



St. Paul's home learning

Y4/5 w/c Monday 8th February 2021 Mrs Nolan

Take part in the #active21 Everyday try to spend 21 minutes exercising.

Daily Zoom call at 9:20 am

Counting breaths 1-2-3

- Encourage the children to focus on their breathing by counting the number of 'in' breaths and 'out' breaths.
- 'I am breathing in 1, I am breathing out 1, I am breathing in 2, I am breathing out 2...'. Encourage them to continue do this until they reach number 10.

Attitude of gratitude

- Ask the children to focus on their breathing. If they want to, they can close their eyes.
- Encourage them to think of one thing that they are grateful for and encourage them to keep this image in their mind.
- Ask them to notice any feelings or sensations that arise.
- Continue this for a few minutes.
- You could also run this as a writing activity, using the following sentence starters:
 - Something I am grateful for today is...
 - The best thing that happened today was...
 - Something I did well today was...
 - I'll make the rest of the day great by...

Using the senses

- Remind the children of the five senses (seeing, hearing, smelling, touching and tasting).
- In this order, ask children to focus on one sense at a time, noticing:
 - Five things they see
 - Four things they hear
 - Three things they smell
 - Two things they can touch
 - One thing they can taste
- By focusing on one sense at a time, children will be able to reduce their anxiety.

Colour breathing

- Ask the children to sit or stand in a comfortable position. They can close their eyes if they wish.
- Ask the children to imagine their favourite colour, or a colour which helps them to feel calm.
- They are now going to take a breath in and imagine that they are breathing in this colour.
- As they breathe out, they are going to imagine blowing a bubble made of this colour.

You can repeat this process for a few minutes and encourage the children to see if they can take longer, slower, deeper breaths (both in and out) and blow larger imaginary bubbles.

Dear Elders,

Last week was Children's Mental Health Week but it is important to look after your mental health every week. I've left some of the breathing exercises on the grid and you may want to continue to write a gratitude diary thinking about all the things you are thankful for. Try to spend some time outside every day. There's a picture by Charlie Mackesy, on the last page, he said he was happy to share with children to colour in.

On Monday there is a Puzzle Piece to complete and display in your window-see the learning grid for more details.

"Safer Internet Day 2021" takes place on Tuesday, in ICT you will be looking at ways to use the internet safely.

Remember do what work you can, if you are finding a lesson really difficult you can watch the video again or pause it. The last few questions of the Maths worksheets are usually for the high challenge and can be tricky don't worry, if you can't do these, you can leave these if you want to. Thank you to everyone who has sent work, if you haven't yet sent any please send me at least one piece of work this week.

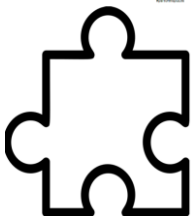
Take care,

Mrs Nolan

Please email Elders@constablelee.lancs.sch.uk if you have any questions and to send photos of some of your work.



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	Spelling/Grammar	English	Break	Maths fluency	Maths	Lunch	Topic session 1	Topic session 2
Mon	<p>Spelling: Challenge words Complete the activities on Spelling Shed. Write each of your words from spelling shed in your own sentence. Use an online dictionary such as Word Hippo if you need help understanding a word.</p> <p><u>Thesaurus and Word Tools WordHippo</u></p>	<p>Classic poetry The Listeners by Walter de la Mare https://classroom.thenational.academy/lessons/to-learn-about-a-poet-and-engage-with-the-poem-for-first-impressions-6hhk0t</p>		<p>Year 4 Maths on the Move Quiz 4. https://www.youtube.com/watch?v=PJpCAHibTOM&saf=active</p> <p>Get active you will need a bit of space around you it's a maths warm up combined with PE. or try Year 5 Maths on the Move Quiz 4. https://youtu.be/tF0hwKlyNas</p>	<p>Addition subtraction and measures</p> <p><u>Aut4.5.4 - Add two 3-digit numbers - crossing 10 or 100 on Vimeo</u></p> <p>The last few questions on the Maths worksheets are the high challenge you can leave these if they are too tricky.</p>		<p>PHSE Part of the puzzle (Print off or copy on paper) it's in our section of the learning grid. Fill the puzzle piece page with words, drawings or colours that represent you. This will symbolise that we all have a part to play during this difficult time and we are all part of the big picture. When you have completed your piece take a photo of it and email to Elders@constablelee.lancs.sch.uk Please display it in your window and see who else has shared their part of the puzzle in their</p> <p><small>Part of the puzzle</small></p>  <p>window!</p>	<p>Art Photography: Investigating light. https://classroom.thenational.academy/lessons/investigating-light-c4w6at</p> <p>You will need a device with a camera such as a phone, tablet for part of this session make sure you ask permission.</p>



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Tue Safer Internet Day	English- Word Class powerpoint. Watch the powerpoint and answer the quiz questions.	English - https://classroom.thenational.academy/lessons/to-use-strategies-to-identify-key-vocabulary-and-begin-to-understand-the-poem-further-6cw38t		Maths fluency Revise Multiplication Using a written method to calculate. 1) $45 \times 32 =$ 2) $54 \times 43 =$ 3) $24 \times 29 =$ 4) $39 \times 18 =$ 5) $34 \times 36 =$ Check your answers with a calculator.	Maths- Aut4.5.5 - Add two 4-digit numbers - one exchange on Vimeo The last few questions on the Maths worksheets are the high challenge you can leave these if they are too tricky.		ICT Safer Internet Day 2021 Watch the show and make a poster to explain how to use the internet safely. https://www.bbc.co.uk/programmes/m000s4wc	PE: Equipment you could use: Activity 1 Various objects to make into obstacles - cones, plastic bottles, balls, ropes, rolled up towel. Activity 2 Hoops or similar to mark out targets on the floor (you could maybe use chalk, skipping ropes or rolled up towels or T-shirts for this too). 10 balls made from crumpled- up paper. https://classroom.thenational.academy/lessons/running-over-obstacles-and-throwing-for-accuracy-70tp2t
Wed	Wednesday: New Word class quiz	English - https://classroom.thenational.academy/lessons/to-		Maths fluency Maths Fluency	Maths- Subtract a 3 digit number from a 3 digit number with exchange.		Science- Forces https://classroom.thenational.academy/lessons/which-factors-affect-an-objects-ability-to-float-ccv3ac	Music- https://classroom.thenational.academy/lessons/recognising-time-signatures-6rv36d



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		use-the-text-to-answer-questions-75k30d		Print out or just write your answers in your book/on paper.	Aut4.6.4 - Subtract a 3-digit number from a 3-digit number - exchange on Vimeo The last few questions on the Maths worksheets are the high challenge you can leave these if they are too tricky.			
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Thu	<p>Word class sheet</p> <p>Identify the word class of the words in the text. There is a low (one star), medium (two star) or high challenge (3 star)</p> <p>Answers are on the next sheet. You can mark your work when you have finished it.</p>	<p>English - https://classroom.thenational.academy/lessons/to-discuss-the-poets-choice-of-language-and-structure-71h6ac</p>		<p>Maths fluency:</p> <p>1) $7,058 - 3,042 =$</p> <p>2) $1,635 - 601 =$</p> <p>3) 1 thousand = _____ hundreds</p> <p>Mark your answers (shown on the video)</p>	<p>Maths- Aut4.6.5 - Subtract two 4-digit numbers - one exchange on Vimeo</p> <p>The last few questions on the Maths worksheets are the high challenge you can leave these if they are too tricky.</p>		<p>Science- Forces</p> <p>What impact do gears, levers and pulleys have on forces?</p> <p>https://classroom.thenational.academy/lessons/what-impact-do-gears-levers-and-pulleys-have-on-forces-60w3cd</p>	<p>RE Buddhism</p> <p>Why do Buddhists meditate?</p> <p>https://classroom.thenational.academy/lessons/why-do-buddhists-meditate-cthp2d</p>
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Fri	<p>Spelling quiz: On paper or using Spelling Shed. How many of your spelling words can you remember? Practice the words you spell incorrectly.</p>	<p>English- https://classroom.thenational.academy/lessons/to-identify-key-themes-in-the-poem-and-create-our-own-poem-with-a-similar-theme-65k66d</p>		<p>Complete a TT Rockstars soundcheck to test your knowledge of your times tables.</p> <p>Play online or Print out the Soundcheck sheet.</p> <p>Want to practice your times tables more? Go on Topmarks website and play Daily 10 or Hit the Button.</p> <p>Daily 10 - Mental Maths Challenge - Topmarks</p>	<p>Maths- Aut4.7.2 - Efficient subtraction on Vimeo</p> <p>The last few questions on the Maths worksheets are the high challenge you can leave these if they are too tricky.</p>		<p>Feelgood Friday: Wellbeing afternoon Choose an activity you love (Try to avoid screens!). Do something you enjoy!! Try to get outside for your #21minutes challenge see the Learning grid page for this week's activity ideas.</p> <p>I've included a sheet on the last page for mindfulness colouring. Image is courtesy of the artist Charlie Mackesy.</p>
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"What's the best thing you've
learned about storms?"

"That they end" said the
horse