


## Year 4 Curriculum Summer 2 Week 6

### To do throughout the week...

<b>Wellbeing</b>	<p><b>How to deal with worry</b>      How are you feeling?- Look at the thermometer to help you</p> <p>Story : <a href="#">Ruby's Worry</a></p> <p><b>Activity:</b> Worry Hat- write all of your worries and put them on the worry hat. Think about all the things that make you feel relaxed.</p>
<b>Daily Exercise</b>	Keep active! Make sure you do something active each day. Maybe do the exercises <a href="#">here</a> .
	<b>The Great 8</b> are fun challenges suitable for the whole family. See below.

Here are the curriculum activities for the week. You can do in any order you choose.  
Try to do these this week as next week's activity will follow on in each subject.

<b>Science</b>	<p><b>Exciting Electricity</b></p> <p>In our Electricity learning, we found out that there are two types of electrical power found in our homes. These are mains power and battery power.</p> <ul style="list-style-type: none"> <li>Look around your house and make a list of all the appliances that use electricity.</li> <li>Organise the appliances into two groups – mains (those that have a plug) or battery powered.</li> <li>What do you notice? Which group contains the most appliances? Why?</li> </ul>	You will need: Support
<b>History</b>	<p><b>Changes from the Stone Age to the Iron Age</b></p> <ul style="list-style-type: none"> <li>Click on <a href="#">Skara Brae</a> and on <a href="#">Maiden Castle</a> , read and write some facts about these two settlements.</li> <li>Create posters, fact sheets or visitor guides about Skara Brae and Maiden Castle. Show how life could have been like in these settlements.</li> </ul>	
<b>Geography</b>	<p><b>Tourism in the US</b></p> <ul style="list-style-type: none"> <li>Tourism means travelling to and visiting somewhere for fun or pleasure. How many different reasons can you think of why people may travel somewhere new?</li> <li>Look at the images below – can you name these famous tourist attractions in the US?</li> <li>Choose one of the tourist attractions from the US (see websites below – you might be able to go on a virtual tour) to create a fact file / visitor guide / poster about your chosen attraction. You could use the fact file below. There is an example below to look at.</li> </ul>	You will need Support Fact file Example
<b>PE</b>	<p><b>Athletes training workout</b></p> <ul style="list-style-type: none"> <li>The next 2 weeks are for you to train like an athlete and see if you can become a fitter, stronger and more flexible athlete over time- by performing the same exercises as often as you can over the 2 weeks, recording your personal best each time. Do not expect big changes</li> </ul> <p>*Make sure you complete one of our warm up posters before every training session</p>	A timer/time keeper Paper to record how many reps completed in 30 seconds
<b>Languages</b>	<p><b>Body Parts</b></p> <ul style="list-style-type: none"> <li><b>Describe</b> the body by following the instructions</li> <li>Open <a href="#">the video</a> about hair and eyes and <b>complete</b> the tasks.</li> <li><b>Colour</b> in the faces by following the descriptions</li> </ul>	You will need Colouring pencils
<b>Design Technology</b>	<p><b>Constructed Maps</b></p> <p>Imagine you are in a fantasy land – an island? A volcano? Tropical paradise? Draw yourself a plan.</p> <ul style="list-style-type: none"> <li>Take one large piece, or several smaller pieces of stiff paper or card joined together and draw a rough outline and mark out the landmarks.</li> <li>Start building! Using paper, card, sticks or whatever you can build up. Build down, build across.</li> <li>Add your features to your map. Do not forget to label the different areas and landmarks.</li> </ul>	You will need: Colouring making materials, paper (one large or several small) Sellotape, Scissors, scraps of model making materials(fabrics, sticks etc) *Support
<b>Music</b>	<p><b>Edward Grieg</b></p> <ul style="list-style-type: none"> <li>Carry out some research on the composer Edward Grieg on the internet.</li> <li>Tell an adult your favourite facts about him.</li> <li>Make a leaflet about the composer and his life and make it as colourful as possible.</li> </ul>	You will need: Support: Research questions in support section



Here are some fun challenges suitable for the whole family.

## Summer 2 Week 6

1. To talk about	Would you prefer: a day on your tablet or a day at the beach?
2. To do	Rub your tummy and tap your head at the same time.
3. To investigate	Does everyone in your house need the same amount of sleep?
4. To find out more about	The author of the book you are reading or have read.
5. To design	A poster to encourage people to recycle
6. To learn	How to tie a new knot. For example, tie your laces, a tie or a figure 8 knot.
7. To draw	A friend
8. To create	Make a musical instrument out of things about your house. What sounds can it make?

# Wellbeing – Feelings Thermometer



- 10 **Happy**
- 9 **Love Proud**
- 8 **Excited Elated**
- 7 **Joyful**
- 6 **Included Content**
- 5 **Calm Ok**
- 4 **Envious Jealous Greedy Disgusted**
- 3 **Embarrassed Lonely Disappointed**
- 2 **Scared Angry Anxious Fearful**
- 1 **Worried**

**The Worry Hat**



# Science - Support

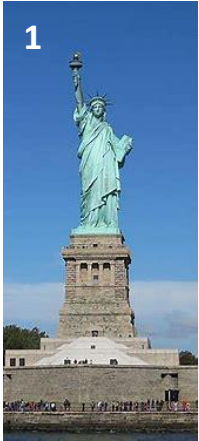
**Mains Power**

**Battery Power**

**I found out that:**



# Geography – Support



Answers:

- |                                     |                              |                                 |
|-------------------------------------|------------------------------|---------------------------------|
| 1) Statue of Liberty                | 2) Grand Canyon              | 3) South Beach, Miami           |
| 4) Walt Disney World                | 5) Yellowstone National Park | 6) The Everglades National Park |
| 7) Mount Rushmore National Memorial | 8) Niagara Falls             | 9) The White House              |

Useful websites:

- <https://www.nps.gov/stli/index.htm> Statue of Liberty  
<https://www.nps.gov/grca/index.htm> Grand Canyon  
<https://www.miamiandbeaches.com/neighborhoods/south-beach> South Beach, Miami  
<https://www.disneyworld.co.uk/> Walt Disney World  
<https://www.nps.gov/yell/index.htm> Yellowstone National Park  
<https://www.nps.gov/ever/index.htm> The Everglades National Park  
<https://www.nps.gov/moru/index.htm> Mount Rushmore National Memorial  
<https://www.niagarafallsusa.com/> Niagara Falls  
<https://www.nps.gov/whho/planyourvisit/the-white-house-tour.htm> The White House

## An example fact file

### Where is the Tower of London?

Located on the North bank of the River Thames in the centre of London. You can easily get there by tube, train or river boat.

### Where is the best time to visit?

The Tower of London is open all year round. As it is an incredibly popular attraction, weekdays are quieter and there are also less people in the mornings.



# THE TOWER OF LONDON

### Why should people visit the Tower of London?

Built by William the Conqueror in the early 1080s the Tower has been a fortress, palace and a prison. Many visit the Tower to see the Crown Jewels. There are 23,578 in the collection including one of the world's most famous diamonds! Several people lost their heads in the Tower and you can find out more about the famous inmates including Anne Boleyn and Guy Fawkes.



### What will people see or experience?

Apart from seeing some of the most famous and spectacular jewels and crowns in the World, there are many fascinating tours which take place at the Tower every day.

Yeoman Warders, also known as 'Beefeaters', take visitors on tours and share key stories from 1,000 years of history. You will be entertained by tales of intrigue, imprisonment, execution, torture and much more.

You can also shoot arrows, assemble firearms and brandish a sword in this exciting, hands-on experience in the White Tower.



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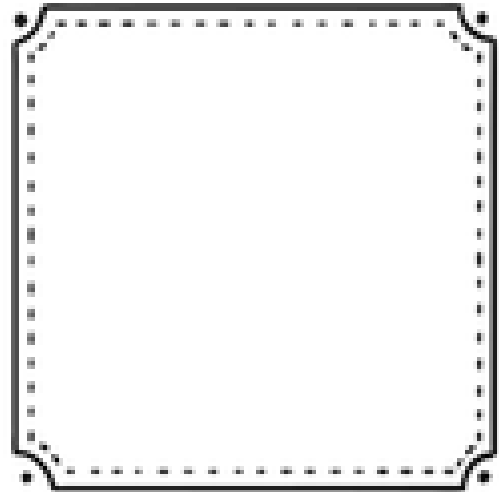
**Where is \_\_\_\_\_ ?**

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**When is the best time to visit?**

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**Why should people visit?**

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**What will people see or experience when they visit?**

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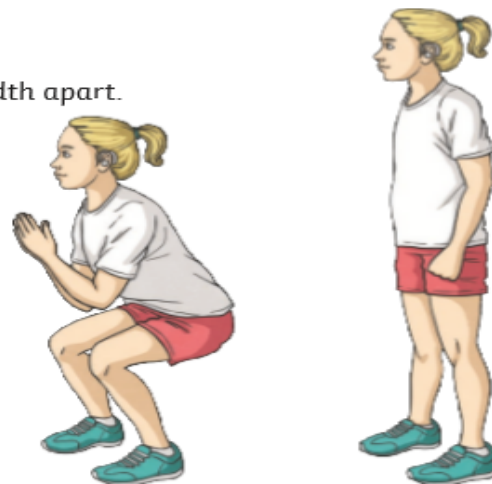
# PE - athletes training workout

Do for 30 seconds-30 seconds rest	Week1 How many?	Week2 How many?	Week3 How many?	PERSONAL BEST How many?
SQUATS				
BACKWARD LUNGES				
CLIMB THE ROPE				
KNEE TO ELBOW				
FROG JUMPS				
SLOW MOTION BURPEES				
SQUAT & PUNCH				

## Joe Wicks: Active 8-Minute Workout 1

### Squats

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Stand up tall again.
4. Keep a straight back.



## Joe Wicks: Active 8-Minute Workout 1

### Backward Lunges

1. Start with your feet together.
2. Step backwards with one foot and touch the ground with your hand at the same time.
3. Return to a standing position.
4. Repeat with the other foot stepping back and the other hand touching the ground.



# Joe Wicks: Active 8-Minute Workout 1

## Climb the Rope

1. Imagine a rope is hanging down from the ceiling.
2. Reach up with one hand and pull the rope down towards your tummy.
3. Reach up with your other hand and pull it down towards your tummy.
4. Run on the spot and climb the rope at the same time.



# Joe Wicks: Active 8-Minute Workout 1

## Knee to Elbow

1. Imagine you are marching on the spot.
2. Lift up one knee and bring it towards the opposite elbow.
3. Repeat with the other knee and the opposite elbow.
4. Keep a straight back.



**NEARLY THERE- KEEP WORKING HARD & TRY YOUR BEST!**  
DRINK SOME WATER IN YOUR 30 SECOND REST....

**YOU CAN DO IT!**



**DON'T GIVE UP!**

**SCROLL DOWN FOR 3 MORE EXERCISES...**

## Joe Wicks: Active 8-Minute Workout 1

### Frog Jumps

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down and touch the ground with both hands - bend from the knees not from the back.
3. Jump up high with your hands in the air.

**Can you jump like a frog?**



## Joe Wicks: Active 8-Minute Workout 1

### Slow Motion Burpees

1. Start with your feet shoulder-width apart.
2. Bend your knees and place your hands down on the floor in front of you.
3. Step back with one leg and then the other so that they are both straight.
4. Step forwards with one leg and then the other leg.
5. Stand up tall, stretching your arms above your head.



**How many can you do in 35 seconds? It's you against the clock!**

## Joe Wicks: Active 8-Minute Workout 1

### Squat Hold with Punches

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Hold the position and punch forwards with your arms one at a time.

**Can you feel it in your legs?**

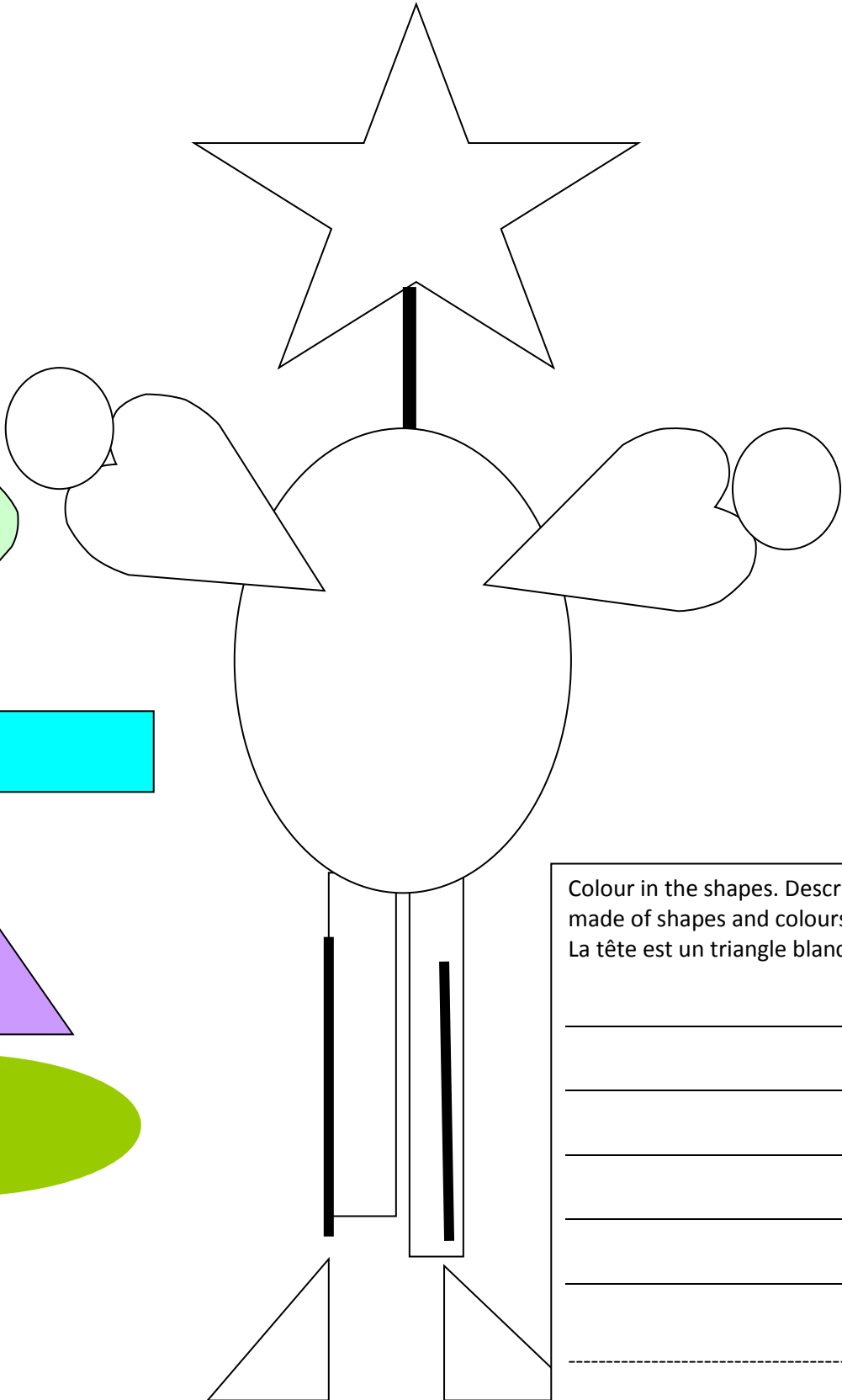
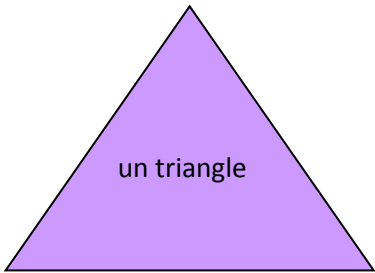
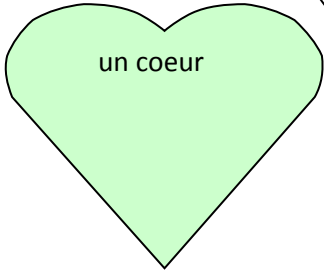
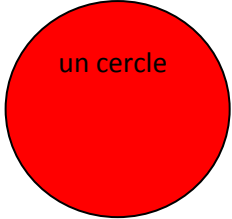
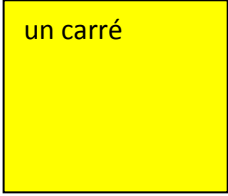


# French

# les formes et le corps

## Activity 1

une ligne



Colour in the shapes. Describe the body made of shapes and colours, for example :  
La tête est un triangle blanc.

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Remember:  
is= est      are= sont

### Activity 3

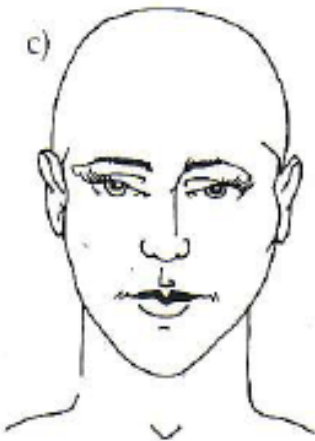
# LE PORTRAIT ROBOT



a) C'est un homme noir.  
Il a les cheveux frisés et très courts.  
Il a les yeux noirs  
Il a une petite moustache.  
Il a des lunettes.  
Il porte une casquette.



b) C'est un homme blanc.  
Il a les yeux verts  
Il est chauve et il porte une longue barbe grise.  
Il porte des lunettes de soleil.  
Il a une boucle d'oreille (oreille gauche).



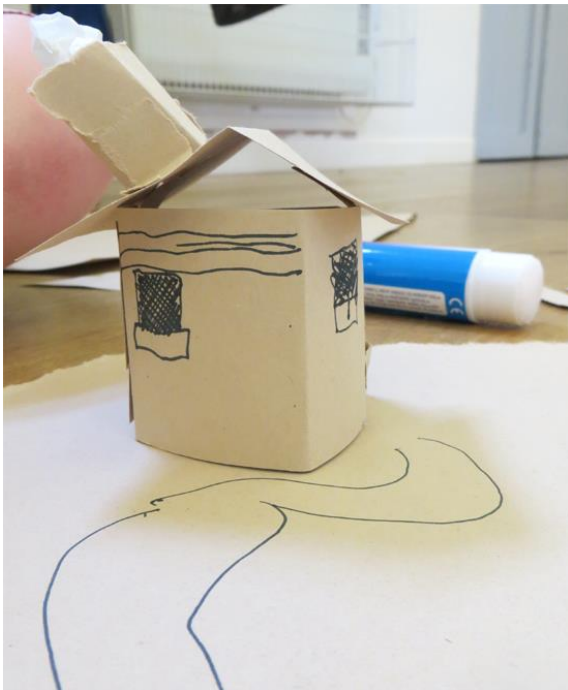
c) C'est une femme blanche.  
Elle a les yeux bleus.  
Elle a les cheveux longs et blonds.  
Elle a les cheveux raides.  
Elle porte des lunettes.  
Elle a des boucles d'oreilles et une écharpe.

# Design Technology - Constructed Maps

Decide on the shape of your map/island. Where are the main features going to be? Mark and label them



Using paper/card you can create structures or features to go on your map. These could be manmade or natural – building, trees, signposts, volcanos, mountains or whatever you imagine might be there. When torn, crumpled or folded, paper can make some amazing shapes and create interesting textures.



# Music – Support

Where was Edward Grieg from?

When was he born? When did die?

Did he learn to play a musical instrument when he was child?

Who was family? Mother father

Did he get married and have children?

What was his occupation?

Where did he live?

Interesting facts?