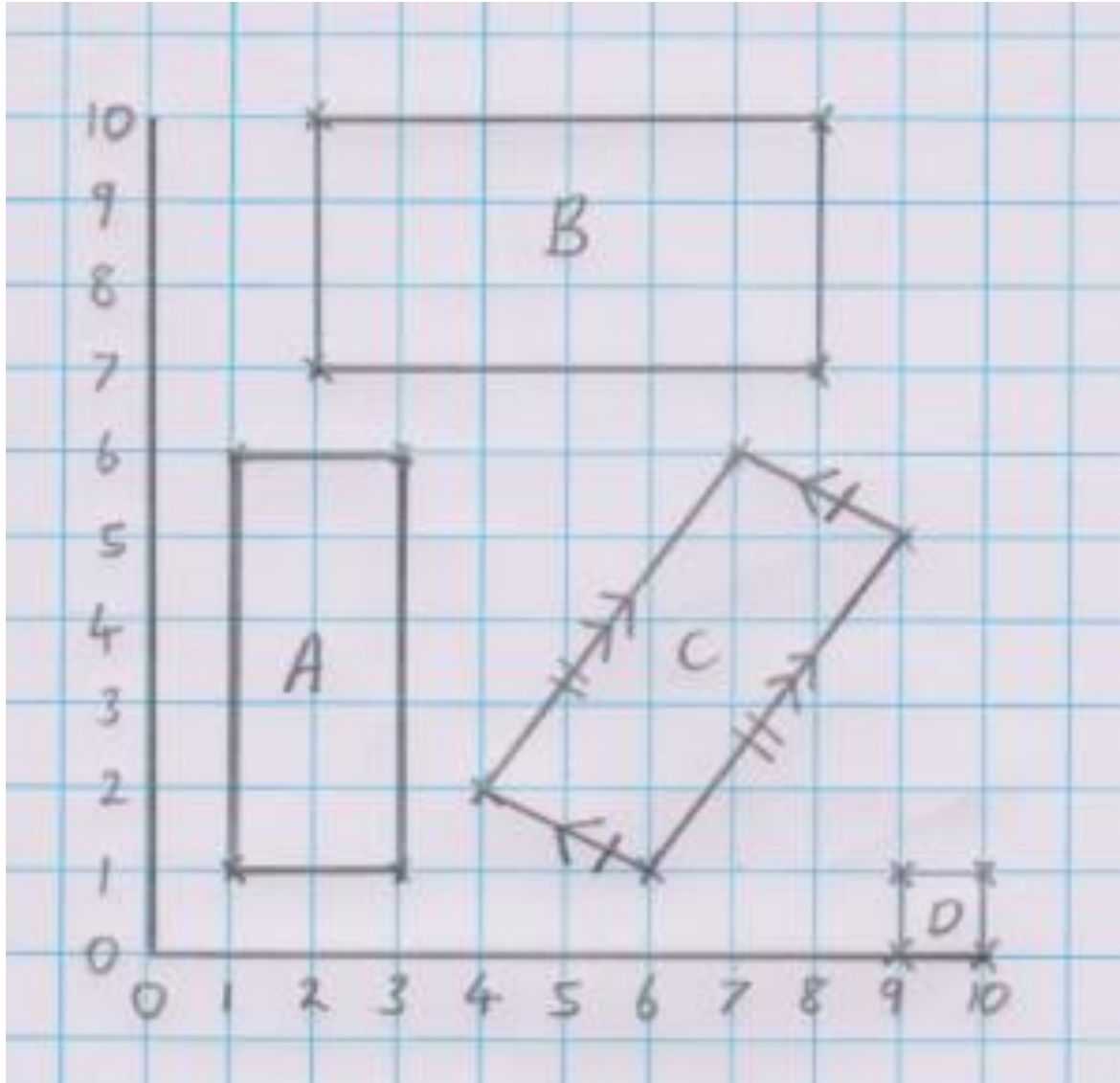
- $(2,6) (5,10) (8,6)$

- $(3,3) (3,5) (4,5) (4,3)$

- $(6,3) (6,5) (7,5) (7,3)$

- $(6,0) (6,2) (7,2) (7,0)$

- $(8,0) (8,2) (10,2) (10,0)$



Each bullet point is a new shape.

- A) Rectangle
(1,1) (1,6) (3,6) (3,1)
- B) Rectangle
(2,7) (8,7) (8,10) (2,10)
- C) Parallelogram
(6,1) (4,2) (7,6) (9,5)
- D) Square
(9,0) (9,1) (10,1) (10,0)

