

Tuesday 30th June

Daily activities

# Active June!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Do some <b>sit ups</b> : Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups	2 Do some <b>star jumps</b> : Bronze: 20 times Silver: 30 times Gold: 50 times	3 Practise <b>balancing</b> on <b>right</b> leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	4 Practise <b>balancing</b> on <b>left</b> leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	5 Have a <b>jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	6 Create your <b>own throwing and catching game!</b>	7 <b>Teach</b> the people at home <b>your game</b> and see who scores the most points!
8 Do some <b>burpees</b> : Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees	9 Try and do some <b>mountain climbers</b> : Bronze: 10 times Silver: 20 times Gold: 30+ times	10 Carefully try and do a <b>plank</b> : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	11 See how many <b>tuck jumps</b> you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	12 <b>Push ups!</b> Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups	13 Use a pack of cards and <b>create a game involving different exercises</b> and the different suits!	14 <b>Compete against someone at home</b> to see who can complete more exercises in a given time.
15 Try and do some <b>crunches</b> : Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches	16 Do some <b>lunges</b> on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg	17 Do a <b>wall sit</b> – remember, stay still: Bronze: 20 seconds Silver: 30 seconds Gold: 60 seconds	18 <b>Squat</b> – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	19 <b>High knees</b> – Keep going without stopping Bronze: 30 seconds Silver: 50 seconds Gold: 1+ minute	15 Challenge yourself to <b>learning some new yoga posts</b> – watch a Youtube video to help.	16 Practise those yoga skills your learned and <b>see if you can balance for longer</b> than you did yesterday.
22 Try doing some <b>scissor kicks</b> : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	23 Do some <b>shuttle runs</b> : Bronze: 15 runs Silver: 30 runs Gold: 50 runs	24 <b>Hop</b> on the spot: Bronze: 10 each leg Silver: 25 each leg Gold: 50 each leg	25 <b>Hopscotch</b> until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes	26 Try safely to do some <b>jump squats</b> in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	27 Go outside and be active with someone from your house. <b>Go for a run or a walk!</b>	28 Use your outdoor time to <b>jump</b> over things, <b>balance</b> along things and <b>move</b> in different ways.
29 Try <b>hurdling</b> over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	30 <b>Step jumps</b> – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times	<p><b>Let's get active in June!</b>  <b>Try each of these activities with the people you're with!</b>  <b>Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</b>  <b>Remember it is important to stay active and healthy!</b></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**





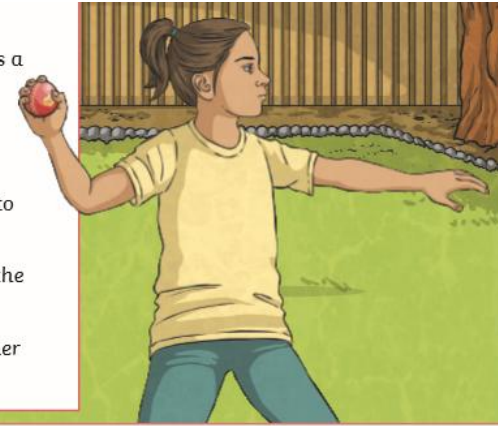


### Target Time

- Find an object that you can safely use as a target, such as a pillow or cushion.
- Stand approximately 2m away from the target object.
- Throwing the ball underarm, try to hit the target object.
- If you can hit it, take a step back and have a go from this new distance.
- How far away can you stand from the target and still hit it?

### Overarm Drop

- You will need a tub or container, such as a bucket or basket.
- Position the container about five steps away from you.
- Use an overarm throw to get the ball into the container.
- Each time you get the ball to drop into the container, move a step further away.
- How far away can you get from container and still land it in?



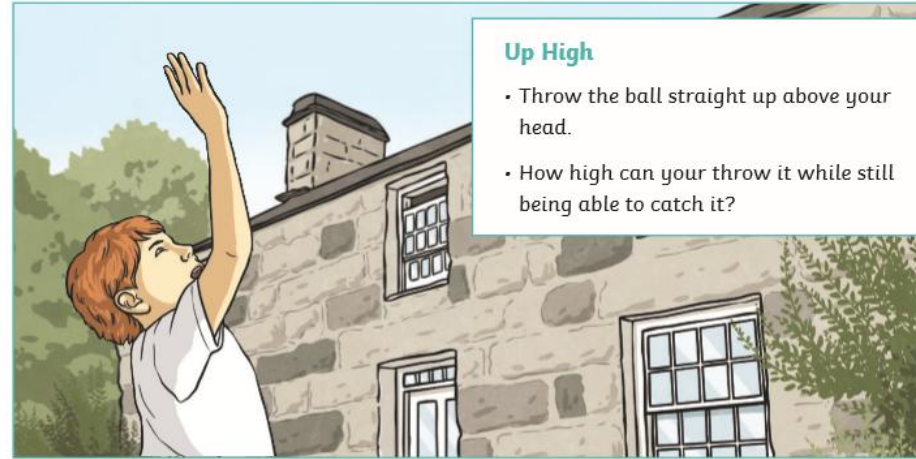
### One-Handed Wall Bounce

- Choose a wall with no windows or decorations.
- Stand in front of the wall and gently throw the ball underarm at it.
- As it bounces back at you, try to catch it in one hand only. Put the other hand behind your back if it is easier!
- How many times can you catch the ball in one hand without dropping it?
- Is it easier with one hand than the other?
- Try to beat your score!



### Up High

- Throw the ball straight up above your head.
- How high can you throw it while still being able to catch it?



### Turn Around

- Gently throw the ball up in the air above your head.
- See if you can turn around in a full circle before you catch it!



### Jump and Catch

- Gently throw the ball up in the air above your head.
- Can you complete a jumping jack before you catch the ball?
- How many jumping jacks can you do without missing the ball?



Alternatively, for something physical, which will keep you entertained for a while-why not try these challenges? All you need is a ball-make sure it's a soft one if you're playing inside!

# Reading at home

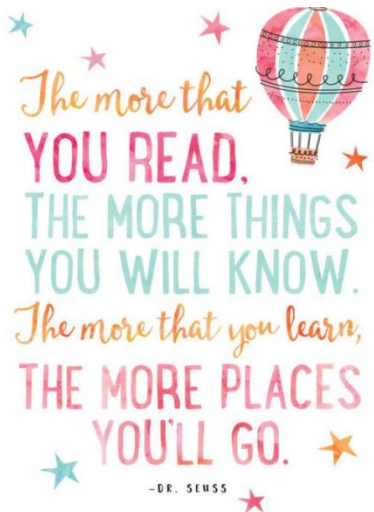
You should still be aiming to read for *at least 20 minutes everyday*.

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

# 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 today 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).

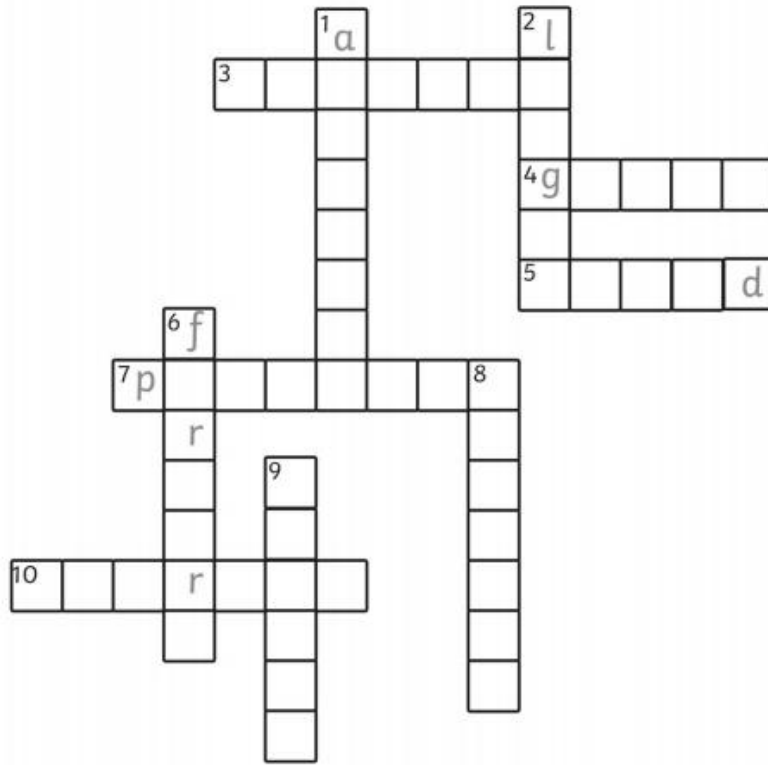
Answers (as you know by now) are at the end of the presentation so that you can self mark (no cheating though!) and the idea, today, is -once you've marked your answers, any words that you struggle to spell off by heart become your focus words to practise.

**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 10 and 11 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 is also a slide (9) 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. A vehicle with two wheels
- 4. To protect and watch over.
- 5. Perceived by the ear.
- 7. To put in a particular place.
- 10. A building where books may be read or borrowed.

Down

- 1. Unfortunate occurrence usually resulting in harm.
- 2. Extent in time, duration.
- 6. Toward the front.
- 8. Disobedient, mischievous.
- 9. Reach one's destination.



# 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 cross word 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!

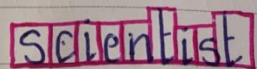
8. Try drawing around the word to help you remember how many letters and the shape of them (see bottom left).

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.

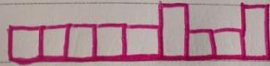
11. If you have chalk available, write your focus words on the floor to create 'Hopscotch' and when you land on a given word, close your eyes and spell it aloud.

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



scientist

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



↑

Silent letter.

# Statutory Spelling Word Activity Mat: enough

2



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

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

Have you had \_\_\_\_\_ to eat?

"\_\_\_\_\_!" bellowed Mrs Hall.

You're not tall \_\_\_\_\_ to go on the ride.

The man seemed nice \_\_\_\_\_.

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



Finish off the word **enough**.

eno\_\_\_\_\_

\_\_\_\_\_ugh

\_\_\_\_\_gh

e\_\_\_\_\_

Now write the full word.

---

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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Trace the word **enough**.

enough

enough

enough

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

supplemen   sufficient   serious   self

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

---

---

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

enouh

enough

innough

Optional if you've completed the cross word.

# Statutory Spelling Word Activity Mat: exercise

3



Optional if you've completed the crossword.

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

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

I intend to \_\_\_\_\_ after school.

"Do you do any \_\_\_\_\_?" asked Alex.

\_\_\_\_\_ can improve your health.

I will \_\_\_\_\_ my authority.

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



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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Finish off the word **exercise**.

exer\_\_\_\_\_

\_\_\_\_\_cise

\_\_\_\_\_se

ex\_\_\_\_\_

Now write the full word.

---

Trace the word **exercise**.

exercise

exercise

exercise

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

movement   mimic   miniature   regular

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

---

---

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

ecersise

exercize

exsersise

# 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.

## Extension

1.  $132 \times 1 =$

2.  $56 \times 0 =$

3.  $10 \times \underline{\quad} = 100$

4.  $18 \times 100 =$

5.  $23 \times 10 =$

6. 100 fewer than 1,987

7. 10 less than 0.

8.  $345 \times 7 =$

9.  $984 \times 6 =$

10.  $5 \times \underline{\quad} = 100 \div 2$

11.  $0.87 + 1.5 =$

12.  $144 \div \underline{\quad} = 1.44$

13.  $456 \div 10 =$

14.  $339 \div 3 =$

15. How many sides do quadrilaterals have?

16. 6 - three eighths?

17. 4 - two sixths?

18. How many seconds in 10 minutes?

19. What is half of 138?

20. If I count in 3's, will I say the number 453?

Just checking you still can... (we did this back in the Autumn term-so a long time ago!)

# W.A.L.T: solve problems involving negative numbers.

Remember: negative numbers are those less than/below 0 and are often used to measure temperature if it's really cold.

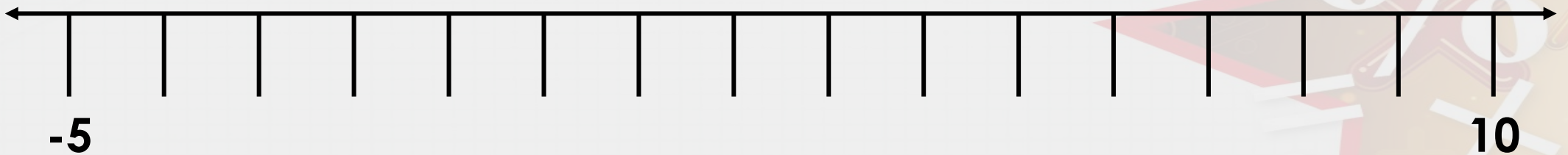
- Today, we will be solving problems involving negative numbers-this builds on what we did yesterday so if you didn't manage to complete yesterday's maths, I suggest you go back to yesterday's presentation and do that work first.
- Read the slides that follow this one. There will be things for you to think about on each slide-you need not write down the answers but you can if you want to. The answers are on the following slides so you can check your understanding as you go.
- 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. Our expectation is that you try to do 1 worksheet. You may wish to print out the worksheet that you 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!

## Problem Solving 1

### What's my number?

My number is between 10 and -5.  
It is an odd number.  
It is a negative number.  
It is closer to zero than it is to -5.

Use the number line to help you.

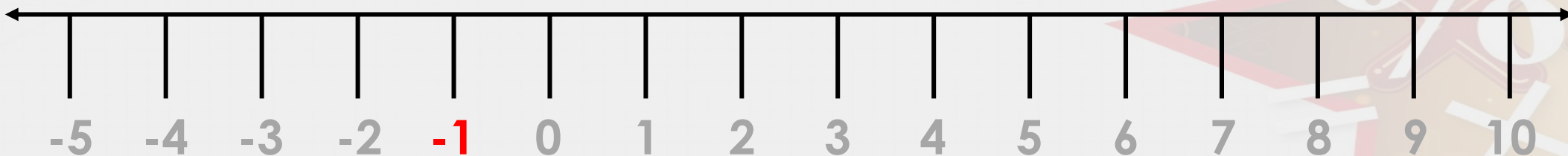


## Problem Solving 1

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## Reasoning 1

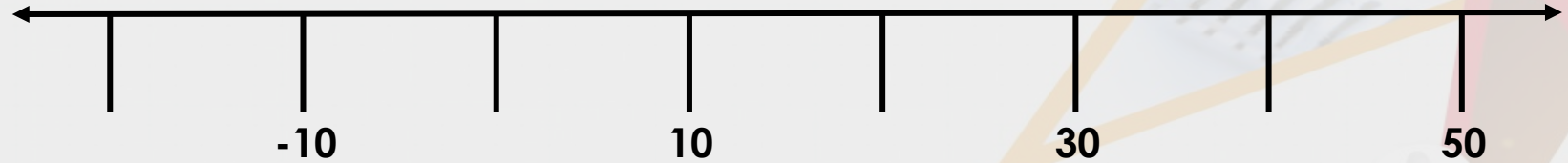
Three children are counting in sequences using number lines.



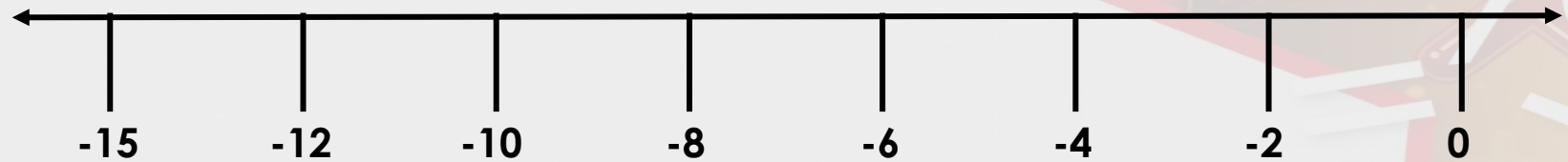
Anna



Pete



Dot



Are they correct? Explain how you know.



## Reasoning 1

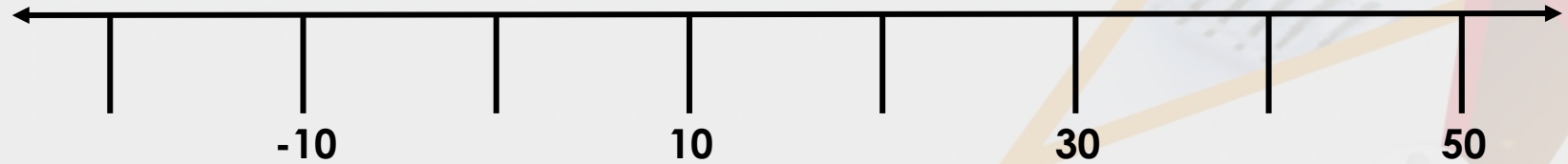
Three children are counting in sequences using number lines.



Anna



Pete



Dot



Are they correct? Explain how you know.  
Dot is incorrect because...

## Reasoning 1

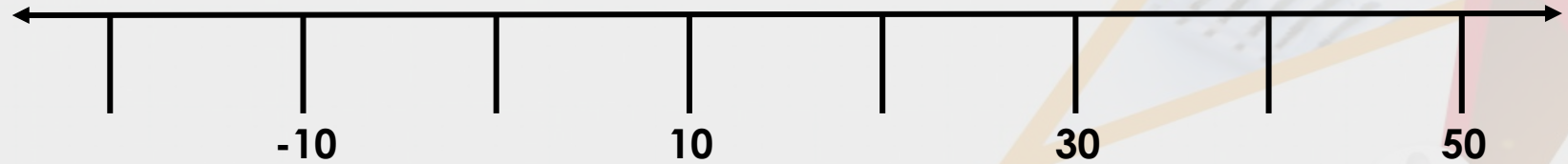
Three children are counting in sequences using number lines.



Anna



Pete



Dot

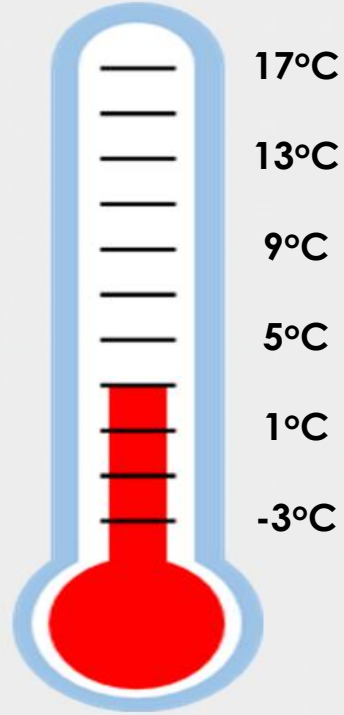


Are they correct? Explain how you know.

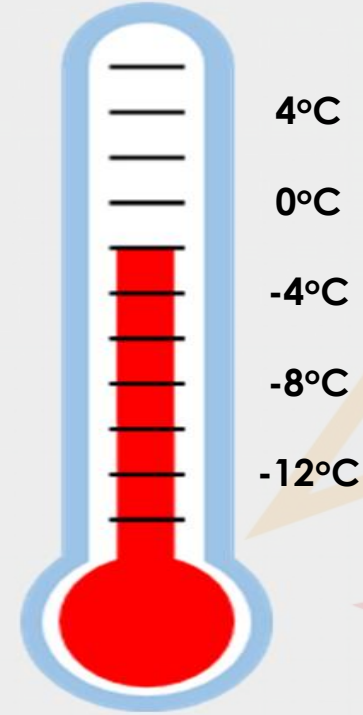
**Dot is incorrect because she did not count back two from -15.**

Reasoning 2

Which city is cooler? Explain how you know.



Glasgow

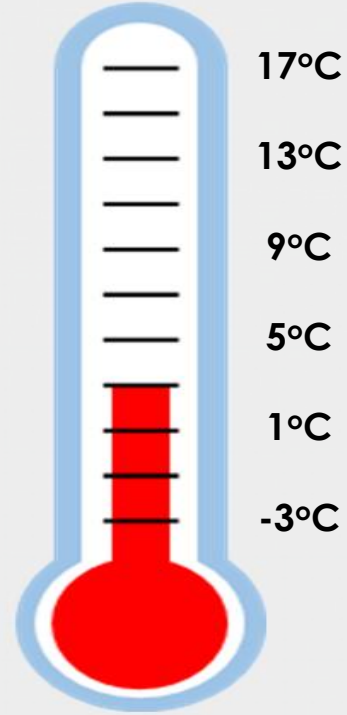


Aspen

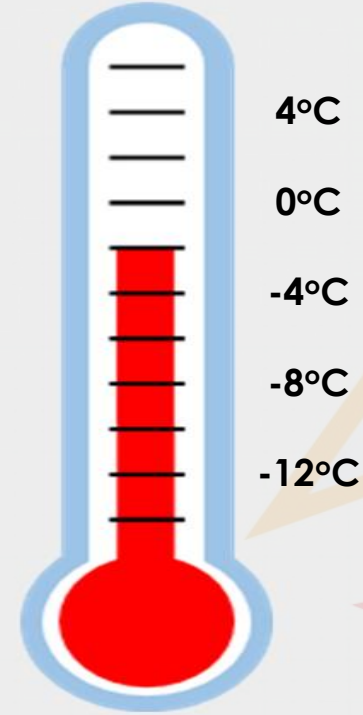


Reasoning 2

Which city is cooler? Explain how you know.



Glasgow

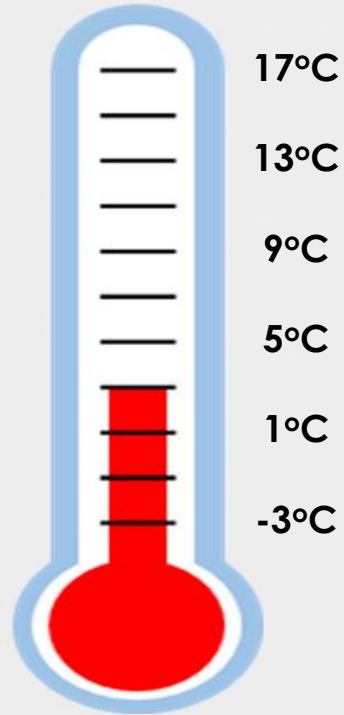


Aspen

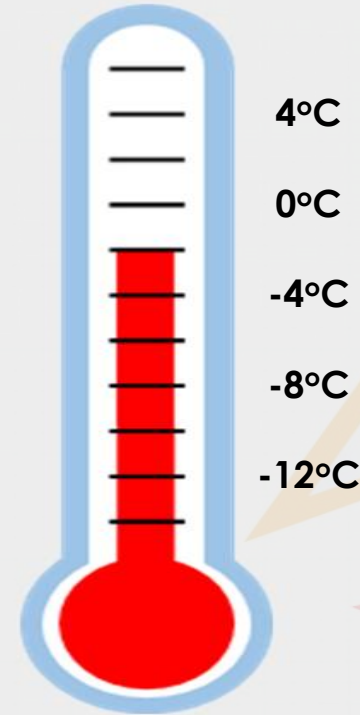
Aspen is cooler because...

Reasoning 2

Which city is cooler? Explain how you know.



Glasgow = 3°C



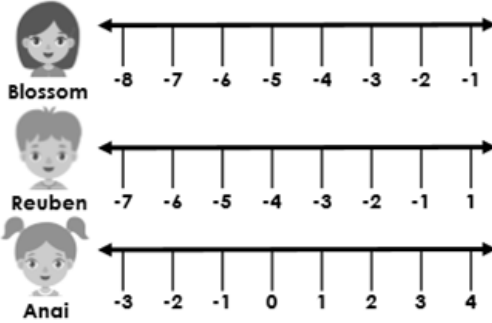
Aspen = -2°C

Aspen is cooler because -2°C is less than 3°C.





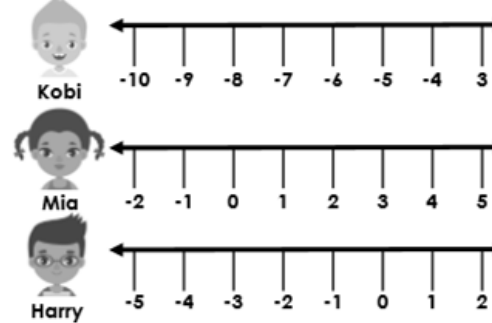
1a. Three children are counting using number lines.



Are they correct? Explain how you know.



1b. Three children are counting using number lines.



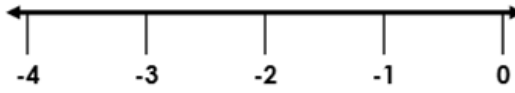
Are they correct? Explain how you know.



2a. What's my number?

My number is between 0 and -4.  
It is an odd number.  
It is not -3.

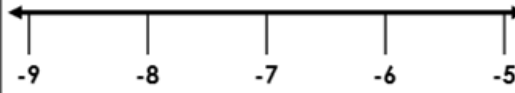
Use the number line to help you.



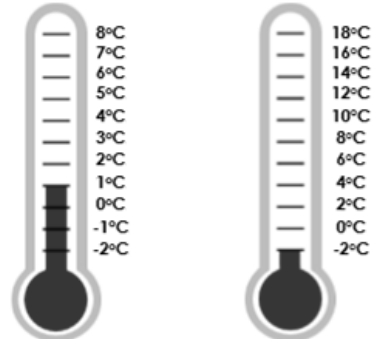
2b. What's my number?

My number is between -5 and -9.  
It is an even number.  
It is not -6.

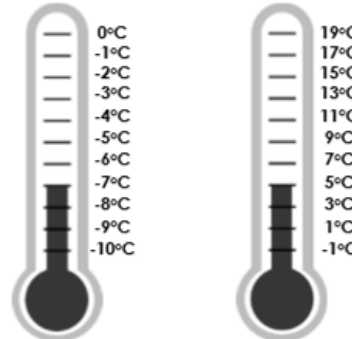
Use the number line to help you.



3a. Which city is cooler? Explain how you know.



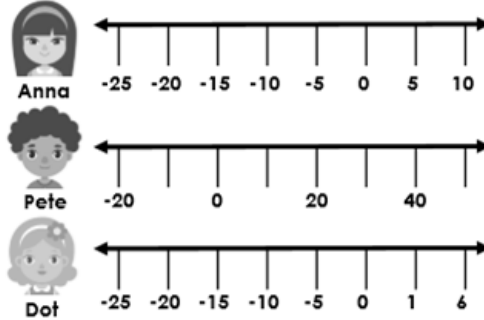
3b. Which city is cooler? Explain how you know.





- Your first job is to work out the scale in the questions. Is it in 2's? 5's? 10's? 4's? Etc.

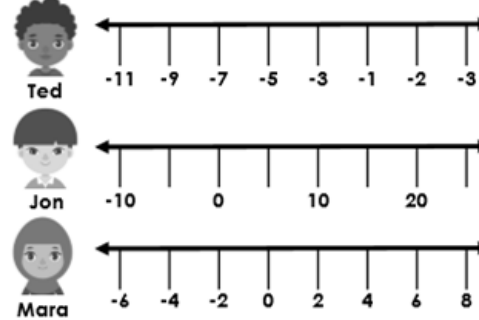
4a. Three children are counting in sequences using number lines.



Are they correct? Explain how you know.



4b. Three children are counting in sequences using number lines.



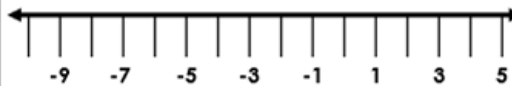
Are they correct? Explain how you know.



5a. What's my number?

My number is between 5 and -10.  
It is an even number.  
It is a negative number.  
It is closer to zero than it is to -5.

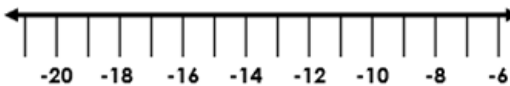
Use the number line to help you.



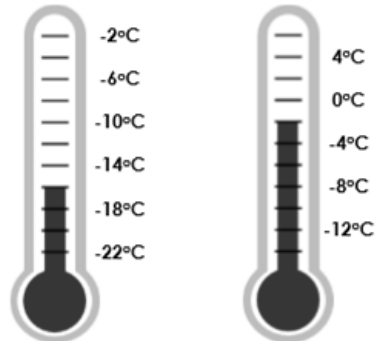
5b. What's my number?

My number is between -5 and -20.  
It is a multiple of 5.  
It is a negative number less than -10.  
It is an odd number.

Use the number line to help you.



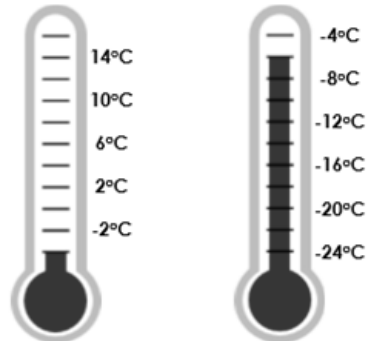
6a. Which city is cooler? Explain how you know.



Toronto

Aberdeen

6b. Which city is cooler? Explain how you know.



Oslo

Ottawa



- Your first job is to work out the scale in the questions. Is it in 2's? 5's? 10's? 4's? Etc.

7a. Three children are counting in sequences using number lines.

Alfie

Kobi

Mia

Are they correct? Explain how you know.

7b. Three children are counting in sequences using number lines.

Mara

Alyssa

Anai

Are they correct? Explain how you know.

8a. What's my number?

My number is a negative number.  
It is between -10 and -20.  
It is an odd number.  
It is a multiple of 5.

Use the number line to help you.

8b. What's my number?

My number is between 5 and -15.  
It is a negative number.  
It is an even number.  
It is 15 less than 5.

Use the number line to help you.

9a. Which city is cooler? Explain how you know.

Munich

Fairbanks

9b. Which city is cooler? Explain how you know.

Banff

Bergen

# Answers

# Cross word Answers

## Crossword 10

### Across

3. bicycle

4. guard

5. heard

7. position

10. library

### Down

1. accident

2. length

6. forward

8. naughty

9. arrive



# Statutory Spelling Word Activity Mat: enough

2



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

**Determiner**-As much or as many as required.  
**Adverb**-to the required degree or extent.

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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

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

Have you had **enough** to eat?

"**Enough**!" bellowed Mrs Hall.

You're not tall **enough** to go on the ride.

The man seemed nice **enough**.

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



Finish off the word **enough**.

enough

enough

enough

enough

Now write the full word.

e n o u g h

Trace the word **enough**.

enough

enough

enough

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

supplemenent sufficient serious self

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

**Your own answers**-possible answer e.g. **You have done enough to move onto the next section.**

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

enouh  
↑  
g

enough/h

e  
i  
nough

# Statutory Spelling Word Activity Mat: exercise

3



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

**Noun:** physical activity.

**Verb:** to engage in physical activity.

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

I intend to **exercise** after school.

"Do you do any **exercise**?" asked Alex.

**Exercise** can improve your health.

I will **exercise** my authority.

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



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

noun	verb	adjective
adverb	conjunction	pronoun
preposition	determiner	

Finish off the word **exercise**.

exercise

exercise

exercise

exercise

Now write the full word.

exercise

Trace the word **exercise**.

exercise

exercise

exercise

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

movement mimic miniature regular

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

Your own answers-possible answer e.g. "What is your favourite way to exercise?" asked the teacher.

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

~~exercise~~ exercise

exerc<sup>s</sup>ize

exerc<sup>c</sup>ise

# 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.

## Extension

- $132 \times 1 = 132$
- $56 \times 0 = 0$
- $10 \times 10 = 100$
- $18 \times 100 = 1,800$
- $23 \times 10 = 230$
- 100 fewer than 1,987 **1,887**
- 10 less than 0. **-10**
- $345 \times 7 = 2,415$
- $984 \times 6 = 5,904$
- $5 \times 10 = 100 \div 2$
- $0.87 + 1.5 = 2.37$
- $144 \div 100 = 1.44$
- $456 \div 10 = 45.6$
- $339 \div 3 = 113$
- How many sides do quadrilaterals have? **4**
- 6 - three eighths? **45 eighths or 5 whole ones and 5 eighths.**
- 4 - two sixths? **22 sixths or 3 whole ones and 4 sixths.**
- How many seconds in 10 minutes? **600**
- What is half of 138? **69**
- If I count in 3's, will I say the number 453? **Yes, because 453 divided by 3 = 151**

# Maths Answers



1a. Reuben is incorrect because he has not counted forward one from -1.

2a. -1

3a. Boston because  $-2^{\circ}\text{C}$  is less than  $1^{\circ}\text{C}$

1b. Kobi is incorrect because he has not counted forward one from -4.

2b. -8

3b. Kingston because  $-7^{\circ}\text{C}$  is less than  $5^{\circ}\text{C}$



4a. Dot is incorrect because she has not counted back five from 1.

5a. -2

6a. Toronto because  $-16^{\circ}\text{C}$  is less than  $-2^{\circ}\text{C}$

4b. Ted is incorrect because he has not counted back two from -1.

5b. -15

6b. Ottawa because  $-6^{\circ}\text{C}$  is less than  $-4^{\circ}\text{C}$



7a. Alfie is incorrect because he has not counted back four from 16.

8a. -15

9a. Fairbanks because  $-23^{\circ}\text{C}$  is less than  $2^{\circ}\text{C}$

7b. Mara is incorrect because she has not counted forwards five from -5.

8b. -10

9b. Banff because  $-14^{\circ}\text{C}$  is less than  $1^{\circ}\text{C}$