Y4/5 w/c Monday 1st February 2021 Mrs Nolan

Express Yourself -Children's Mental health week

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

As a family, design outfits that express who you are individually!

Put on your favourite music and sing your favourite song!

Talk to someone at home about how you're feeling.

Spend time doing something that makes you happy!

Draw/paint your emotions - what colour are the different emotions to you?





Spend time with your family - play games, go for a walk or do something creative together.





Spend time doing something that helps make you calm.



Dress up in your favourite outfit!

Create (draw or build) a place you'd like to visit!









Daily Zoom call at 9:20 am

Dear Elders,

This week is Children's Mental Health Week. We are all going through a difficult time so it's even more important that you take time to enjoy the things that you love and find time in the day to relax.

On Friday you may wish to "dress to express" yourself for our zoom call-you could wear something that reflects your personality or hobbies.

I also wanted to say please don't worry if there is a lesson or a topic that you have found particularly difficult. Do what you can and then take a break if you are finding it tricky. The last few questions of the Maths worksheets are usually for the high challenge and are very tricky don't worry if you can't do these, you can leave these if you want to.

Please will you thank your parents/carers for me, they are all doing a fabulous job.

Take care,

Mrs Nolan

Elders@constablelee.lancs.sch.uk



Draw a picture of yourself and write on it the things that you

like about yourself!



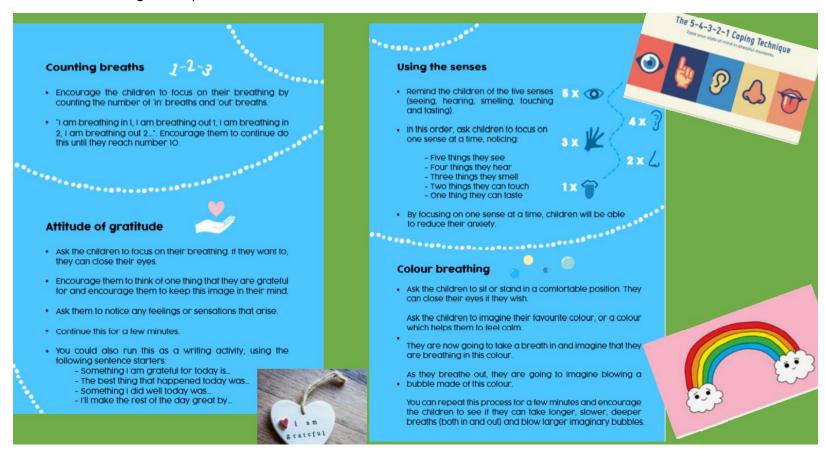


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Mindfulness Breathing Techniques/Activities







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	Spelling/Grammar	English	Break	Maths fluency	Maths	Lunch	Topic session 1	Topic session 2
Mon	Spelling: Challenge words	*Read any chapters that you have left		Year 4 Maths on the Move	Maths- Multiplication		ICT-	Art
	Complete the	Space School*		Quiz 3.	and area		Log on to Purple Mash and	Photography:
	activities on Spelling Shed.	Last week we read		Maths on the Move LIVE -	Spr4.1.2 - Multiply 3		complete a typing activity on 2Type.	https://classroo
	Write each of your	Space School. If you		<u>Year 4 - Quiz 3 -</u> Progressive Sports -	numbers on		Passwords are in your	m.thenational.ac
	words from spelling shed in your own	haven't read it please finish that first.		YouTube	Vimeo		reading record.	ademy/lessons/ an-introduction-
	sentence. Use an online dictionary such as Word Hippo if you need help understanding a word. Thesaurus and Word Tools WordHippo	Today we are going to think about and plan the different parts of a story. First, you will use the sheet to think about the different parts of Space School story and then plan your own Sci-Fi story.		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 3. Maths on the Move LIVE - Year 5 - Quiz 3 - TLE Sports Coaching - YouTube	Watch the videos and pause it and rewatch it where you need to. Then print the work sheet or you could screenshot it and write over it in notes or		Work is set as a 2do	to-photography- 6wrkct You will need a device with a camera such a phone, tablet for part of this session make sure you ask permission from
		Think about your main idea for your story.			write your answers on paper. There's a			your grown up.
		You will need to have a Beginning - intro characters, setting, a			questions sheet for everyday this week.			





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Tue	English- Reading comprehensio	futuristic gadget, resolution and ending. Use the Sheet "chunk a sci fi story" to plan your own sci fi story. Please could you ask a grown up to email your plan to elder@constablelee.lan cs.sch.uk	Tuesday fluency sheet Print out or just write your	The last few questions on the Maths worksheets are the high challenge you can leave these if they are too tricky. Maths- Spr4.1.5 -	PHSE: Draw Your Feelings -	PE: https://classroom.t
	Sir Tim Peake Print out or just write your paper.		answers in your book/on paper.	Written methods on Vimeo	Children's Mental Health Week 2021 - YouTube	henational.acade my/lessons/an- introduction-to- running-jumping- and-throwing- cgvkgc
Wed	Recap: Relative clauses https://classroom.thena tional.academy/lessons /to-develop-knowledge- of-relative-clauses- 6mu6ae	English - Use Roll on the wall sheet	Wednesday fluency sheet Print out or just write your answers in your book/on paper.	Maths- Spr4.2.2 - Multiply 2-digits by 1-digit on Vimeo	Science- Forces What are contact forces? https://classroom.thenational.ac ademy/lessons/what-are- contact-forces-74t3gc	Music- https://classroom.t henational.acade my/lessons/explori ng-5-beats-in-a- bar-cnj3je





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Use role on the wat to model your character's appearance (what they look like- on outside) and qualif (personality- on thinside). Think about how your main character would think, act, move.	ties ne			
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Thu	Using your setting	English -	Thursday fluency sheet	Maths-	Science- Forces	RE Buddhism
	description from last	In this lesson you are	Print out or just write your	Spr4.4.1 - What	What are non-contact forces?	
	week. Plan where your	going to write a story	answers in your book/on	is area? on	https://classroom.thenational.ac	https://classroom.t
	story is going to take	opening.	paper.	Vimeo	ademy/lessons/what-are-non-	henational.acade
	place. You could do this			VIIICO	contact-forces-6djkgd	my/lessons/which- festivals-do-
	as a drawing, by drawing	Think about how				buddhists-
	the setting and labelling it	actions, speech and				celebrate-cdhk0d
	or as a written plan or	thoughts are used to				Octobrato carittoa
	mind map.	introduce characters in				
		the opening of Space				
		School- crash course.				
		Write your story				
		opening thinking about				
		how you can introduce				
		your characters with				
		action and a little bit of				
		speech. Make sure you				
		use inverted commas				
		that we practised last				
		week. Think about how				
		you can use different				
		sentence openers (ly,				
		ed and ing) to make				
		your story interesting.				
		Use your plans to help				
		you.				
		l've attached a support				
		sheet to help with				
		sentence structure				
		ideas.				





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		T	
Here's my story opener I'm sure yours will be much better! With her head in her hands, Lucy stared out of the reinforced glass at the galaxy beyond. Brushing a strand of dark, curly hair from her eyes she tried to listen to her Dad. "Look at me when I'm speaking to you!" her father said gently. He explained that he knew she was missing her friends on earth but she might enjoy her time on the Peake			
time on the Peake spacecraft if she gave it more time.			
I'd love to read your story openings please email to elders@constablelee.lan cs.sch.uk			

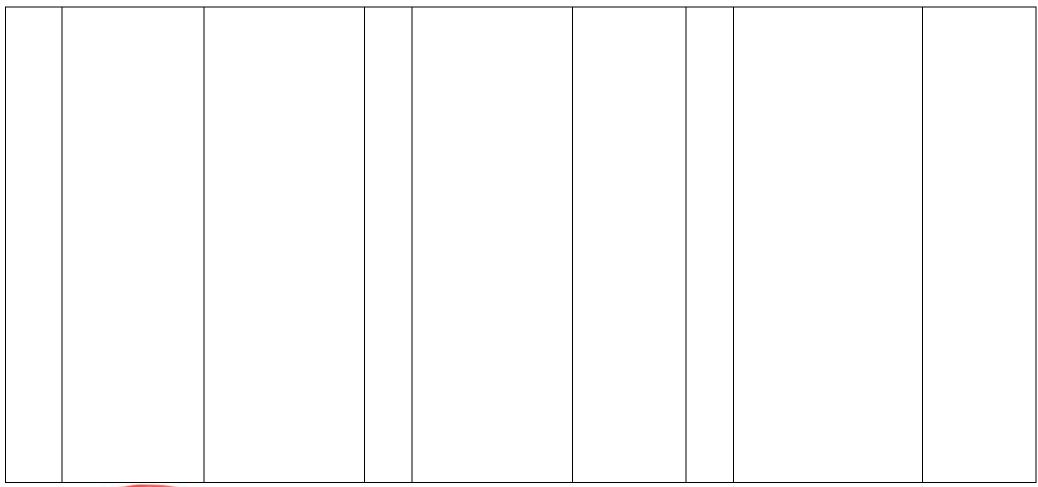




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Fri	Spelling quiz: On paper or using Spelling Shed. How many of your spelling words can you remember? Practice the words you spell incorrectly.	Read through and edit and improve yesterday's story opening. Today you are going to write the build up, resolution and ending of the story. Remember you can magpie ideas from space school. Keep looking at your plan. I've attached a support sheet to help with sentence structure ideas.		Complete a TT Rockstars soundcheck to test your knowledge of your times tables. Play online or Print out the Soundcheck sheet. Want to practice your timestables more? Go on Topmarks website and play daily 10 or Hit the Button. Daily 10 - Mental Maths Challenge - Topmarks	Spr4.4.4 - Comparing area on Vimeo		Feelgood Friday: Wellbeing afternoon Choose an activity you love (Try to avoid screens!).Do something you enjoy!! Relax and watch your calm down jar for a little while, how long does it take for all of the glitter to settle? Can you count how many breaths it takes before it all falls to the bottom of the jar?	
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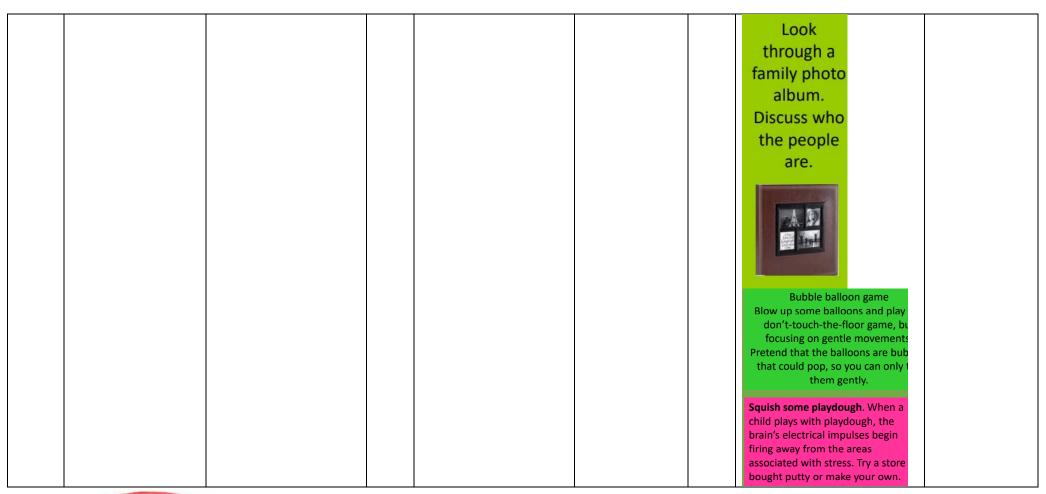




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			Walk in nature. Walking in nature has been proven to improve cognition and reduce stress. Taking a 15 minute walk in nature works can be just what your child needs.	

Send a photo of a piece of completed work once a week to Elders@constablelee.lancs.sch.uk (any day, once a week)

