

Year 4 Home Learning update

Half term

Dear Year 4,

We hope that you are all ok and you have been finding the activities that we have sent home helpful.

As this week is half term we are sending home a few activities and games that you might want to do throughout the week. We hope you have a lovely, restful week and enjoy the nice weather.

Reading

We would like you to continue with your reading as it is extremely important; we have set up a half term reading challenge of different places or people to read to. Maybe try and see how many of these different challenges you can tick off over the week.

Half term reading challenge		
Read under a tree	Read to a grown up	Read using a torch
Read for 15 minutes in one go	Read to someone over the phone. (With your parents' permission)	Read whilst wearing a hat
Write your own....	Read on a comfy chair	Read outside
Read something that makes you laugh	Listen to someone read to you	Read with someone taking turns for each sentence.

You can tick them off once you have completed one.

Times tables

We would like you to continue to practise your times tables. We have set up a battle of the bands between Lisbon and Padua for the half term week. This will start on Monday 25th May and will finish on Friday 29th May. The winner will be announced in the next update.

We have also included some times table game that you might want to have a go at as well.

7 TIMES TABLE MULTIPLICATION AND DIVISION BOARD GAME

ROLL THE DICE AND WORK OUT THE MULTIPLICATION OR DIVISION YOU LAND ON. THE WINNER IS THE FIRST TO FINISH!

7 x 6 MISS A GO $70 \div 7$ 8×7

$70 \div 10$ 7×3 $14 \div 7$ 7×9

GO BACK TO START HELP A FRIEND $21 \div 7$ $7 \div 1$ GO FORWARD 1 SPACE GO BACK 2 SPACES

12×7 7×10 7×2 $28 \div 7$

$35 \div 7$ $49 \div 7$ $56 \div 7$ FINISH MOVE FORWARD 4 SPACES

7×4 MOVE BACK TO $42 \div 7$ 7×7 $77 \div 7$ 7×1

START 7×5 $84 \div 7$ 11×7 MOVE BACK TO $21 \div 7$ $14 \div 2$

$42 \div 7$ GO FORWARD 3 SPACES

9 TIMES TABLE MULTIPLICATION AND DIVISION BOARD GAME

ROLL THE DICE AND WORK OUT THE MULTIPLICATION OR DIVISION YOU LAND ON. THE WINNER IS THE FIRST TO FINISH!

9×5 MISS A GO $63 \div 9$ 9×1

$54 \div 9$ $90 \div 9$

3×9 $108 \div 9$ $27 \div 9$ 8×9

GO BACK TO START HELP A FRIEND GO FORWARD 1 SPACE GO BACK 2 SPACES

9×2 9×10 4×9

$18 \div 2$ $99 \div 9$ FINISH MOVE FORWARD 4 SPACES

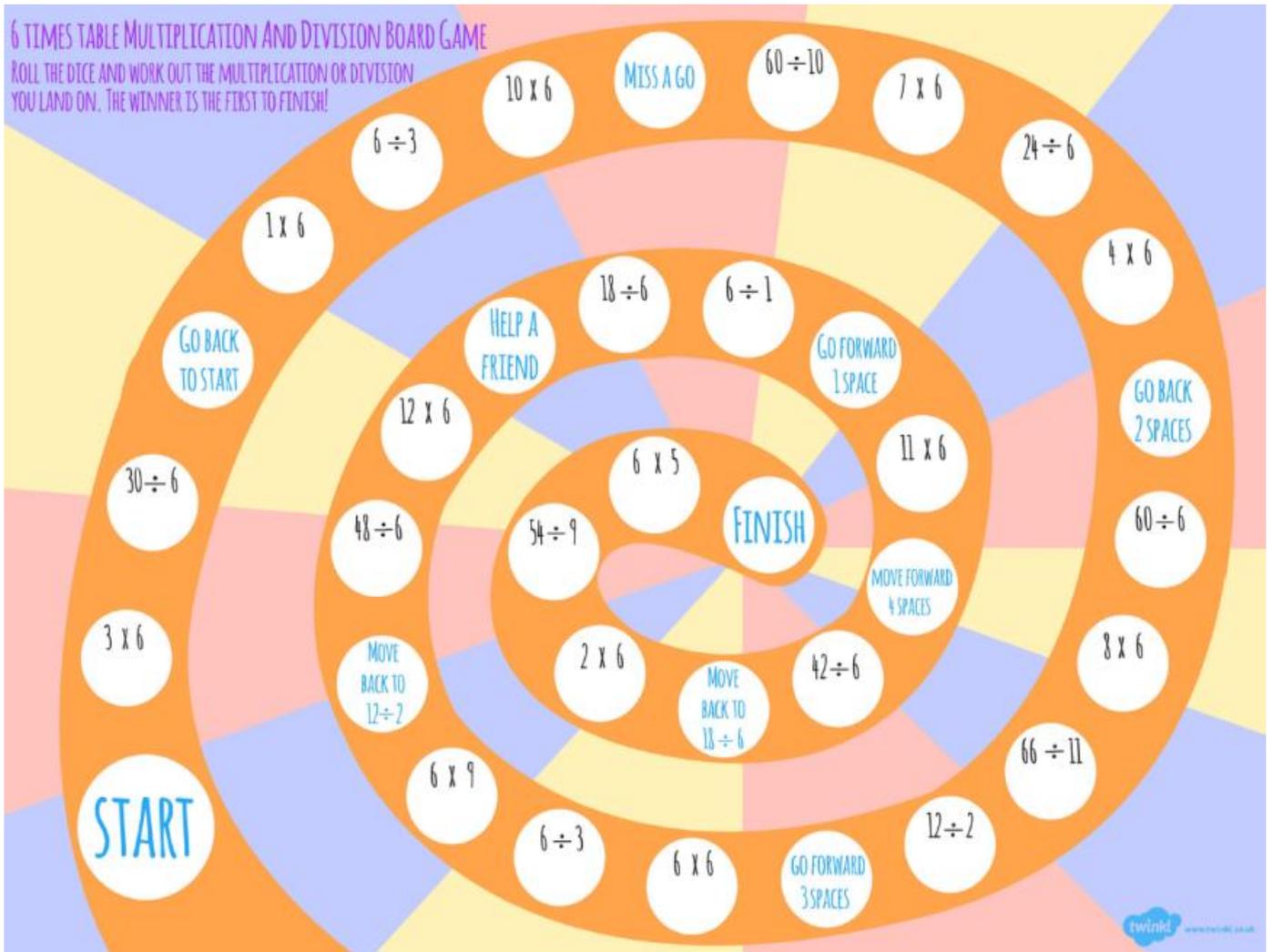
9×9 $72 \div 9$ 7×9 $36 \div 9$ 9×6

START MOVE BACK TO $45 \div 9$ 9×11 MOVE BACK TO $27 \div 9$ $99 \div 11$

$90 \div 10$ 9×12 GO FORWARD 3 SPACES $45 \div 9$

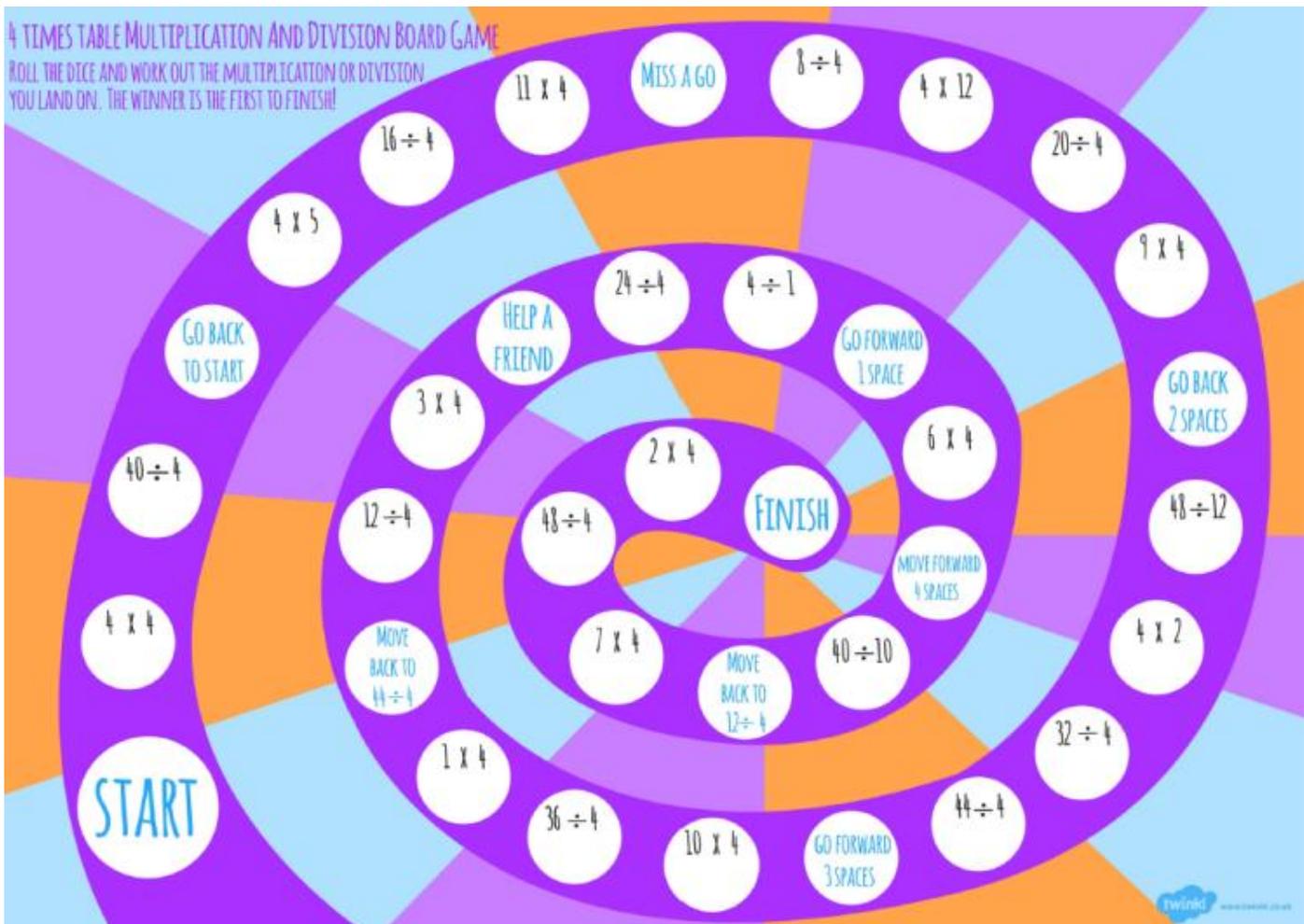
6 TIMES TABLE MULTIPLICATION AND DIVISION BOARD GAME

ROLL THE DICE AND WORK OUT THE MULTIPLICATION OR DIVISION YOU LAND ON. THE WINNER IS THE FIRST TO FINISH!



4 TIMES TABLE MULTIPLICATION AND DIVISION BOARD GAME

ROLL THE DICE AND WORK OUT THE MULTIPLICATION OR DIVISION YOU LAND ON. THE WINNER IS THE FIRST TO FINISH!



P.E

We have included some exercise cards written by Joe Wicks. We thought these could be nice things to try and complete outside and the children could try and create their own.

Joe Wicks: Active 8-Minute Workout 3

Walkouts

1. Start standing tall.
2. Place both hands on the floor and walk them out into a press-up position.
3. Tap each shoulder with the opposite hand one at a time.
4. Walk your hands back and stand up tall.

You can take out the shoulder-taps to make this less challenging.



Joe Wicks: Active 8-Minute Workout 3

Running on the Spot

1. Run as fast as you can on the spot.
2. Remember to pump your arms as you are running.

Try pressing the turbo button for the last 10 seconds.



Joe Wicks: Active 8-Minute Workout 3

Lateral Squats

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat.
3. Take a step to the right, staying low and squat again.
4. If there's space, repeat this - going the same way a few times.
5. Then squat and step to the left a few times.

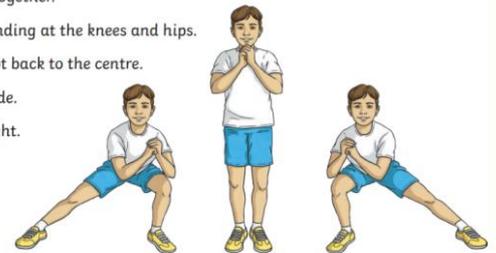
Remember to keep low and to have a straight back. This exercise will strengthen your quadriceps.



Joe Wicks: Active 8-Minute Workout 3

Side Lunges

1. Start with your feet together.
2. Lunge to one side, bending at the knees and hips.
3. Step your lunging foot back to the centre.
4. Lunge to the other side.
5. Keep your back straight.



Joe Wicks: Active 8-Minute Workout 3

In and Outs

1. Start in a press-up position.
2. Walk one foot in and then the other.
3. Walk one foot back out and then the other.

If your upper body starts to get tired, stop and shake out your arms for a few seconds.



We hope you have a lovely week,

Sarah and Shannon 😊