



Week Beginning Monday 22nd June 2020

Weekly Spellings: Adding the prefix anti- (meaning 'against'): **antiseptic anticlockwise antisocial antidote antibiotic antivenom anti-ageing antifreeze**

Times Table Focus for the Week: I have set Rockstars so that children can practise all times tables, however, they must complete the MTC via the app before they can continue playing as usual. Please see my guidance letter via the app for information in completing the MTC.



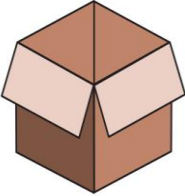



Practical STEM activities: See the table of 10 activities below which will help to develop children's science, technology, engineering and maths skills. These activities are easy to resource and provide children with the stimulus to talk about the world around them. If you see a link you can explore how to extend these activities, you will need to sign up, for free, to access these materials.

	Reading/Writing	Maths	Foundation	Physical
Mon	<p>Dealing with Change</p> <p>We're dealing with lots of changes right now. Here's an activity to encourage your child to think about the positive and negative sides of change. We can't change the current situation, but we can look for the good things about it to help ourselves feel better. And you can remind your child that this won't last forever! I've provided some examples below, and space for your child to draw or write their own ideas:</p>	<p>Making Amounts of Money</p> <p>https://www.bbc.co.uk/bitesize/articles/zxfv6g8</p>  <p>The quickest way to work it out is by grouping all the notes and pound coins together. Then group the other coins that add up to £1.00. Finally, see how many pennies there are left.</p> <p>£10 + £3 + £1 + 10p = £14.10</p> <p>How could you make £6.13 with the notes and coins below?</p> 	<p>Musical Monday! <i>Make Music Day is officially on Sunday 21st June, but we can make music every day!</i></p> <p>Make Your Own Kind of Music. Become a composer! Yes, you can compose your own music!</p> <p>Make up your own rhythms to play (if you don't have any instruments, you can make some, or even use household objects!) or if you have a pitched instrument, you could write your own melody. You could even put some words to it and become a songwriter too! The possibilities are limitless, and with digital resources, you can even write and play music for instruments you don't have!</p> <p>We love Chrome Music Lab: https://musiclab.chromeexperiments.com/Experiments</p>	<p>GoNoodle! Follow the link below and select 'for families' to complete a GoNoodle video of your choice. This can be accessed on computers, phones or l pads. https://family.gonoodle.com/</p>

	<div data-bbox="208 92 338 124" data-label="Section-Header"> Positive Changes </div> <div data-bbox="208 164 434 443" data-label="Text"> <p>I can spend more time playing with mum</p> <p>I don't have to get up early to go to school</p> <p>I can spend more time with my family</p> <p>I don't have to wear school uniform</p> <p>I don't have to eat school meals</p> </div> <div data-bbox="490 92 629 124" data-label="Section-Header"> Negative Changes </div> <div data-bbox="490 164 651 443" data-label="Text"> <p>I can't play football in the park</p> <p>I miss my teacher</p> <p>I can't hug my Grandma</p> <p>I miss my friends</p> <p>I can't go to school</p> </div>	<div data-bbox="689 92 1296 169" data-label="Text"> <p>How could you make £7.20 using these notes and coins?</p> <p>There is more than one way to make this amount.</p> </div> <div data-bbox="703 245 1272 475" data-label="Image"> </div>		
Tues	<div data-bbox="208 523 394 555" data-label="Section-Header"> Coping Toolbox </div> <div data-bbox="228 577 405 751" data-label="Image"> </div> <div data-bbox="208 762 651 831" data-label="Text"> <p>You will need: Any box or container - you could decorate it.</p> </div> <div data-bbox="208 871 651 1369" data-label="Text"> <p>Life is upside down right now. Helping your child to find ways to relax and cope is vital to help their mind and body switch off from their worries. Explain that they should fill their coping toolbox with things which remind them of good times or will help them feel better. Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax: Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc. If you</p> </div>	<div data-bbox="674 523 1290 624" data-label="Text"> <p>Empty our your money box, or mum's purse (with permission!!). Group all of the coins which you find in a way of your choosing (see example below).</p> </div> <div data-bbox="663 699 1292 1294" data-label="Image"> </div> <div data-bbox="674 1315 1301 1378" data-label="Text"> <p>Can you count how many there are of each coin? How would you record this amount using a decimal</p> </div>	<div data-bbox="1335 523 1711 660" data-label="Text"> <p>Practical STEM See the STEM starters below or the additional activities – take your pic!!</p> </div>	<div data-bbox="1771 523 2119 804" data-label="Text"> <p>Cosmic Kids Yoga</p> <p>Choose a yoga session of your own, from the Cosmic Yoga YouTube channel:</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p> </div>

	<p>don't have a box or container your child can find a special place in their room to put the items.</p> <p>Once your child has filled their toolbox, ask them to choose 2 things from their box, draw pictures of them and write sentences explaining why they chose this item. What is it, how does it make them feel and how will it help them when they are feeling down?</p>	<p>point and pound sign? Record each amount separately and challenge yourself to work out the total. You could first add up all of the pound and then the pence. Could you use column addition? Experiment with different methods of addition.</p>		
Wed	<p>Bitesize Daily Book Club: Slime by David Walliams</p> <p>https://www.bbc.co.uk/bitesize/articles/zqpx8hv</p> <p>Using the book <i>Slime</i> you will learn how to explain how the writer creates humour and write creatively.</p> <p><u>This lesson includes:</u></p> <p>two videos of David Walliams reading extracts from his book <i>Slime</i> three activities</p> <p>If you do not have access to the videos, please read below and find the story extract below the timetable.</p>	<p>Calculating perimeter</p> <p>Online Lesson Link: https://www.bbc.co.uk/bitesize/articles/zbcnf4j</p> <p>The perimeter is the distance all the way around the outside of a 2D shape.</p> <p>To work out the perimeter, add up the lengths of all the sides.</p> <p>Use a ruler of tape measure to find the perimeter of different squares or rectangles in your home. Remember to measure the length of each side and add these together.</p>	<p><u>Science – Bright Lights!</u></p> <p>Learn all about circuits by playing this fun interactive game:</p> <p>https://bpes.bp.com/games/YSL-Super-Science/website_output/index.html?dm_i=60XR,1IGV,N4BI8,5M7V,1</p> <p><u>Follow-up activity:</u> Try the worksheet underneath the timetable.</p> <p><u>Worksheet answers for grown-ups:</u> 1. a) battery, b) light bulb. 2. Left to right: battery, wire, bulb, buzzer, motor, switch (off), switch (on). 3. See diagram, right. 4. e.g. torch, radio, MP3 player, toaster, calculator.</p>	<p>PE with Joe Wicks</p> <p>Available each morning via his YouTube channel: https://www.youtube.com/user/thebodycoach</p>

	<p><i>Slime</i></p> <p>The story is set on the Isle of Mulch where Ned lives with his parents and sister Jemima. Ned learns that his sister has been planning to play a huge trick on him, but he has taken her collection of gunk and tried to play the trick back.</p> <p>In the second extract, we can see what happens when Ned realises that he has created a 'Slimepower'. Watch David Walliams, the author of <i>Slime</i> read an extract from the book.</p> <p>Think about the following:</p> <p>What do you find out about the Isle of Mulch?</p> <p>Who is Ned and what is your impression of him?</p> <p>What do you think of Jemima?</p> <p>Would you like to live on the Isle of Mulch?</p>			
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<p>Thurs</p>	<p>Learning a poem off by heart</p> <p>https://www.bbc.co.uk/bitesize/articles/zs9csk7</p> <p>Home learning focus</p> <p>To show understanding of a poem by learning parts off by heart.</p> <p>This lesson includes:</p> <p>one video about memorising one video of poet Spike Milligan performing his poem 'On the Ning Nang Nong' four activities</p> <p>You might have memorised and performed a poem in class before. This is called learning a poem 'off by heart'.</p> <p>It's a great way to really show you understand the poem and have some fun sharing it with other people!</p> <p>It's not always easy though. Watch this short clip for some tips on how to memorise a poem effectively.</p> <p>Memorising a poem requires focus and practice, but</p>	<p><u>Maths Challenges!</u></p> <p>Challenge 1</p> <p>Rani has 38p.</p> <div data-bbox="712 357 1294 635">  <p>I have 10p more than Rani.</p> <p>I have 20p less than Eva.</p> </div> <p>How much money does Eva have?</p>	<p><u>Distraction/Wellbeing</u></p> <p>If your child is feeling bored, lonely, sad or scared in lockdown, doing a fun activity to distract them from their difficult feelings can really help. Here are a few to try.</p> <p>Family portrait</p> <p>Draw a picture of everyone in your home with you.</p>  <p>Drive-in movie</p> <p>Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film, TV show or game.</p>  <p>Pebble art</p> <p>On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt-tips.</p> 	<p>Beat your own record</p> <p>Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.</p>  <p>My favourite song</p> <p>Make up a dance to your favourite song. If you want you can perform it to the rest of the family!</p> 
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there are things you can do that help.

Remember the **story** the poem is telling.

Focus on the **rhythm** of the poem.

Look at the **rhyming words** used in the poem.

Think of **actions** or **images** that could go with each line.

Activity 1:

Read the first six lines of 'On the Ning Nang Nong' yourself, then copy them out carefully onto a piece of paper.

*On the Ning Nang Nong
Where the Cows go Bong!
and the monkeys all say BOO!
There's a Nong Nang Ning
Where the trees go Ping!
And the tea pots jibber jabber joo.*

Now draw pictures around your writing of the images that come into your head for each line.

For example: Next to the first three lines, you might draw a cow, a monkey and whatever you think a 'Ning Nang Nong' looks like!

Activity 2:

Challenge 2

If

$$\triangle \times \triangle = 25$$

and

$$\bigcirc \times \bigcirc = 100$$

Work out the value of

$$\triangle \times \bigcirc$$

<p>Now try and memorise these six lines.</p> <p>Remember: There are things you can do to make this easier.</p> <p>Think about the story the poem is telling. Your images from Activity 2 should help with this.</p> <p>Focus on the rhythm of the poem.</p> <p>Looking at the rhyming words used.</p> <p>Think of actions to go with each line.</p> <p>For example: You could put two fingers up on each side of your head like horns for 'The cows go bong'.</p> <p>Cover one line at a time and see if you can remember it. Then keep going until you can do all six without looking.</p> <p>Take your time and keep practising. Memorising takes time and focus.</p> <p>Activity 4</p> <p>Have a go at performing these six lines from memory.</p> <p>You could perform it for someone at home, perform it to yourself in the mirror or you could even get an adult at home to video it and</p>	<p>Challenge 3</p> <p>A sequence is made up of three 2-digit numbers.</p> <p>The sequence increases by eight each time. These are the digits that make up the three numbers.</p> <div data-bbox="705 268 1106 339"><div>0</div><div>2</div><div>3</div><div>4</div><div>4</div><div>5</div></div> <p>Work out the numbers in the sequence.</p>		
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	<p>show some of your friends or your teacher. Make sure to get permission from an adult before you film yourself though.</p> <p>See if you can get all the way to the end of the six lines without looking at the words!</p> <p>Top tips!</p> <p>Stand up straight and face forward. Speak clearly and say each word carefully. Don't rush! Change your speed and volume as you are performing. Changing from slow to quick and loud to quiet can make your performance more dramatic!</p>			
Fri	<p>SPELLING: Adding the prefix anti- (meaning 'against'): antiseptic anticlockwise antisocial antidote antibiotic antivenom anti-ageing antifreeze</p> <ul style="list-style-type: none"> • Look at each of your spellings – are there any which you know the meaning of with confidence? Are there any which you are unsure of? 	<p>Multiplication Tables Check (MTC)</p> <p>Use this time to complete the MTC via the Rockstars app! If you have already done so, you may continue using Rockstars as usual.</p>	<p><u>Relax!</u></p> <p>Being in lockdown can be stressful, and lots of us are feeling anxious and on edge right now. These activities can help you and Relaxation your child to relax – try doing them together. See below timetable for activities.</p>	<p>KidzBop Kids</p> <p>Choose a guided dance via the Kidz Bop YouTube channel:</p> <p>https://www.youtube.com/user/KidzBopKids</p> <p><u>OR</u></p>

	<ul style="list-style-type: none"> • Using a dictionary, or your grown-ups, find the definition of each spelling. • Using this knowledge, can you use each spelling in a sentence? • Now practise writing each spelling repeatedly, perhaps in different sizes, font and colour! <ul style="list-style-type: none"> • Challenge: Can you find any other words which fit this spelling rule? 			<p>Can you set up your own garden obstacle course? Can you include a balance, a turn, a jump and at least 2 different ways of travelling? See if your grown up can complete your course after you.</p>
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Stress toys

This exercise releases muscle tension and massages your hands.

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release.

Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.



Bubble breaths

Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid.

Slowly and gently bow bubbles into the room.

Do you feel better? (Remember to encourage the children not to get excited by popping the bubbles!)



Push against a wall

This is perfect for getting rid of stress without having to go outside or even leave the room.

Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times.

When you do this your muscles contract and then relax, releasing feel-good hormones into the body.



Bright Lights Worksheet 1

Circuits

A circuit is made up of a power supply connected to a component by wires.
Circuits usually have a switch as well.

1. a) What is the power supply in the circuit? _____



b) What component is in the circuit? _____

2. The parts of a circuit can be represented by symbols. Write the correct labels for each symbol using the list on the right.



switch (on)

battery

bulb

switch (off)



buzzer

wire

motor

3. Draw a circuit diagram showing a battery connected to two bulbs with a switch.

4. List five household objects which contain circuits.

Flower focus

Observe a flower carefully in your garden or in your local area. Can you see the pollen? Does it look the same as the pollen on a different plant? Watch carefully. Are the flowers visited by any pollinators? www.stem.org.uk/rx32vx

Plastic from milk?

Heat up some milk, don't boil it, and then add 5 teaspoons of vinegar. Stir it around and then carefully pour the mixture through a strainer. Wash the lumps in water and then mould into any shape you like. <https://sciencebob.com/make-plastic-milk/>

Floating garden challenge

Lots of places in the world struggle with flooding and are unable to grow crops. This challenge asks you to create your own garden that can float. Using what you have in your home or garden, can you create a garden that is able to float? <https://www.stem.org.uk/rxzc3>

Can you see in the dark?

Use a pencil to put a hole in the end of an old shoe box and one on the top of the box at the opposite end to your first hole. Place an object inside the box, under the hole on the top. Cover that hole with your finger. Now look through the hole at the end of the box. Can you see the object? How about if you uncover the hole on the top? Try other objects. Does the same thing happen?

Jelly race

Time how long it takes to transfer cubes of jelly from one plate to another using chopsticks or the ends of two spoons. Add some orange juice, now try again. Which was easier? Why do you think this?

Static Magic

Can you pick things up without touching them? Blow up a balloon and tear up some paper shapes. Create some static electricity by rubbing the balloon on your top or hair. Hold the balloon over the paper shapes, can you collect them all? What is the largest shape you can pick up? How far away can you hold your balloon and it still collects the paper?

Heart beaters

Can you tickle yourself? How many litres of blood do you have in your body? How many times does your heart beat in a day? Test your family with a body trivia quiz. Create your own cards or download some from here: <https://bit.ly/2RFJVRN>

The complete resource can be downloaded here: <https://bit.ly/3a9VtTU>

Bouncing egg

Put an uncooked egg, shell and all, into a bowl or old jam jar. Pour vinegar into the jar, until it has covered the egg. Leave it for 24 hours and have a look at what is happening. What do you see? After 24 hours carefully take out the egg. What do you notice about it? Drop the egg from 10cm above a surface and see what it does.

<https://bit.ly/2zRW7sX>

Finding perimeters

Use a ruler, or tape measure if you have one, to find the perimeter of different rectangles and squares in your home. Remember to measure the length of each side and add these together.

Celery science

Look carefully at the end of a piece of celery. What do you see? What part of a plant is the celery stick? Get an empty yogurt pot or paper cup and fill it a third full with water. Add a few drops of food colouring. Carefully put the celery into the water the widest end down. Leave it a few hours and then overnight. Do you notice anything? Why has that happened?

www.stem.org.uk/rxytm

Chapter 1

Mulch

The little ISLE OF MULCH was home to less than a thousand people, 999 to be precise. I told you it was less than a thousand. One of these 999 people was a boy named Ned. 'Ned' wasn't short for anything - he was just called Ned. Ned was eleven years old. He'd been born on MULCH and, like most islanders, had never left.

To say Ned was an ordinary boy would be wrong. He wasn't ORDINARY – he was extraordinary. Ned had been born with legs that didn't work. He couldn't walk at all, so was found a battered old rusty wheelchair and he learned to use it. The boy could often be seen whizzing around the island, doing stunts and wheelies to delight his friends.

'I got the ZOOMIES!' he would cry as he whizzed past.

Home for Ned was a tiny weather-beaten old cottage. The cottage perched on the edge of a cliff overlooking the raging sea that surrounded the island.

From dawn until dusk, Ned's mother and father were out of the house at work. Dad was a fisherman, so was away at sea all day on his fishing boat. Mum sold the fish dad caught at the island's market. The only fish you could catch around the ISLE OF MULCH were called shoe fish. They were fish shaped like shoes.

They tasted like shoes too. The overriding flavour was foot sweat. But the locals became used to the taste, disgusting though it was. They had no choice.

Needless to say, both Ned's parents absolutely STANK of fish. But Ned didn't see or even smell much of them as the pair were always working.

Instead, the boy was left at home alone with his older sister. Jemima resented Ned deeply. She might have been the older one, but it was her younger brother who got all the attention.