

Year 4/5 Suggested Weekly Timetable: Week Beginning 13th July 2020

These are suggested activities for the week, the timings and days are a guidance only. Please adapt according to weather, mood and enthusiasm!

Time Guidance	Monday	Tuesday	Wednesday	Thursday	Friday
30 MINS	<p><u>PE WITH JOE WICKS</u> OR <u>DORSET SCHOOL GAMES DAILY ACTIVITY</u> OR <u>SPS DAILY ACTIVITY</u></p> <p>Log onto: https://www.yourschoolgames.com/sgo/christchuch-and-the-purbecks/ This will give you access to a wide range of activities that you can choose to do every day. There is a document on the Y4 & Y5 Home Learning Tab on the school website (Dorset School Games – Daily Activity) that will help you navigate this site if you need it.</p>				
45 – 60 MINS	<p align="center"><u>ENGLISH</u></p> <p>The World Health Organisation say that children aged 5–17 should have at least 60 minutes of moderate to vigorous physical activity EVERY DAY.</p> <p>Why do you think they say this?</p> <p>What are the health impacts of keeping yourself fit and active?</p> <p>Write a weekly exercise plan for a child in Y4-5.</p> <p>Write clear instructions for each activity and explain what parts of the body each activity will affect.</p> <p align="center"><u>CHALLENGE</u></p> <p>Write a healthy eating plan to accompany the exercise plan.</p>	<p align="center"><u>ENGLISH</u></p> <p align="center"><u>LIGHT</u></p> <p>What this short film on You Tube: https://www.youtube.com/watch?v=hdyAFuHRayQ</p> <p>Can you see any comparisons with this film and Toy Story? Write a conversation between the characters – remember to use accurate speech punctuation.</p>	<p align="center"><u>ENGLISH</u></p> <p align="center"><u>SUN SAFETY</u></p> <p>Read the sheet giving you information on Sun Awareness (on the school website) and answer the questions. Choose *, ** or ***</p>	<p align="center"><u>ENGLISH</u></p> <p align="center"><u>WATER SAFETY</u></p> <p>In the area where we live, we are surrounded by water. You need to make sure you understand fully how to be safe around water. Read the Water Safety Discussion Cards and talk about them with one of your adults then write your response.</p>	<p align="center"><u>ENGLISH</u></p> <p align="center"><u>WORDSEARCH</u></p> <p>Complete the Summer Word searches that are on the Home Learning resources on the school website and then create a word search of your own with words that relate to your own personal Summer Holiday.</p>
	<p align="center"><u>ALTERNATIVE ENGLISH</u> <u>(non-internet based)</u></p> <p>Imagine you had a toy robot. What would it do? Would you be able to play with it? How would it help you? Draw picture of your robot to bring it to life and then write out a conversation you have with it using accurate speech punctuation.</p>	<p align="center"><u>ALTERNATIVE ENGLISH</u> <u>(non-internet based)</u></p> <p>Write an Acrostic Poem called “SUNSHINE”</p> <p>Make sure the poem tells the reader about the dangers of being in the sun as well as how important the sun is in survival of living things.</p>	<p align="center"><u>ALTERNATIVE ENGLISH</u> <u>(non-internet based)</u></p> <p>Write an Acrostic Poem called “SEASIDE”</p> <p>Make sure the poem tells the reader about the dangers of being in the sun as well as how important the sun is in survival of living things.</p>	<p align="center"><u>ALTERNATIVE ENGLISH</u> <u>(non-internet based)</u></p> <p>How many words of 2 letters or more can you make from the letters in the word</p> <p align="center">SUMMERTIME</p> <p>There are 242 altogether! Can you find them all without using ‘Google’?</p>	
30 MINS	<p align="center"><u>READING</u></p> <p>Read the 60-seconds read and record how many words you read.</p> <p>If you didn’t get through the whole text, finish reading it and then answer the questions on the other side of the sheet.</p> <p align="center">Y4 – Cleopatra Y5 – Archimedes</p>	<p align="center"><u>READING</u></p> <p>Read the 60-seconds read and record how many words you read.</p> <p>If you didn’t get through the whole text, finish reading it and then answer the questions on the other side of the sheet.</p> <p align="center">Y4 – Rosetta Stone Y5 – Eternal Journey</p>	<p align="center"><u>READING</u></p> <p>Read the 60-seconds read and record how many words you read.</p> <p>If you didn’t get through the whole text, finish reading it and then answer the questions on the other side of the sheet.</p> <p align="center">Y4 – Howard Carter’s Diary Y5 – Water Cycle</p>	<p align="center"><u>READING</u></p> <p>Read the 60-seconds read and record how many words you read.</p> <p>If you didn’t get through the whole text, finish reading it and then answer the questions on the other side of the sheet.</p> <p align="center">Y4 – Friendly Felines Y5 – Water Safety</p>	<p align="center"><u>READING</u></p> <p>Time to use your observational skills today.</p> <p>Log onto this website and try one of the ‘Spot the difference’ activities. https://www.allkidsnetwork.com/worksheets/spot-the-difference/</p>
<p>IF YOU CAN’T ACCESS THESE RESOURCES ONLINE – READ THE BOOK YOU ARE CURRENTLY READING AND ANSWER SOME QUESTIONS ABOUT IT USING THE QUESTIONS IN THE HOME-SCHOOL BOOK (PAGES 29 & 30)</p>					

45 - 60 MINS

MATHS

You will find the work for this on the school website in the Y4 & Y5 Home Learning Sections.

Year 4 the teaching video is:
<https://vimeo.com/436506382>

Year 5 the teaching video is:
<https://vimeo.com/436507484>

MATHS

You will find the work for this on the school website in the Y4 & Y5 Home Learning Sections.

Year 4 the teaching video is:
<https://vimeo.com/436506584>

Year 5 the teaching video is:
<https://vimeo.com/436507629>

MATHS

You will find the work for this on the school website in the Y4 & Y5 Home Learning Sections.

Year 4 the teaching video is:
<https://vimeo.com/436506717>

Year 5 the teaching video is:
<https://vimeo.com/436507740>

MATHS

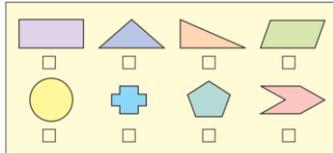
Chose a Summer, activity maths sheet from your year 4 or 5 booklet.

MATHS

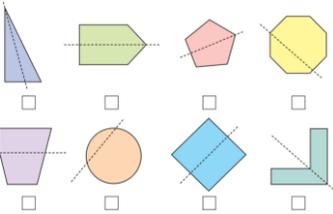
Chose a Summer, activity maths sheet from your year 4 or 5 booklet.

ALTERNATIVE MATHS (non-internet based)

Tick the shapes that have at least one line of symmetry.



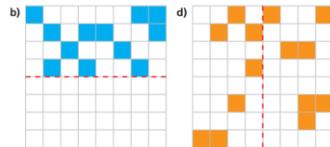
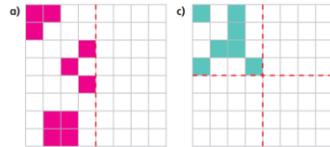
Tick the shapes that show a correct line of symmetry.



How did you know which shapes to tick?

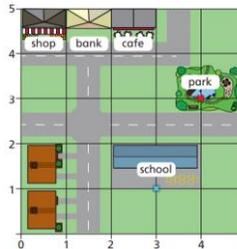
ALTERNATIVE MATHS (non-internet based)

Shade squares to make the patterns symmetrical.



ALTERNATIVE MATHS (non-internet based)

Here is a map of part of a town.



- a) Which place is next to the shop? _____
- b) Which place is next to the bank and close to the park? _____
- c) The front gates of the school have been marked with a cross. Write the coordinates of the school gates. () ()
- d) The slide in the park has been marked with a cross. Write the coordinates of the slide. () ()

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ALTERNATIVE MATHS (non-internet based)

Caterpillars



Caterpillars don't live beyond 100 years old.

A caterpillar age is written on the head. The body parts are made in the following way:

If the number is even, half it

If the number is odd, add one

The pattern continues until you reach 1.

An age 10 caterpillar has 6 body parts.

What patterns do you notice with caterpillars with other ages?

How old is the longest caterpillar?

ALTERNATIVE MATHS (non-internet based)

Integers to 10

Pick 2 integers (whole numbers) which add to 10. (3 and 7)
What is their product? (21)

Is this the maximum product with a pair which add to 10?
What is the maximum product? Why do you think that is?

Which 2 integers which add to 20 will give the maximum product? How will you prove it?
What about other numbers?

What about 3 integers which add to 10? What is the maximum product?

3 integers that total 20...?

4 integers...

...etc...

45 - 60 MINS	<p style="text-align: center;">PE</p> <p>Sports' Day. Complete the activities for Sports' Day that are attached to the bottom of this timetable. Make sure you email in your scores so that we can add them to the House Points record to win the House Cup.</p>	<p style="text-align: center;">DT</p> <p>Use junk modelling to see if you can recreate a model of the Mechanical / Mechanimal you designed last week.</p> <p>Be as creative as you can be with the tools and equipment that you have.</p> <p style="text-align: center;">CHALLENGE</p> <p>Can you actually make your model move? Remember the work you did on CAMS and moving toys a few weeks ago. You could also have a look on these website to give you some ideas:</p> <p style="text-align: center;">https://www.tts-group.co.uk/blog/2019/04/16/cr-eating-a-moving-monster-dt-class-kit.html</p> <p style="text-align: center;">https://www.teachingideas.co.uk/sites/default/files/dogstrustdesignadog.pdf</p>	<p style="text-align: center;">PSHE</p> <p>Design a Sun Safety Poster. Include these points:</p> <ul style="list-style-type: none"> • Cover up by wearing a T-shirt • Wear sunscreen • Wear sunglasses • Stay in the shade • Wear a hat to protect your head, ears, neck and scalp • Drink lots of water <p>Use the poster and fact files on the School Website to help you if you need to.</p> <p>You'll have time to finish this on Friday afternoon if you don't get it done today.</p>	<p style="text-align: center;">PSHE</p> <p>Log onto these websites to find out more facts and make a 'Tourist Information Leaflet' to show what you've learnt about staying safe in/near water:</p> <p style="text-align: center;">https://www.respectthewater.com/</p> <p style="text-align: center;">https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/10-beach-safety-tips</p> <p style="text-align: center;">----- PSHE ALTERNATIVE TASK -----</p> <p>What are the benefits of living by the sea?</p> <p>Discuss this with your family and friends and come up with a 'Top 5'.</p> <p>Write down what these are, along with your reasons, in your own style of presentation.</p>	<p style="text-align: center;">PSHE</p> <p>Use the time that you have this afternoon to finish off your Sun Safety and Water Safety posters.</p> <p>When you have finished them, you can do the typical end-of-term last afternoon activity WATCH A FILM!!!</p> <p>You have worked so hard this term and we are all so proud of you. You have more than deserved to have an afternoon sitting back, relaxing, watching a film and (if you're lucky) having some snacks!</p> <p style="text-align: center;">TAKE CARE, HAVE A LOVELY SUMMER AND WE'LL SEE YOU BACK IN SEPTEMBER</p> <p style="text-align: center;"></p>
20-30 MINS	<p style="text-align: center;">ONLINE LEARNING</p> <ul style="list-style-type: none"> ▪ TTRS ▪ BBC BITE SIZE ▪ SUPER MOVERS 	<p style="text-align: center;">ONLINE LEARNING</p> <ul style="list-style-type: none"> ▪ TTRS ▪ BBC BITE SIZE ▪ SUPER MOVERS 	<p style="text-align: center;">ONLINE LEARNING</p> <ul style="list-style-type: none"> ▪ TTRS ▪ BBC BITE SIZE ▪ SUPER MOVERS 	<p style="text-align: center;">ONLINE LEARNING</p> <ul style="list-style-type: none"> ▪ TTRS ▪ BBC BITE SIZE ▪ SUPER MOVERS 	<p style="text-align: center;">ONLINE LEARNING</p> <ul style="list-style-type: none"> ▪ TTRS ▪ BBC BITE SIZE ▪ SUPER MOVERS

SPORTS DAY

On the 6th July it was meant to be our Sports day.

Unfortunately, we won't get a chance to do this altogether this year. **But why not bring Sports Day into your household?**

You could compete against your family- brothers, sisters, dad, mum, carers, grandparents or even the dog!

Each point you receive will be a POINT for your house but please remember one thing.....

This is a fun activity and the main idea is to have FUN with your family J.

The referee is in charge of recording the points and may deduct one point if you aren't showing good sports personship.

If there is an activity that isn't your strong point- use your growth mindset and try your best.

You could also use this as a learning curve to practise a particular activity a little more.

All of these activities listed below will help with some form of PE skills e.g. strength, hand eye coordination, accuracy, speed, balance.

HAVE FUN AND ENJOY.

You can choose a selection of the activities or could you do all these challenges in a day?

Whichever activities you choose to do, you will get an automatic point, as it is the participation that counts.

You'll also get a chance to win a bonus point.

Record your points on a piece of paper.

<u>Sport/Activity</u>	<u>Get a point</u>	<u>Bonus Point</u>
<p>How many hand 'keepie uppies' can you do?</p> <p>Scrunch up some paper or use a soft ball. Use your hand to keep the item up in the air.</p>	If you participate in this challenge	Highest amount of keepie uppies gets the point
<p>Rubbish bin Basketball- Who can shoot the scrunched up paper into the bin? 5 attempts you get only.</p>	If you participate in this challenge	1 bonus point if you get it in 1 bonus point for most creative way to throw your shot.
<p>How many claps can you do when you throw the ball up in the air?</p>	If you participate in this challenge	Highest amount of claps gets the point
<p>Hop, skip, Jump- How far can you jump?</p> <p>If you don't have enough space just do a standing long jump. Stand in one place and see how far you can jump.</p>	If you participate in this challenge	Highest distance gets the point
<p>Egg and Spoon- How many lengths of the garden/room can you do in a minute? If you drop it pick it up and carry on.</p> <p>Boil the egg- If an egg is too precious to use at this time choose something else.</p>	If you participate in this challenge	Highest number of lengths gets a point If you succeed the whole minute without dropping it you also get a point
<p>Can you sprint for 30 secs on the spot?</p>	If you participate in this challenge	Whoever sprints for the whole time without stopping you get a point
<p>How many sit ups can you do in a minute?</p>	If you participate in this challenge	Whoever gets the highest amount of situps gets a point.
<p>Water race. Fill a bowl with water, fill a cup and race to the other bowl/sink. Run back. How many cups of water can you put in the bowl/sink in a minute.</p>	If you participate in this challenge	Whoever fills the most cups of water up gets the point.
<p>Speed bounce- how many jumps can you do in a minute over an object?</p>	If you participate in this challenge	Highest amount of Jumps wins the point.
<p>Bin bag/ pillow case race- get a bin bag how long does it take you to get from one side of the garden/room and back.</p> <p>If there is enough space all race together at the same time.</p>	If you participate in this challenge	Quickest Time Wins the point Or whoever wins in the race wins a point
<p>Golf target challenge</p> <p>Use a cup/pan on its side for the hole. Use a golf ball/tennis</p>	If you participate in this challenge	If you get it in you get a point

<p>ball/scrunched up paper and shoot it into the cup/pan using hands/feet/dust pan brush/broom. You decide as a family distance you shoot from- make it a little challenging! 5 attempts</p>		
<p>Obstacle Course</p> <p>Make up your own obstacle course. E.g. Crawl under the table, slide along the floor, step across the chairs, walk across the sofa, go into your bedroom and jump on the bed once.</p>	<p>If you participate in this challenge</p>	<p>Fastest to complete the course gets a point</p>
<p>How many times can you throw a ball into a bucket/pan in a minute?</p>	<p>If you participate in this challenge</p>	<p>Person who throws it in the most gets a point</p>
<p>How long can you hold a balance for? Can you make up a challenging or creative balance.</p>	<p>If you participate in this challenge</p>	<p>Person holding the balance for the longest gets a point Person who has the most challenging/creative balance</p>
<p>Three Legged Race</p> <p>Choose a partner. Time how long it takes you to get from one side of the garden/room and back. If there is enough of you and space, have a three legged race at the same time.</p>	<p>If you participate in this challenge</p>	<p>If you do a three legged race with the family- whichever pair wins gets the bonus point.</p>
<p>Can you spell your name using the activity table below.</p>	<p>If you participate in this challenge</p>	<p>If you complete it you get a point</p>

Spell your name PE!

A- 5 Jumping Jacks

B- 5 Jumping Jacks

C- 10 jumps

D- hop on your right foot

E- hop on your left foot

F- crab walk for 10 seconds

G- do 5 sit ups

H- 10 mountain climbers

I- 5 push ups

J- 30 second high knees

K- kick your left foot as high as you can

L- kick your right foot as high as you can

M- 5 jumping jacks

N- 10 jumps

O- hop on your right foot

P- hop on your left foot

Q- do 5 sit ups

R- do 10 mountain climbers

S- crab walk for 10 seconds

T- 5 push ups

U- kick your right foot as high as you can

V- kick your left foot as high as you can

W- Run in place for 30 seconds

X- run with high knees

Y- 5 push ups

Z- 5 sit ups