



Year 4 - Home Learning - 08.06.2020



Please complete these 6 challenges this week. You may wish to record, present and save your work within your HWB account.

Remember to do a little and often and not leave each challenge for the last day.

Daily Dos

- 9am Joe Wicks workout.
- Read a book on Bug Club Reading.
- 30 minutes of Active Learn.

Useful Links

- 9.30am on Facebook - Steve Backshall answering questions on Geography, wildlife, biology and conservation.
- 11.00am on Youtube - Maddie Moate chatting about science and nature.
- 11.00am - David Walliams free story time. www.worldofdavidwalliams.com
- 11.30am on Facebook - Oti Mabuse dancing.
- All day on www.themathsfactor.com - Carol Vorderman mathematics activities.

Language, Literacy and Communication

- Amongst many of the things COVID-19 has robbed us of is a 2020 sports day :(So we are having a "Home Sports Day" theme :) For Literacy, you will need to generate a set of instructions for a sports day event. This week, your task is to orally rehearse your instructions.
- You will need to:
- decide on an event to write instructions for (remember this is your sports day so get creative!).
- consider the equipment required, the method and any "top tips" people might need to know.
- orally rehearse, using appropriate language, vocabulary and grammar.
- video your oral presentation and upload it to your folder.

Mathematics

- See [activelearn>mystuff>abacus>Homeworksheet 4.19](#)

Science and Technology

- Investigate the effect of physical activity on heart rate.
- Before you exercise, measure your heart rate at rest for 1 minute.
- Exercise for 5 minutes, when finished measure your heart rate again for 1 minute.
- Measure your heart rate for a minute every 3 minutes until your heart rate returns to its "resting heart rate".
- Plot your results on a graph and save it into your folder.
- *e-safety link:*
<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-8-10s-home-activity-sheet-5.pdf>

Humanities

- Did you know there are many famous male and female Welsh sports stars and Olympians?
- Research one or two of these famous Welsh sports stars and/or Olympians.
- Create a fact file: full name; age; place of birth; specialism/events; etc.
- You could make a timeline of their career/life.
- Remember we'll be researching this person/these people for two weeks. You could start a PowerPoint of your research and add to it next week possibly looking deeper into their influence on their sport/the wider world.

Expressive Arts

- Create a portrait of your chosen sports star/olympian.
- Use a photo as inspiration and decide on the materials you will use (feltips, crayons, pencil, collage, paint, etc.)

Health and Wellbeing

- This week, there is a link on the school website "Rights Respecting Activity".
- In here there is a slideshow for you all and activities based on the articles/rights we are focusing on at the moment