

Tuesday 16th 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! 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!</p> | | | | |

Daily Physical Exercise



- It's entirely up to you how you get active today-the only rules are you must keep moving and have a drink to hand to keep yourselves hydrated.

Why not try one of the following:

- Go for a walk or run, with an adult, near your home.
- If you're lucky enough to have a bike or scooter, ask your adult if they'll take you out for a ride.
- If you have outside space available, set up an obstacle course and complete it as quickly as you can.
- How many laps of your outside space can you do in 10 minutes? Have a rest/drink break and then go again for another 10 minutes? Did you beat your previous record?
- Put on your favourite music and dance like there's no one watching!
- Practise a dance or gymnastics routine which you were learning before 'lockdown' begun (you may be still in receipt of online dance/gymnastic tutorials if your teacher is doing them, in which case-practise a routine they've set for you).
- Practise those popular dance moves that make an appearance in our classrooms everyday (not that many of you need encouragement to do this!)



THE WIGGLE



Reading at home

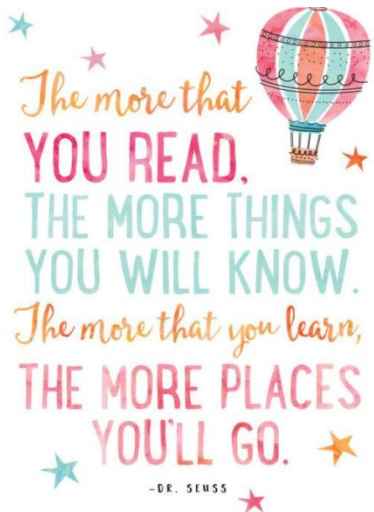
You should still be aiming to read for *at least 20 minutes everyday*.

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

Theme: Mindfulness

On the slides that follow there are some mindful colouring sheets. You don't need to do them all but you may wish to print off one of them and colour it in as you focus on being in the here and now. If you're unable to print them, don't worry-you may want to use them as inspiration to draw your own picture to colour in instead. You will also spot that I have included some mindfulness colouring inspired by the famous artist we studied at the start of the Spring term-I know how much many of you enjoyed exploring and replicating his work.
Can you remember the artist's name?



"Promise me you'll

remember, you are

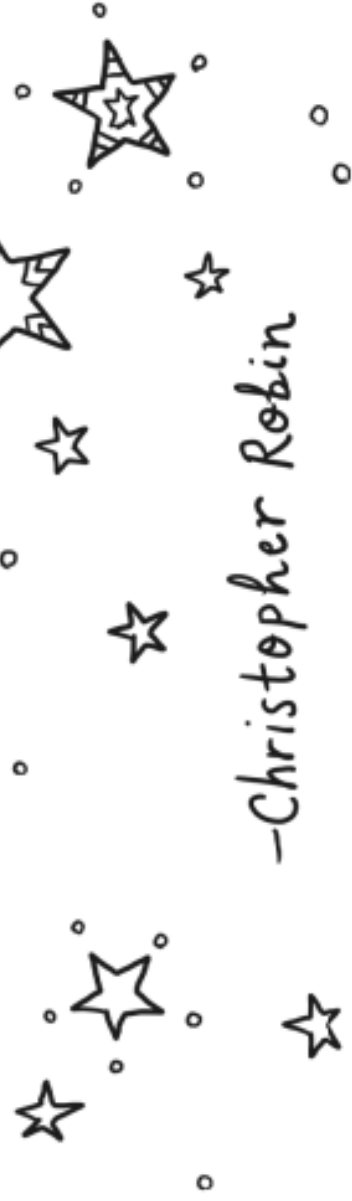
BRAVER than you

believe, **STRONGER**

than you seem,

SMARTER than you

think."

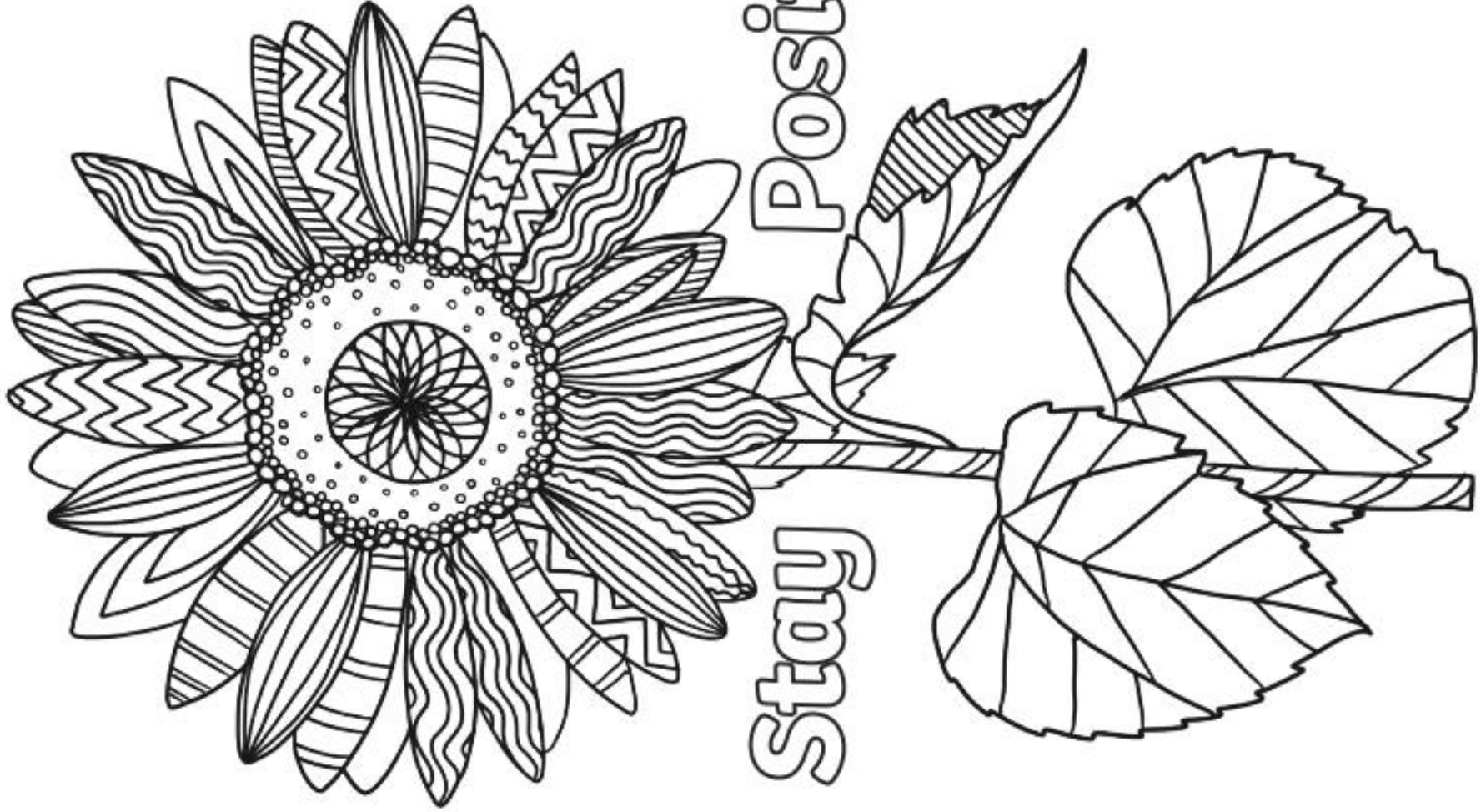


-Christopher Robin

We're All In This



Together



Stay

Positive



Did you
remember the
name of the
artist?

It was William
Morris!

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 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.

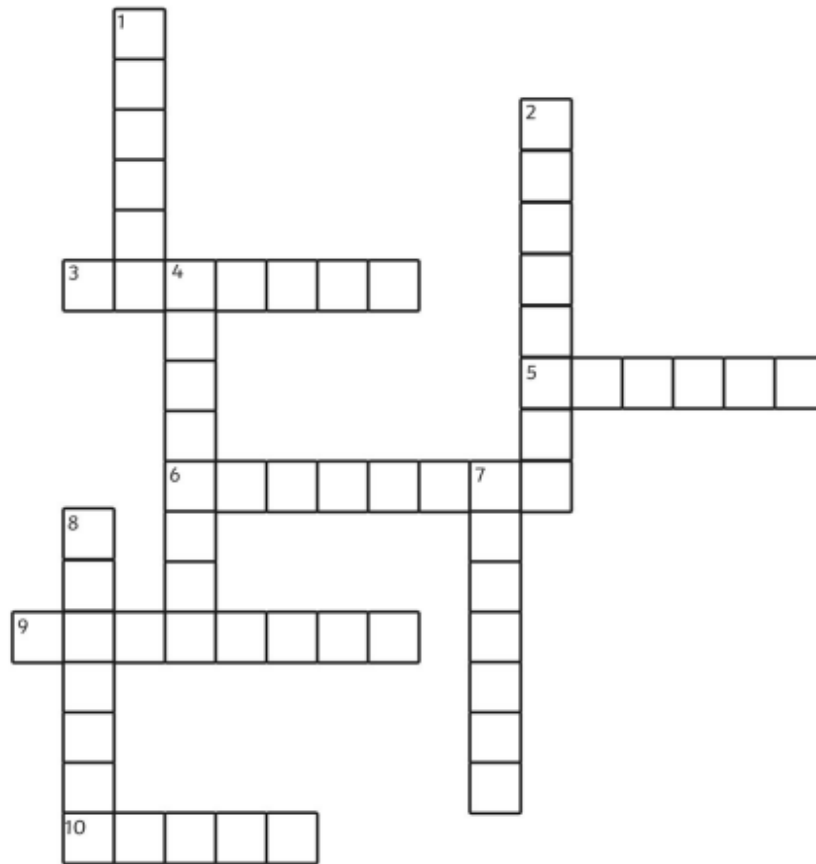
On the following slide, you will find a cross word to complete. All of the words which you will need to complete the crossword are taken from the Year 3 and 4 spelling list (pictured left)-use the clues to work out which words need to be inserted. Be sure to look to see whether it needs to be written 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 spellings which you got wrong become the spellings for you to practise that day.

If you make lots of errors or 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 14 and 15 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.



Across

3. Idea or notion.
5. Real, current.
6. An unexpected occurrence.
9. A table or register with the days of each month and week in a year.
10. Ahead of time.

Down

1. Sufficient for the want or need.
2. To make greater, add to.
4. Being the other of two related things. Not the same.
7. To assume something.
8. To form a mental image of something.

Daily spelling practice

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 crossword 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!

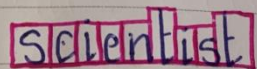
8. Try drawing around the word to help you remember how many letters and the shape of them (see bottom left).

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).

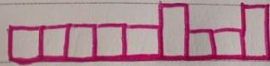


• 9 letters

• 2 ascending letters ↑

• 7 sit on the line

• 0 descending letters ↓



↑

Silent letter.

Statutory Spelling Word Activity Mat: century

2



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

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



I was born in the 20th _____.

"He scored a _____!" called the commentator.

Her life spanned for almost a _____.

The school was built in the last _____.



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



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

| | | |
|-------------|-------------|-----------|
| noun | verb | adjective |
| adverb | conjunction | pronoun |
| preposition | determiner | |

Finish off the word **century**.

| | |
|----------|----------|
| cen_____ | _____ury |
| _____y | c_____ |

Now write the full word.

Trace the word **century**.

century

century

century

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

1 year **10 years** **100 years** **1000 years**

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

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

sentury

centurie

cenchury

Statutory Spelling Word Activity Mat: certain

3



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

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

More changes are almost _____.

"Are you _____?" asked Mrs Chen.

He raised a _____ problem.

I don't know anything for _____.

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



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

| | | |
|-------------|-------------|-----------|
| noun | verb | adjective |
| adverb | conjunction | pronoun |
| preposition | determiner | |

Finish off the word **certain**.

cer_____

_____ain

_____in

ce_____

Now write the full word.

Trace the word **certain**.

certain

certain

certain

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

define

dictate

definite

dismal

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

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

sertain

certtun

certian

Maths

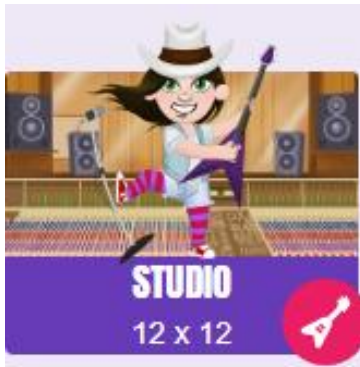
Have you played in Studio yet?
If yes, what's your current rock status? What's your current studio speed?

Keep going! Aim for the top 10 on that leader board next week.

Have you had chance to play in Garage yet?
Remember, every question you get right is 10 coins for your class!
4EW v 4GA: which class will win?

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. $458 \times 1 =$
2. $4,567 + 973 =$
3. $3,560 - 1,549 =$
4. Divide 432 by 3.
5. $56 \div 1 =$
6. $324 \times 0 =$
7. What time is 2 and a half hours after 13:00?
8. Round 456 to the nearest 10.
9. Round 217 to the nearest 100.
10. $567 \times 6 =$

Extension

11. What is the total number of days in the months that begin with J?
12. $45.9 + \underline{\hspace{2cm}} = 60$
13. $564 \div 5 =$
14. How many minutes in 5 hours?
15. $491 \times 5 = 3,000 - \underline{\hspace{2cm}}$
16. $7 \times 50p =$
17. $800 \times 4 =$
18. $\underline{\hspace{2cm}} \times 10 = 91$
19. Multiply 60 by 9.
20. What is the product of 11 and 12?

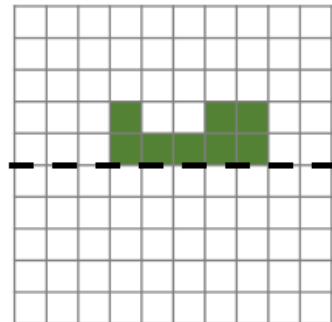
New learning-you've not been taught this in year 4 before.

W.A.L.T: recognise the reflections of shapes.

- Think back to yesterday's lesson about symmetry and reflecting shapes. If you didn't get round to Maths yesterday-you'll need to look back at yesterday's presentation.
- On the following slides 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. You may wish to print out the worksheet that you have a go at or alternatively you could draw the original shape, using the squares in your maths homework book, before then reflecting the shapes to answer the questions.
- As you're used to by now, the answers are at the end of today's presentation-no cheating though!

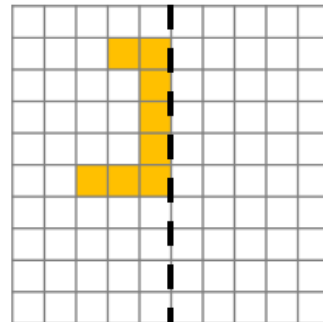


1a. What is the smallest number of squares that need to be filled so that this pattern has a horizontal line of symmetry?



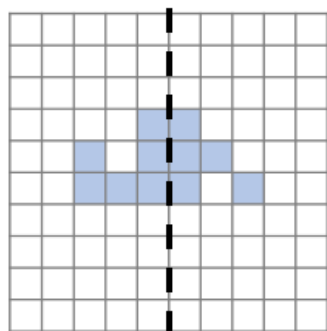
PS

1b. What is the smallest number of squares that need to be filled so that this pattern has a vertical line of symmetry?



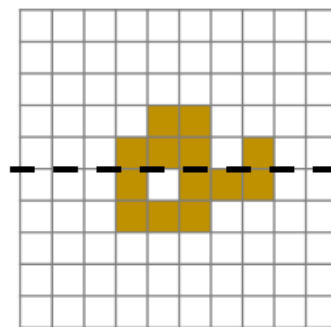
PS

2a. Add 3 squares to the pattern below so that it has a vertical line of symmetry.



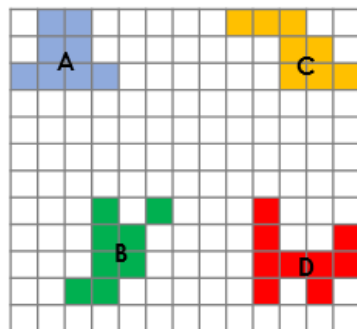
PS

2b. Add 3 squares to the pattern below so that it has a horizontal line of symmetry.



PS

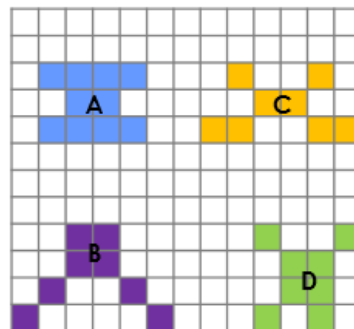
3a. Spot the odd one out.



Explain your choice.

R

3b. Spot the odd one out.

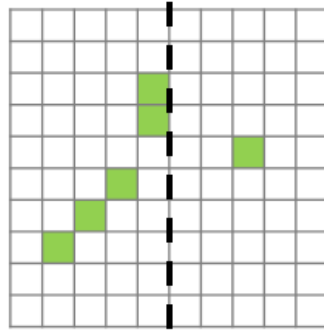


Explain your choice.

R

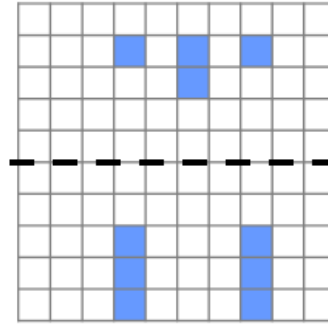


4a. What is the smallest number of squares that need to be filled so that this pattern has a vertical line of symmetry?



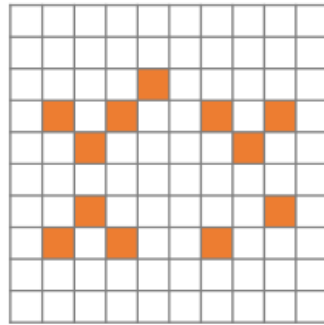
PS

4b. What is the smallest number of squares that need to be filled so that this pattern has a horizontal line of symmetry?



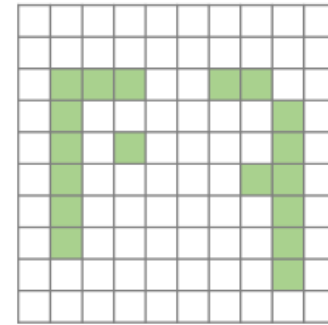
PS

5a. Add 4 squares to the pattern below so that it has a vertical line of symmetry.



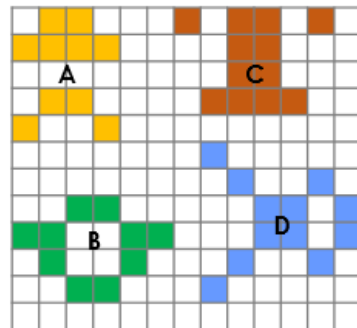
PS

5b. Add 4 squares to the pattern below so that it has a vertical line of symmetry.



PS

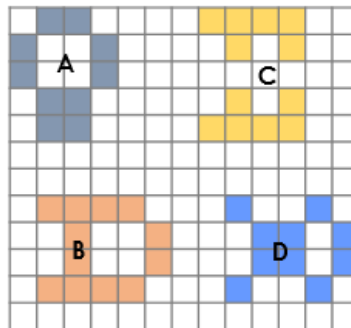
6a. Spot the odd one out.



Explain your choice.

R

6b. Spot the odd one out.



Explain your choice.

R



This sheet is particularly challenging-do not get stressed unnecessarily-try the 2 star sheet instead as we're not there to support you and demonstrate using mirrors.

7a. What is the smallest number of squares that need to be filled so that this pattern has a vertical and a horizontal line of symmetry?

GD PS

7b. What is the smallest number of squares that need to be filled so that this pattern has two diagonal lines of symmetry?

GD PS

8a. Add 2 squares to the pattern below so that it has a diagonal line of symmetry.

GD PS

8b. Add 5 squares to the pattern below so that it has a vertical and horizontal line of symmetry.

GD PS

9a. Spot the odd one out.

GD PS Explain your choice.

9b. Spot the odd one out.

GD PS Explain your choice.

Answers

Crossword Answers

Across

3. thought

5. actual

6. surprise

9. calendar

10. early

Down

1. enough

2. increase

4. opposite

7. suppose

8. imagine

Statutory Spelling Word Activity Mat: century

2



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

A period of 100 years or a score of 100 in a sporting event e.g. Cricket.

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

| | | |
|-------------|-------------|-----------|
| noun | verb | adjective |
| adverb | conjunction | pronoun |
| preposition | determiner | |

Trace the word **century**.

century

century

century

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



I was born in the 20th century.

"He scored a century!" called the commentator.

Her life spanned for almost a century.

The school was built in the last century.



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

1 year 10 years 100 years 1000 years

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



Finish off the word **century**.

century

century

century

century

Now write the full word.

c e n t u r y

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

Your own answers-possible answer e.g. Tutankhamun's tomb was discovered in the 19th century.

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

~~c~~entury

centur~~e~~
y

cen~~t~~ury

Statutory Spelling Word Activity Mat: certain

Pronounced (said): ser-tun.

3



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

Firmly relied upon something happening or some but not all.

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

More changes are almost certain.

"Are you certain?" asked Mrs Chen.

He raised a certain problem.

I don't know anything for certain.

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



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

| | | |
|-------------|-------------|-----------|
| noun | verb | adjective |
| adverb | conjunction | pronoun |
| preposition | determiner | |

Finish off the word **certain**.

certain

certain

certain

certain

Now write the full word.

c e r t a i n

Trace the word **certain**.

certain

certain

certain

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

define

dictate

definite

dismal

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

Your own answers-possible answer e.g. We're not certain when school will go back to how it was.

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

~~c~~ertain

cert~~ai~~n

cert~~ai~~n

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. $458 \times 1 = 458$
2. $4,567 + 973 = 5,540$
3. $3,560 - 1,549 = 2,011$
4. Divide 432 by 3. **144**
5. $56 \div 1 = 56$
6. $324 \times 0 = 0$
7. What time is 2 and a half hours after 13:00? **15:30**
8. Round 456 to the nearest 10. **460**
9. Round 217 to the nearest 100. **200**
10. $567 \times 6 = 3,402$

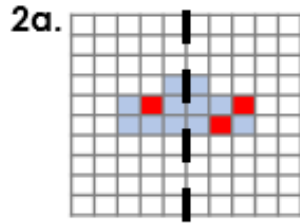
Extension

11. What is the total number of days in the months that begin with J? **92**
12. $45.9 + 14.1 = 60$
13. $564 \div 5 = 112 \text{ r: } 4$
14. How many minutes in 5 hours? **300 minutes**
15. $491 \times 5 = 3,000 - 545$
16. $7 \times 50\text{p} = 350\text{p}$
17. $800 \times 4 = 3,200$
18. $9.1 \times 10 = 91$
19. Multiply 60 by 9. **540**
20. What is the product of 11 and 12? **132**

Maths Answers

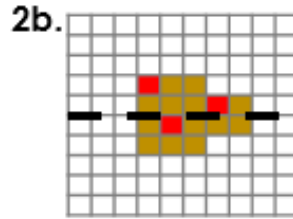


1a. 8 squares.



3a. Example answer: A because it is the only pattern with a line of symmetry. All the others are not symmetrical.

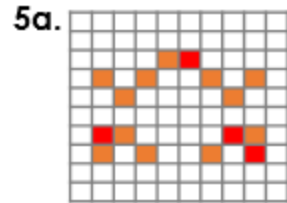
1b. 8 squares.



3b. Example answer: D because it is the only pattern that is not symmetrical. All the other patterns have a line of symmetry.



4a. 6 squares.



6a. Example answer: D because it is the only pattern with a horizontal line of symmetry.

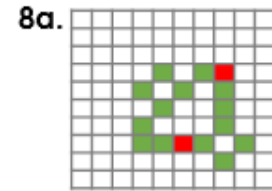
4b. 6 squares.



6b. Example answer: A because it is the only pattern with a vertical line of symmetry.

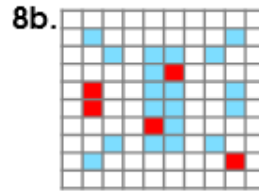


7a. 15 squares.



9a. Example answer: A because it is the only pattern with a diagonal line of symmetry.

7b. 13 squares.



9b. Example answer: D because it is the only pattern with only 1 line of symmetry.