



Year Group:4

Week Commencing:1st June

	Monday	Tuesday	Wellbeing Wednesday	Thursday	Friday
Maths Learning Objective:	To be able to measure height in metres using decimals.	To be able to measure length in centimetres.	Today is 'Well being Wednesday' and it is a whole school day focused on your well being. We will be checking in with how we are all feeling, learning to relax by practising mindfulness and yoga. Lastly, we will be learning about why it is important to stay healthy.	To be able to convert between centimetres and metres.	To be able to convert between metres and kilometres.
Learning Activity:	Textbook page: 107-111 Chapter:10 Lesson: 7 Workbook:p.77-78	Textbook page:112-115 Chapter:10 Lesson: 8 Workbook p.79-80 How to use a ruler to measure- https://www.youtube.com/watch?v=Bz-yO9AfyY8	To start our day off listen to the story 'Have you filled a bucket today?' read by the author, she is an American lady called Carol McCloud. You may remember this story from assemblies at school. Use this link to find the story - https://www.youtube.com/watch?v=JEg38zCOMgk	Textbook page: 116-119 Chapter:10 Lesson:9 Workbook p 81-82	Textbook page:120-121 Chapter:10 Lesson:10 Workbook p83-84
Extension	If there are any topics you have struggled with, especially in the chapter reviews, I have set up a class on the Khan Academy. It is a charity that provides online videos and	TT Rockstars	Now it is time to practise some mindfulness activities. It is important	https://www.transum.org/Tables/Times_Tables.asp Search for... 'Transum times tables'	TT Rockstars

	resources for maths mastery. https://www.khanacademy.org/join/VD7ZR4FP		to keep your mind healthy, just like you keep your body healthy. See Seesaw for ideas and details about each activity. Choose which two activities you would prefer to do: *Create a Wellbeing Jar – Things to look forward to jar. *Thought clouds. *Mindfulness Challenge cards. *Bedtime/Morning Gratitude. *Mindfulness Colouring * Mindfulness or Relaxation on Cosmic Kids website (www.cosmickids.com).	Choose a times table that you need to get better at. This site has a 5 day programme of activities that you can use to improve yourself.	
English Learning Objective:	Adding the prefix non-, meaning 'not'.	To read, watch and learn	This session is to focus on Yoga. Yoga improves or flexibility, strength and coordination. It also enhances our concentration and sense of calmness and relaxation. Cosmic Kids is a great website for Yoga sessions. Here is a great one to try but you a welcome to try an alternative Yoga session of your choice. Use the Cosmic Kids website.	To ask questions and form an opinion	To explore vocabulary
Learning Activity:	Complete spelling test of last week's words. Watch the PowerPoint practising this week's words and copy them into your green book. Can you practise writing your words	(See Seesaw) This is the first of six lessons based around unusual and dangerous journeys to school. Read the websites and watch the videos on the following links:		(See Seesaw) Choose one of the images. If you could ask one of the children in the image five questions, what would they be? Aim to find as much information	(See Seesaw for more details) Choose an image and label it using the word bank for ideas.

	<p>using the activities provided on SeeSaw. Try to do one a day to help the spellings stick in your memory.</p>	<p>UNESCO - A look at Journeys to school around the world https://www.youtube.com/watch?v=MxBfqd639BE BBC Newsround – 6 Epic Journeys to School https://www.bbc.co.uk/newsround/22015415 Their World – 13 Unusual and Dangerous Journeys to School https://theirworld.org/news/most-dangerous-journeys-to-school-in-world</p> <p>Discuss what you have seen:</p> <ul style="list-style-type: none"> • Can you imagine any of those being your journey to school? • Which would make you feel frightened? • Would you like any to be your journey to school? <p>Do you know where the places are in the world?</p>	<p>Minecraft - A Cosmic Kids Yoga Adventure (20mins) https://www.youtube.com/watch?v=02E1468SdH8</p>	<p>as possible through good questions. What ... ? How ...? When ...? Where ... ? Why ... ?</p> <p>Form an opinion about what you have seen.</p> <p>(See Seesaw for more details)</p>	
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		Find them on a map or online. (No writing or recording of your learning today)			
Extension	Choose one of your spellings. How many words can you make only using the letters that make up the word.	Read an article or two from 'First News' a newspaper written for children. I can get the first 20 pages onto Seesaw but I will email the link to parents to access the whole paper.		Continue to read through 'First News'	Continue to read through 'First News'
Creative Curriculum Learning Objective:	Music To explore music.	P.E To raise your heartbeat and have some fun!	Use the 'Healthy Eating' PowerPoint on Seesaw to learn about the food groups and nutrients we need in our diet to stay healthy. Discuss - Why is it important to have a healthy diet? Why do we need more fruit and vegetables in our diet than dairy products? Which healthy foods do you enjoy eating? Now you have thought about healthy foods you enjoy eating it is time to use some of those healthy foods to create your own healthy meal.	Whole School Focus – House Logo Competition	ZOOM QUIZ MEETING Water Topic
Learning Activity:	Whilst we can't access our Online Music Scheme 'Charanga', they do have an individualised learning scheme called YUMU. Please explore the activities posted on Seesaw related to this.	3 options this week... 1)GoNoodle Zumba You can click onto their website and play a range of exciting and high energy Zumba routines.		This week, we are setting you a House challenge. Please design a logo for your house. Think about the name of your house, or the colour e.g. Fliquet is blue. Please submit your designs either on Seesaw, Tapestry or by emailing j.posner@stmartin.sch.ie by Tuesday 9 th June. Each House Captain will choose the winning design,	We will be having a water themed quiz during today's Zoom meeting. Every correct answer will earn points for your house. The members of the winning house (who took part in the quiz) will receive a little prize in the post!

		<p>https://family.gonoodle.com/channels/zumba-kids</p> <p>2) Boomerang ball challenge</p> <p>Please see seesaw for further explanation and short video. Who will be our class boomerang ball champion?</p> <p>3) A walk or bike ride</p>	<p>This can be completed as a family and with your siblings from other classes. You could use a recipe you already enjoy or find a new recipe online. Have a look at the recipe ideas to help give you some cooking inspiration if you need it. Write instructions explaining how to make your dish. Create a recipe for your friend or teacher so they can make your dish in the future.</p> <p>Post photographs of your recipe and your completed meal on Seesaw.</p>	<p>and this will be used as the house logo.</p>	<p>Questions will cover...</p> <ul style="list-style-type: none"> • The water cycle • Parts of a river from source to mouth • Famous rivers <p>In preparation for the quiz you could look back through your journal at your learning since Easter. We have covered the water cycle and parts of a river. We have not yet looked at Famous rivers so to help you with this I would like you to visit the following websites and take notes about the famous rivers...</p> <p>https://www.coolkidfacts.com/famous-rivers/</p> <p>https://www.sciencekids.co.nz/sciencefacts/earth/rivers.html</p> <p>https://www.ducksters.com/geography/worldrivers.php</p>
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Notes Don't forget to spend time relaxing, enjoying reading and talking to your friends and family!

Extra things that you could do each day:

- www.themathsfactor.com
- Reading to a parent

- Listening to a parent read to you
- Practicing the Year 3 and 4 common exception words and putting them into sentences
- TT Rock stars
- Number bonds to 10 and 20 and 100
- Playing learning games online like <https://www.mathplayground.com/ProfessorX/index.html> (use the yellow arrows to navigate through the game).
- Being active (The Body Coach daily PE lessons at 9am, playing in your garden, Cosmic Kids Yoga Youtube, etc)