

# Isolation Learning



2 week pack

## English

Focus- Explanation  
writing

Our book is:

*Until I Met Dudley  
Wallace and Gromit  
Cracking  
Contraptions*



## Science

Living things and  
their habitats



## PE

Dance  
(Mediterranean  
Countries)

Communicate ideas  
Improvising using  
stimulus, creating  
short sequences  
Invasion Games  
Futsal



## DT

Creating Roman  
sandals.

## RE

Judaism – The  
Passover



## Maths

- Perimeter
- Multiplication  
and Division



# Pine & Lime

## History

The Romans



## Reading MyON



Comprehension

## Computing

Learning to use  
internet research.



## Music-

Listen and Appraise  
a New Year song.



## Art

Observing Roman  
landscapes and  
improve sketching  
skills.



<b>Science</b>	<p><u>Living things and their habitats</u>  <a href="https://www.bbc.co.uk/bitesize/topics/zbnnb9q">https://www.bbc.co.uk/bitesize/topics/zbnnb9q</a></p> <p>Find out about animals and their food chains.</p>
<b>Computing</b>	<p><u>Internet research</u>  <a href="https://www.ilearn2.co.uk/year-4-research.html">https://www.ilearn2.co.uk/year-4-research.html</a></p> <p>Pupil code: 12AA</p> <p>This website will take you to our new topic in Computing which is how to use internet research.</p>
<b>History</b>	<p><u>The Romans</u></p> <p>Find out how Rome began, learn about different Roman emperors and discover what people in Rome did for fun</p> <p><a href="https://www.bbc.co.uk/bitesize/topics/zwmpfg8">https://www.bbc.co.uk/bitesize/topics/zwmpfg8</a>  <a href="https://www.bbc.co.uk/teach/school-radio/history-ks2-romans-index/zvgk47h">https://www.bbc.co.uk/teach/school-radio/history-ks2-romans-index/zvgk47h</a></p> <p>Create a poster/power point with what you have learnt.</p>
<b>SMSC</b>	<p><a href="https://www.bbc.co.uk/bitesize/topics/zw339j6/resources/1">https://www.bbc.co.uk/bitesize/topics/zw339j6/resources/1</a></p> <p>Living in the Wider World</p> <p>Rights and responsibilities issues concerning health and wellbeing; the purpose of rules and laws; human rights; different cultures, customs and traditions of people living in the UK;; difference between rights and responsibilities; resolving differences;</p>
<b>RE</b>	<p>Judaism: The Passover</p> <p><a href="https://www.bbc.co.uk/bitesize/topics/znwhfg8/articles/zn22382">https://www.bbc.co.uk/bitesize/topics/znwhfg8/articles/zn22382</a></p> <p>What is it? How is it celebrated?</p> <p>Create a poster/power point with what you have learnt.</p> <p><a href="https://www.bbc.co.uk/bitesize/clips/zx7tfg8">https://www.bbc.co.uk/bitesize/clips/zx7tfg8</a></p> <p>What is the story of the Passover? Create a story board of what you have learnt from the story.</p>
<b>Music</b>	<p><a href="https://www.bbc.co.uk/bitesize/subjects/zwxhfg8">https://www.bbc.co.uk/bitesize/subjects/zwxhfg8</a></p>
<b>Art</b>	<p>Research Roman buildings.</p> <p>Can you have a go at drawing them? Think about your sketching and shading skills you used before Christmas. We looked at line and tone. Can you use this to add detail to your pictures?</p>
<b>PE</b>	<p>Login to <a href="https://platform5.imoves.com/sign-up">https://platform5.imoves.com/sign-up</a> using your parent/carers email address. Once logged in, complete at least one active blast and one well being activity per day. Also, complete at least one dance lesson of your choice per week. Send in pictures or videos of you completing these activities on Seesaw.</p> <p>Follow the link <a href="https://primarypeplanning.com/home-pe-mini-muay-thai/">https://primarypeplanning.com/home-pe-mini-muay-thai/</a> and complete the Year 3, 4, 5 and 6 Mini Muay Thai activities before you return to school.</p>
<b>MfL</b>	<p>Spanish- Common verbs</p> <p><a href="https://www.languageangels.com/homeschool/">https://www.languageangels.com/homeschool/</a></p> <p>Username: TheGra1740 Password: lahome</p> <p>Entry level challenge</p> <p>Puedo – I can</p> <p>Lesson 1 to 5 – We have looked at lesson 1 in class but you can use this to recap.</p>

## Suggested time table

	Monday	Tuesday	Wednesday	Thursday	Friday
Lesson 1	English	English	English	English	English
Lesson 2	Picture news	Computing	Reading	Spelling	PE
Break	Break	Break	Break	Break	Break
Lesson 3	Maths	Maths	Maths	Maths	Maths
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Lesson 4	History	Science	Art	Spanish	RE

We understand that some parents may be working at home and therefore there are no set times for these tasks – do them when you can, when it fits into your family timetable. The times given are suggestions. Children should be spending an hour a day on each subject. If they finish much quicker then they may need to review their work, add more detail or present it in their best handwriting.

**Reading**

**Writing**

- Lesson 1 <https://classroom.thenational.academy/lessons/to-identify-the-features-of-an-explanation-text-6tgk2r>
- Lesson 2 <https://classroom.thenational.academy/lessons/to-explore-compound-words-6wwpat>
- Lesson 3 <https://classroom.thenational.academy/lessons/to-explore-using-apostrophes-for-plural-possession-cgvk2d>
- Lesson 4 <https://classroom.thenational.academy/lessons/to-understand-and-sequence-how-bees-make-honey-cgwk2c>
- Lesson 5 <https://classroom.thenational.academy/lessons/to-develop-a-rich-understanding-of-words-associated-with-trying-hard-cdk66r>
- Lesson 6 <https://classroom.thenational.academy/lessons/to-use-precise-vocabulary-71k34t>
- Lesson 7 <https://classroom.thenational.academy/lessons/to-practise-and-apply-knowledge-of-compound-words-including-test-cdjk4d>
- Lesson 8 <https://classroom.thenational.academy/lessons/to-orally-explain-a-process-6mt3gd>
- Lesson 9 <https://classroom.thenational.academy/lessons/to-plan-an-explanation-text-69hpcr>
- Lesson 10 <https://classroom.thenational.academy/lessons/to-write-the-introduction-to-an-explanation-text-cct68r>
- Lesson 11 <https://classroom.thenational.academy/lessons/to-write-the-first-section-of-an-explanation-text-64rkee>
- Lesson 12 <https://classroom.thenational.academy/lessons/to-edit-an-explanation-text-6rvket>
- Lesson 13 <https://classroom.thenational.academy/lessons/to-write-the-second-section-of-an-explanation-text-68wkcr>
- Lesson 14 <https://classroom.thenational.academy/lessons/to-develop-reading-for-pleasure-through-book-recommendations-crrp8t>

**SPAG**

**Sentence work**

- Lesson 1 <https://classroom.thenational.academy/lessons/to-explore-simple-sentences-cmwp8r>
- Lesson 2 <https://classroom.thenational.academy/lessons/to-explore-compound-sentences-6wt3jt>
- Lesson 3 <https://classroom.thenational.academy/lessons/to-revise-compound-sentences-c4t3jd>
- Lesson 4 <https://classroom.thenational.academy/lessons/to-explore-complex-sentences-60t66c>
- Lesson 5 <https://classroom.thenational.academy/lessons/to-explore-complex-sentences-c8r34r>

**Spellings**

- Lesson 1 <https://classroom.thenational.academy/lessons/to-investigate-suffixes-past-and-present-tense-6nhkj>
- Lesson 2 <https://classroom.thenational.academy/lessons/to-practise-and-apply-knowledge-of-suffixes-past-and-present-tense-including-a-test-61h3ce>
- Lesson 3 <https://classroom.thenational.academy/lessons/to-investigate-more-suffixes-past-and-present-tense-cn30t>
- Lesson 4 <https://classroom.thenational.academy/lessons/to-practise-and-apply-knowledge-of-more-suffixes-past-and-present-tense-including-test-ctj68c>

**S&L**

Read aloud to someone in your house.  
Record your reading and put it on Seesaw.

# Words to practice spelling.

	Look	Say	Cover	Write	Check	Correction
accept						
except						
affect						
effect						
aloud						
allowed						
weather						
whether						
whose						
who's						

Write the word 5 times practising your handwriting

Complete a word pyramid for each word

Can you illustrate the word? What picture could you draw?

Write the words in a sentence



# Handwriting



## Continuous Cursive Handwriting Practice

Practise your weekly spelling words using continuous cursive handwriting.

accept

except

affect

effect

abound

allowed

weather

whether

whose

who's



# Times tables/Number bonds.



$28 \div 7 =$	$1 \times 2 =$	$121 \div 11 =$	$4 \times 1 =$	$63 \div 7 =$	$4 \times 5 =$
$3 \times 1 =$	$12 \div 6 =$	$9 \times 12 =$	$99 \div 9 =$	$6 \times 1 =$	$18 \div 2 =$
$56 \div 8 =$	$4 \times 3 =$	$44 \div 11 =$	$11 \times 7 =$	$54 \div 6 =$	$3 \times 9 =$
$5 \times 1 =$	$55 \div 5 =$	$5 \times 5 =$	$45 \div 5 =$	$2 \times 7 =$	$18 \div 6 =$
$32 \div 8 =$	$6 \times 3 =$	$70 \div 7 =$	$2 \times 11 =$	$9 \div 9 =$	$1 \times 7 =$
$5 \times 3 =$	$24 \div 8 =$	$7 \times 5 =$	$22 \div 2 =$	$7 \times 9 =$	$40 \div 5 =$
$8 \div 8 =$	$10 \times 1 =$	$20 \div 2 =$	$6 \times 5 =$	$40 \div 8 =$	$8 \times 11 =$
$9 \times 1 =$	$48 \div 8 =$	$3 \times 10 =$	$110 \div 11 =$	$4 \times 7 =$	$20 \div 5 =$
$24 \div 3 =$	$6 \times 8 =$	$8 \div 4 =$	$10 \times 7 =$	$30 \div 5 =$	$10 \times 11 =$
$11 \times 1 =$	$9 \div 1 =$	$11 \times 5 =$	$27 \div 3 =$	$4 \times 11 =$	$48 \div 8 =$
$84 \div 12 =$	$12 \times 12 =$	$12 \div 12 =$	$12 \times 7 =$	$49 \div 7 =$	$12 \times 11 =$
$2 \times 1 =$	$120 \div 12 =$	$6 \times 7 =$	$80 \div 10 =$	$1 \times 10 =$	$10 \div 2 =$
$48 \div 4 =$	$9 \times 11 =$	$88 \div 8 =$	$2 \times 8 =$	$54 \div 9 =$	$7 \times 6 =$
$11 \times 4 =$	$72 \div 12 =$	$5 \times 9 =$	$88 \div 8 =$	$2 \times 4 =$	$54 \div 6 =$
$40 \div 10 =$	$4 \times 4 =$	$45 \div 9 =$	$6 \times 9 =$	$48 \div 6 =$	$9 \times 5 =$
$5 \times 2 =$	$77 \div 11 =$	$12 \times 1 =$	$32 \div 8 =$	$3 \times 6 =$	$54 \div 9 =$

$36 \div 12 =$	$6 \times 4 =$	$56 \div 8 =$	$12 \times 3 =$	$88 \div 11 =$	$8 \times 4 =$
$7 \times 2 =$	$64 \div 8 =$	$2 \times 10 =$	$5 \div 1 =$	$1 \times 8 =$	$48 \div 12 =$
$3 \div 3 =$	$6 \times 10 =$	$12 \div 2 =$	$12 \times 4 =$	$77 \div 7 =$	$8 \times 2 =$
$10 \times 4 =$	$8 \div 8 =$	$3 \times 12 =$	$4 \div 2 =$	$12 \times 8 =$	$28 \div 7 =$
$24 \div 3 =$	$9 \times 6 =$	$30 \div 10 =$	$3 \times 2 =$	$8 \div 2 =$	$9 \times 10 =$
$11 \times 2 =$	$42 \div 7 =$	$5 \times 12 =$	$18 \div 6 =$	$11 \times 10 =$	$24 \div 8 =$
$66 \div 11 =$	$10 \times 10 =$	$24 \div 4 =$	$7 \times 10 =$	$9 \div 3 =$	$10 \times 8 =$




## Day 1 Converting metres and kilometres

Watch <https://www.bbc.co.uk/bitesize/topics/z4nsgk7/articles/zqf4cwx>

Then do the activities.

### Unit 4


### Measure – perimeter




In this unit we will ...

- ⚡ Convert between kilometres and metres
- ⚡ Find perimeters of shapes
- ⚡ Work out missing lengths
- ⚡ Find solutions involving perimeter

Do you remember how to measure length using squares? How long is this line?







We will need some maths words. Which of these are new?

length	width	perimeter
distance	rectangle	square
rectilinear shape	centimetre (cm)	
metre (m)	kilometre (km)	
equivalent to		

What do you remember about the sides of a rectangle and a square?

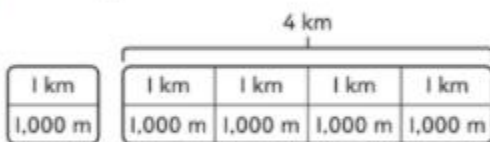





- 1 a) How many metres away is the station?
- b) Complete a bar model to show your answer.

### Think together

- 1 How many metres is it to the beach?



$4 \times 1,000 \text{ m} = \square \text{ m}$

The beach is  metres away.

Day 2 Perimeter on a grid

[Autumn Week 9 - Measurement: Length & Perimeter | White Rose Maths](#)

Watch **Measure Perimeter**

Watch **Perimeter on a Grid**

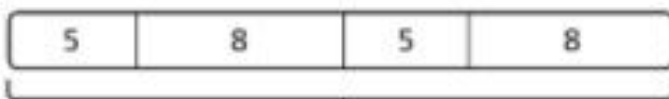
Complete the activities



- 1** a) How far will Amelia swim?
- b) Another pool is a square shape with a side length of 4 m. What is the distance around this pool?

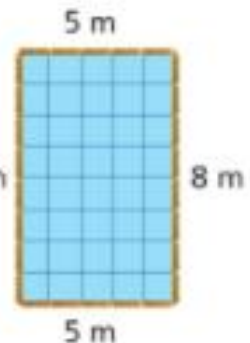
## Think together

- 1** A swimming pool is 8 m long and 5 m wide. What is the distance around this swimming pool?



$$5 + 8 + 5 + 8 = \square$$

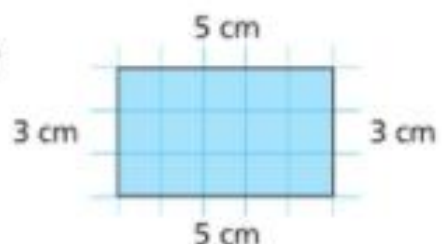
The perimeter is  m.



- 2** What is the perimeter of this rectangle?

$$5 + 3 + 5 + 3 = \square$$

The perimeter is  cm.



Day 3 [Autumn Week 9 - Measurement: Length & Perimeter](#) | White Rose  
[Maths](#) Watch **Perimeter of a rectangle**  
 Then complete the activities

**Discover**



- 1 a) Will the coloured lights fit all the way around the mirror?  
How do you know?
- b) Lexi has another mirror that is the same height, but a different width.  
The lights fit around it perfectly. What is its width?

**Think together**

- 1 The lanterns fit exactly around the perimeter of the garden.

How long are the lanterns?

7 m	7 m	4 m	4 m
? m			



$7 + 7 + 4 + 4 = \square$

The perimeter is  $\square$  m.

The lanterns are  $\square$  m long.

162

- 2 The perimeter of a mirror is 160 cm.  
Its height is 45 cm.

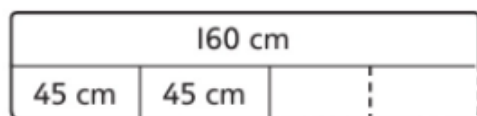
What is its width?

$45 + 45 = \square$

$160 - \square = \square$

$\square \div \square = \square$

The width of the mirror is  $\square$  cm.

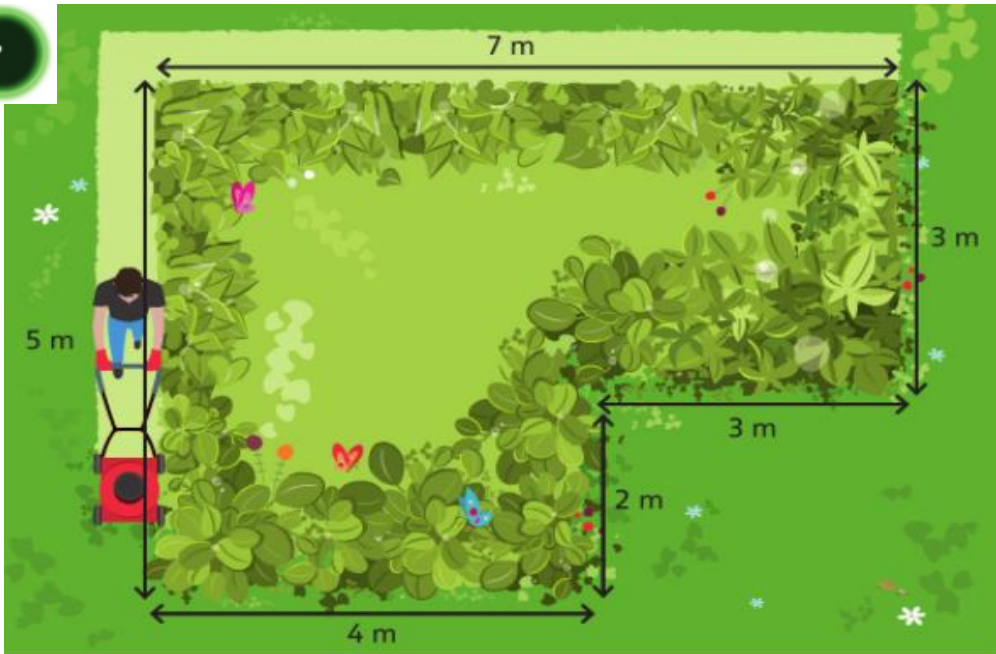


Day 4 [Autumn Week 9 - Measurement: Length & Perimeter](#) | [White Rose Maths](#)

Watch **Perimeter of rectilinear shapes**

Complete the activities

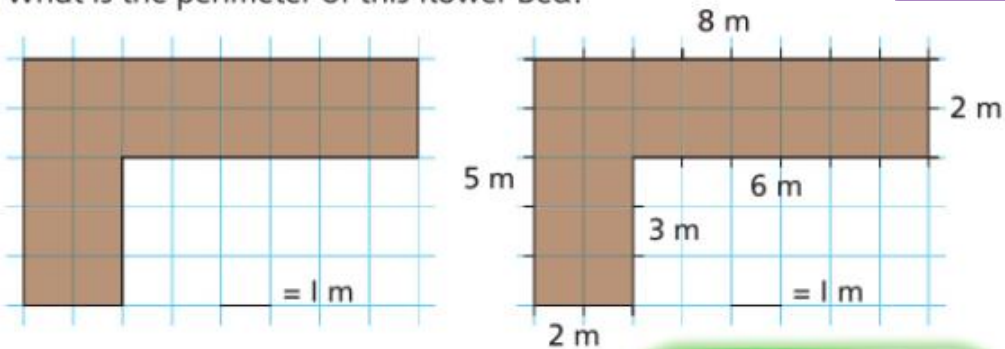
**Discover**



- 1 a) What is the perimeter of the flower bed?
- b) Draw a diagram for the shape of the flower bed on squared paper.

- 1 What is the perimeter of this flower bed?

**Think together**



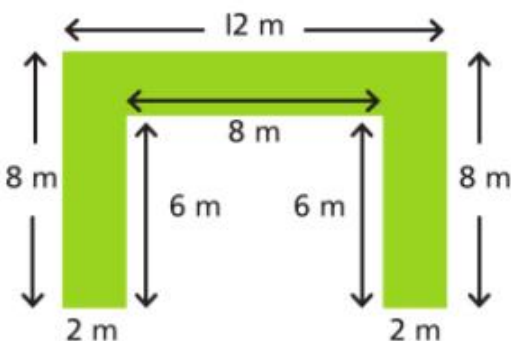
$8 + 5 + 2 + 3 + 6 + 2 = \square$

The perimeter of the flower bed is  $\square$  m.

I will count the square lengths to find each measurement.



- 2 What is the perimeter of this lawn?



I can see some combinations of numbers that will help me add them quickly.



The perimeter of the lawn is  $\square$  m.

Day 5 <https://www.bbc.co.uk/bitesize/articles/z9ymjsg>  
Perimeter of rectilinear shapes

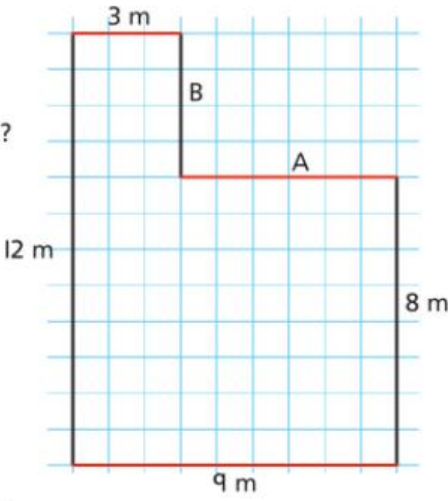
## Discover



- 1 a) How long is side A?  
b) What is the perimeter of the penguin pond?

## Think together

- 1 a) What is the length of side A?  
Side A + 3 is the same as 9.  
 - 3 =   
Side A is  m long.



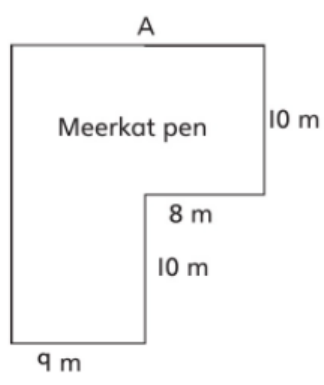
- b) What is the length of side B?  
Side B =  -  =   
Side B is  m long.

I wonder if I could use my number facts to check I've added the lengths of the sides correctly.



- c) What is the perimeter of the fence?  
 $12 + 9 + 8 + \text{} + \text{} + 3 = \text{}$   
The perimeter is  m.

- 2 What is the perimeter of the meerkat pen?  
Side A =  +   
=  m  
Perimeter = \_\_\_\_\_ 20 m  
=   
The perimeter of the pen is  m.



Maths	Number	<p>Learn your 3,4 and 8 times tables.  TTRS- log on to Timetables Rockstars  Practice your speed on..  <a href="https://www.timestables.co.uk/speed-test/">https://www.timestables.co.uk/speed-test/</a>  Practice on:  <a href="https://www.timestables.co.uk/multiplication-tables-check/">https://www.timestables.co.uk/multiplication-tables-check/</a></p>
		<p><b><u>Multiplication and Division</u></b></p>
		<p>For this unit of work we will be using Oak Academy</p>
<p>Day 6 11.1.2021</p>		<p>Lesson 1: Multiplication and Division  <a href="https://classroom.thenational.academy/lessons/multiplication-and-division-64r32e">https://classroom.thenational.academy/lessons/multiplication-and-division-64r32e</a></p>
<p>Day 7 12.1.2021</p>		<p>Lesson 2: Representing word problems using bar models  <a href="https://classroom.thenational.academy/lessons/representing-word-problems-using-bar-models-c4wpae">https://classroom.thenational.academy/lessons/representing-word-problems-using-bar-models-c4wpae</a></p>
<p>Day 8 13.1.2021</p>		<p>Lesson 3: Representing 2-step word problems  <a href="https://classroom.thenational.academy/lessons/representing-2-step-word-problems-6nhkgt">https://classroom.thenational.academy/lessons/representing-2-step-word-problems-6nhkgt</a></p>
<p>Day 9 14.1.2021</p>		<p>Lesson 4: Deriving multiplication facts  <a href="https://classroom.thenational.academy/lessons/deriving-multiplication-facts-c9k32r">https://classroom.thenational.academy/lessons/deriving-multiplication-facts-c9k32r</a></p>
<p>Day 10 15.1.2021</p>		<p>Lesson 5: Deriving division and multiplication facts  <a href="https://classroom.thenational.academy/lessons/deriving-division-and-multiplication-facts-6nk62t">https://classroom.thenational.academy/lessons/deriving-division-and-multiplication-facts-6nk62t</a></p>

Skill focus: Making inferences

## Opening night

Tim took another deep breath. Inside his chest, he could feel his heart pounding like a bass drum. Again, he took slow, deep breaths and picked up his script. Flicking through the pages, he read through his lines quietly to himself, mumbling under his breath. All his hard work over the last few months had been for tonight. Crossing his fingers tightly, he wished for good luck.

“Tim, are you ready? You’re on in 2 minutes,” said Mr. Smith.

“I think so, Sir,” said Tim in a shaky voice.

“Don’t worry, you’ll be fine, Tim. Break a leg!”

Slowly, Tim stood up and made his way towards the heavy, red velvet curtain. He pulled it to the side and stepped through.

- How do you think Tim is feeling at the beginning of the text?
- Explain how you know how he is feeling.
- What do you think Tim is waiting to do?
- What clues told you what Tim might be doing?
- Who do you think Mr. Smith is?
- Do you think “Opening Night” is a good title? Why?
- If you had to give this text a different title, what would you call it?



## BIG BEN GETS A BATH!

People from all over the world come to London and visit Big Ben but one week this August, they would have seen an unusual sight!

Five highly-trained abseiling experts started cleaning all four clock faces on 18<sup>th</sup> August. It will be the clock's first scrub for 4 years. Experts think it will take a week to complete the cleaning so long as the weather stays fine.

The Houses of Parliament clock (nicknamed Big Ben), which was built in 1859, will also be checked for damage to the dials. Each clock face is made up of 312 pieces of opal glass, which must be treated carefully. The hands of the clock were made in copper because it is lighter than other metals.

### DID YOU KNOW?

Big Ben's real name is the Great Clock of Westminster which is at the top of the Elizabeth Tower (named after the Queen). The Elizabeth Tower is part of the Houses of Parliament.

To keep the climbing cleaners safe, the clock's hands have been frozen in the midday position.

1. Where is Big Ben?
2. What year was Big Ben last cleaned in?
3. Over 250 pieces of glass are used in Big Ben. True or false?
4. What material was chosen to make the hands of the clock and why?
5. How have they made sure the cleaners will not be in danger?
6. How many days will it take to finish the job?
7. What is the correct name for the building the clock is at the top of?















# Isolation Diary Week 2



Success Criteria

**can include time adverbials:** Earlier this morning, first, next, afterwards, then, finally, this afternoon, this evening, today.

Day 5

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# Online links to learning



## Spellings

<https://www.bbc.co.uk/bitesize/topics/zqqsw6f>

## Sentences

<https://www.bbc.co.uk/bitesize/topics/z88t97h>

## Geography Settlements

<https://www.bbc.co.uk/bitesize/topics/zx72pv4/articles/zrbvjhv>

## History Roman Britain

<https://www.bbc.co.uk/bitesize/topics/zqtf34j>

## Times tables

<https://www.topmarks.co.uk/maths-games/hit-the-button>

## Newsround

<https://www.bbc.co.uk/newsround>

White Rose Hub

Go to [whiterosemaths.com](http://whiterosemaths.com)  
Or google White rose maths.  
Click on the menu,  
Click on home learning  
Click on year 4.





# Picture News



Two notebooks thought to be worth millions of pounds, belonging to the scientist Charles Darwin, have been reported stolen from Cambridge University Library 20 years after they were last seen. One of them contains Darwin's famous 1837 Tree of Life sketch in which he explored the historical evolution of species.

*Things to talk about at home...*

- 🧐 What is your earliest memory?
- 🧐 Discuss your favourite and least favourite memories.
- 🧐 Ask someone you live with about their memories.
- 🧐 Do you think it is important for us to have memories? Do you think they help us? If so, how?

*Please note any interesting thoughts or comments here...*



*Share your thoughts and read the opinions of others on our discussion board: [www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)*





# Picture News



It is thought that thousands of pets were 'panic bought' at the start of the first lockdown. The Battersea Dogs and Cats Home charity have warned that the number of dogs abandoned over the next five years could increase by 27%. The charity, which rehomes animals in London and the surrounding area, surveyed 2,000 dog and cat owners who acquired a new pet during the national lockdown. It found 31% had done so despite not having considered getting a dog or cat before.

## Things to talk about at home...

- Do you have any pets? If you do, do you enjoy being a pet owner? How do you take care of your pet? Is it a lot of work? If not, would you like to own a pet?
- Why do you think lots of people may have bought pets at the start of the lockdown period?
- Do you think that there should be age restrictions or other rules on who can buy pets?

Please note any interesting thoughts or comments here...



### Resource 2

Look at the resource below, where some people share why they have their pet.

I bought two guinea pigs for my children because I wanted them to learn to be responsible. They have to feed them, clean them out, care for them and they have to use some of their pocket money to pay for their food and bedding. I think it has also taught them to be gentle and caring.

Simon

I live on my own and couldn't imagine being without my cat, Sacha. She sits on my lap most evenings whilst I read or watch TV. She definitely stops me from feeling lonely.

Margaret



I have a dog because I love animals and I love exercise! My dog joins me on all my walks and runs and he makes sure I actually go!

John

Can you think of any other reasons why someone might have a pet?

I have an aquarium full of tropical fish. It looks beautiful in my lounge and is often the topic of conversation when I have visitors.

Colleen

I keep hens in the garden. They are very friendly and I enjoy looking after them. I also get fresh eggs!

Gwen





# The Active Alphabet



# SPELL YOUR NAME

## & DO THE WORKOUT!

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- |                                |                                |
|--------------------------------|--------------------------------|
| <b>A:</b> 15 PUSHUPS           | <b>N:</b> 10 PUSHUPS           |
| <b>B:</b> 50 JUMPING JACKS     | <b>O:</b> 20 LUNGES            |
| <b>C:</b> 20 CRUNCHES          | <b>P:</b> 10 TRICEP DIPS       |
| <b>D:</b> 10 BURPEES           | <b>Q:</b> 20 JUMPING JACKS     |
| <b>E:</b> 60-SECOND WALL SIT   | <b>R:</b> 60-SECOND PLANK      |
| <b>F:</b> 20 ARM CIRCLES       | <b>S:</b> 30 BICYCLE CRUNCHES  |
| <b>G:</b> 20 SQUATS            | <b>T:</b> 60-SECOND WALL SIT   |
| <b>H:</b> 30 JUMPING JACKS     | <b>U:</b> 40 HIGH KNEES        |
| <b>I:</b> 60-SECOND PLANK      | <b>V:</b> 30 SQUATS            |
| <b>J:</b> 20 MOUNTAIN CLIMBERS | <b>W:</b> 15 TRICEP DIPS       |
| <b>K:</b> 40 CRUNCHES          | <b>X:</b> 10 MOUNTAIN CLIMBERS |
| <b>L:</b> 12 BURPEES           | <b>Y:</b> 12 JUMPING LUNGES    |
| <b>M:</b> 15 SQUAT JUMPS       | <b>Z:</b> 30 CRUNCHES          |

Can you spell your best friends name?  
Can you spell the name of your road?



# Word of the Week Recap



M T A L Z R Z K E C E A L O N  
N B F P Z Y L B H N T S Q Z G  
Z C A A P N I M I X I P N T C  
E X P L O R A T I O N I D J G  
K U Q N C J E R W G I R I Q E  
G F L S H F N C E D F E S U L  
Z O E F I G L O I T E I A P N  
P D Y M W Q G Q W A D H S E O  
E T P U R R E T N I T W T Q I  
S F F R A C T I O N P E R W P  
G N F P Y F Z N J S J Z O L H  
O X H E O S C F A J O V U P R  
P Y E D C M H V L E N N S J M  
V H I Y K T B V L J B L B G E  
T E W T E T C M Z W L N U R I

Can you find these words in the grid?

- ASPIRE
- DISASTROUS
- FRACTION
- DEFINITE
- GEOGRAPHY
- APPRECIATE
- DESCRIBE
- EXPLORATION
- INTERRUPT

These are all Words of the Week from last year. Can you correctly use each one in a sentence?

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# Word of the Week Recap



T P Q N L D M D S G H R L Q N  
L E L L A R A P F S O E A M O  
R Y C D C I U Q R S W S C O J  
L R T N W N C E C R E P I X W  
R Z F N I B D I C D V E S D P  
V L Z Q Y A E F G B E C Y E K  
Z T U G U N Y H G A R T H V G  
L E O S T R O F O A M F P T C  
U A R I M O N A R C H U Z Z O  
R E F N I N H C I A O L D E D  
P I S N R W F H Z N S L R F Q  
C A P X K K T Y Z U L Y P J U  
H W L K O A C H N M Y H Z W Y  
D F H M F D B O A U J L L S J  
G M C S E J U U O N T X N E Q

Can you find these words in the grid?

- INFER
- PARALLEL
- RESPECTFULLY
- MAGICIAN
- PERSUADE
- SCIENTIFIC
- HOWEVER
- MONARCH
- PHYSICAL
- UNIQUE

These are all Words of the Week from last year. Can you correctly use each one in a sentence?

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# English – Recapping objectives



<b><u>Adjectives</u></b> What are they?  Examples:	<b><u>Verbs</u></b> What are they?  Examples:	<b><u>Adverbs</u></b> What are they?  Examples:	<b><u>Inverted commas</u></b> What are they?  Examples:
<b><u>Conjunctions</u></b> What are they?  Examples:	<b><u>Prepositions</u></b> What are they?  Examples:	<b><u>Past tense</u></b> What is it?  Examples:	<b><u>Fronted adverbials</u></b> What are they?  Examples:



# English – Recapping objectives



This term, we are going to be looking at writing explanations.

An explanation text is a non-fiction text which describes a process, for example: the water cycle, how bees make honey or how a car is made.

By the end of the topic you will think of your very own invention, design it and then write an explanation of how it would work. Before we get there, we are going to need to practise writing explanations and understanding what makes a good explanation.

**Here are some key features of an explanation text:**

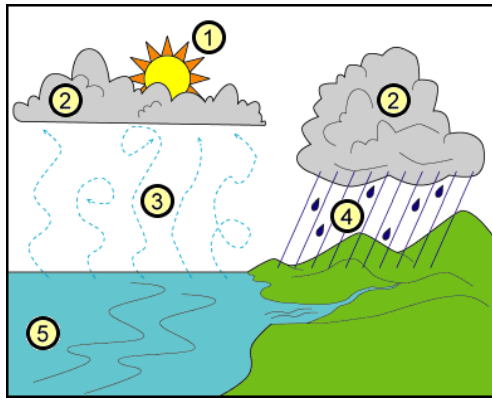
- Title
- Introduction
- Written in the present tense
- Opening statement
- Sub headings
- Time adverbials such as: first, next, after that, then, finally )
- Pictures with captions
- Diagrams
- Casual conjunctions e.g. Because, so, this causes, this results in, therefore

**Read through the examples of explanations below. Can you find the features of an explanation text? You can highlight, underline, label or circle the features you find.**

## The water cycle

The water cycle is also known as the hydrological cycle. There is the same amount of water on the Earth now as there was when the Earth began. The water cycle is how the earth's water recycles itself.

The cycle includes [precipitation](#), [evaporation](#), [condensation](#), and [transpiration](#). Earth's water keeps changing from liquid water to vapour and then back again. This cycle happens because of the sun's heat and gravity.



### How does the Water Cycle work?

1. First of all, water [molecules](#) from lakes, rivers, streams, reservoirs, and the sea get heated up by the sun and then turn into vapour that rises into the air.

2. Next, these water molecules form into clouds, this is because a process called condensation occurs.

3. When the air and the water cool, they form drops of water which then fall to the earth as rain. If they are frozen, they become snow or sleet.

4. Once the water reaches the ground, it can flow across the land until it reaches rivers, lakes, streams, or the sea.

It can also sink into the ground and flow because of gravity through gaps in rock, gravel and sand. Because of this, it reaches these bodies of water too.

5. Now the cycle begins again, when water is evaporated once more.

### Why is water important?

Many of us think water will always be there for us when we want it. Without water, living things would die. You will die if you go without water for more than a week. Plants will die without water and that would kill all of the animals that eat the plants.

## How to Fly a Hot Air Balloon

A hot air balloon consists of a basket, four big gas tanks, a burner and the balloon or 'envelope'.

First, the pilot puts four nylon poles into sockets on top of the basket. Then she puts the burner on top of the poles. Next, she connects the cables to the burner frame. The cables also go under the basket in order to hold everything together.

After this, she connects the hoses from the full gas tanks to the burner so that she can test it.

Next, two people hold the mouth of the balloon open while it is filled with cold air from the fan until it is quite fat and tight.

Now for the difficult bit. The pilot lies on the ground, half in the basket. She turns on the gas burner and points the flame into the 'mouth' of the balloon. This is so that the balloon slowly stands up.

When the pilot is ready to go, she heats up the air in the balloon a bit more. This results in the air in the balloon to be hot enough to get the balloon to rise off the ground.



## How Do Flowering Plants Grow?

Have you ever wondered how plants grow? Then, read on...  
This fascinating leaflet will explain how the plant lifecycle works.

Plants begin life as a seed. If the seed has water and warmth, it germinates (starts to grow). First, a root appears, which grows down into the soil. After that, a pale, leafless shoot pushes up towards the light.



a germinating seed



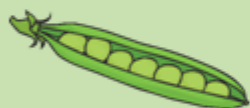
a young seedling a growing plant

As soon as the plant's tiny shoot is tall enough, it produces green leaves at the top. These are the factory of the plant that use sunshine and water to create food to build more leaves, the stem and flowers. This is an important process called photosynthesis. Plants couldn't exist without it!

Because the flowers' petals are brightly coloured, they attract insects such as bees. Inside each flower, minute grains of pollen are found on short stalks. The bees come to collect this pollen for their food. As they continue from plant to plant, some of it brushes off and falls into other flowers. This is called pollination. As a result, pollen mixes with tiny egg cells and this makes a seed.



a bee collecting pollen from a flowering plant



a seed pod

Once the flower has been pollinated, the coloured petals fall off. Then, the base of the flower starts to swell up into a fruit as the seeds grow.

Eventually, the fruit ripens and the seeds are released. This is called seed dispersal. This means that the whole cycle can begin again as a new plant rapidly starts to grow.



a dried-out seed pod