


## Year 4 Curriculum Summer 2 Week 7

### To do throughout the week...

<b>Wellbeing</b>	<b>How to deal with anger</b> How are you feeling?- Look at the thermometer to help you Story : <a href="#">Where the Wild Things Are</a> <b>Activity:</b> Make your own anger stop sign. Write all the signs of anger on it so you can recognise when you feel angry.
<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>	<b>Underwater Habitats</b> <ul style="list-style-type: none"> <li>Look at the underwater habitat in the support materials. Use a blue pen to label and write sentences to describe the habitat.</li> <li>Carry out some research about underwater habitats. You may find <a href="#">this</a> resource helpful.</li> <li>Use a different coloured pen to add your new information to the underwater habitat picture. How much have you found out? Was any of the information a surprise?</li> </ul>	You will need: Support
<b>History</b>	<b>How the Iron Age Changed the World</b> <ul style="list-style-type: none"> <li>Make notes of the strengths of iron as a material and the changes in life you can see in this <a href="#">video</a> and in this <a href="#">link</a>.</li> <li>Create a poster to explain to someone in your house the impact of the discovery of iron and how it changed life for humanity.</li> </ul>	
<b>Geography</b>	<b>Farming in the US</b> <ul style="list-style-type: none"> <li>50% of the World's corn is produced in the USA.</li> <li>Read this <a href="#">book</a> and this <a href="#">book</a> about life on a corn farm, or listen to the books being read <a href="#">here</a> and <a href="#">here</a></li> <li>In any way you choose, draw, tell someone or write down 5 facts you have learnt about corn farming and why corn farming is so important in the US.</li> </ul>	
<b>PE</b>	<b>Athletes training workout</b> <ul style="list-style-type: none"> <li>The next week is 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 next week, recording your personal best each time. Do not expect big changes</li> </ul> <p><i>*Make sure you complete one of our warm ups posters before every training session</i></p>	A timer/time keeper Paper to record how many reps completed in 30 seconds
<b>RE</b>	<b>Your own pilgrimage</b> <ul style="list-style-type: none"> <li>Think of places that you have visited that are special to you.</li> <li>Choose a place of pilgrimage that is special to you for any of these ideas: excitement, fun, love, peace, inspiration, memories</li> <li>Make a 5 point plan for your spiritual journey including who would go with you, how you would travel, what would you take, what would you do when you get there and what you would think about.</li> </ul>	
<b>Art</b>	<b>What would Banksy do? Stencil art</b> Look at the images of work by artist Banksy. What is he trying to say to us? We are currently experiencing life in a very different way to our normal routines. If you were Banksy what message would you like to send out at the moment. <ul style="list-style-type: none"> <li>Draw the outline of your image onto a piece of card –old packaging or a paper plate would be ideal.</li> <li>Carefully cut your image out – you need the area around it not the image itself.</li> <li>Lay it onto a clean piece of paper of card securing it place with weights, paper clips or masking tape.</li> <li>Using black or dark coloured paint, stipple the paint through the cut out image onto the surface below. Do it carefully. Alternatively you could colour in the stencil using black pencil, felt or wax crayons. Carefully lift the stencil and add any further images or messages by hand.</li> </ul>	You will need: Card, paper Scissors, pencil Paintbrush and paint or crayons or felt tips. <i>*Support</i>
<b>Computing</b>	<b>Coding Choices</b> <ul style="list-style-type: none"> <li>Lightbot or Dance Party – which one will you choose?</li> <li>See below for options and a how-to guide.</li> </ul>	Support:





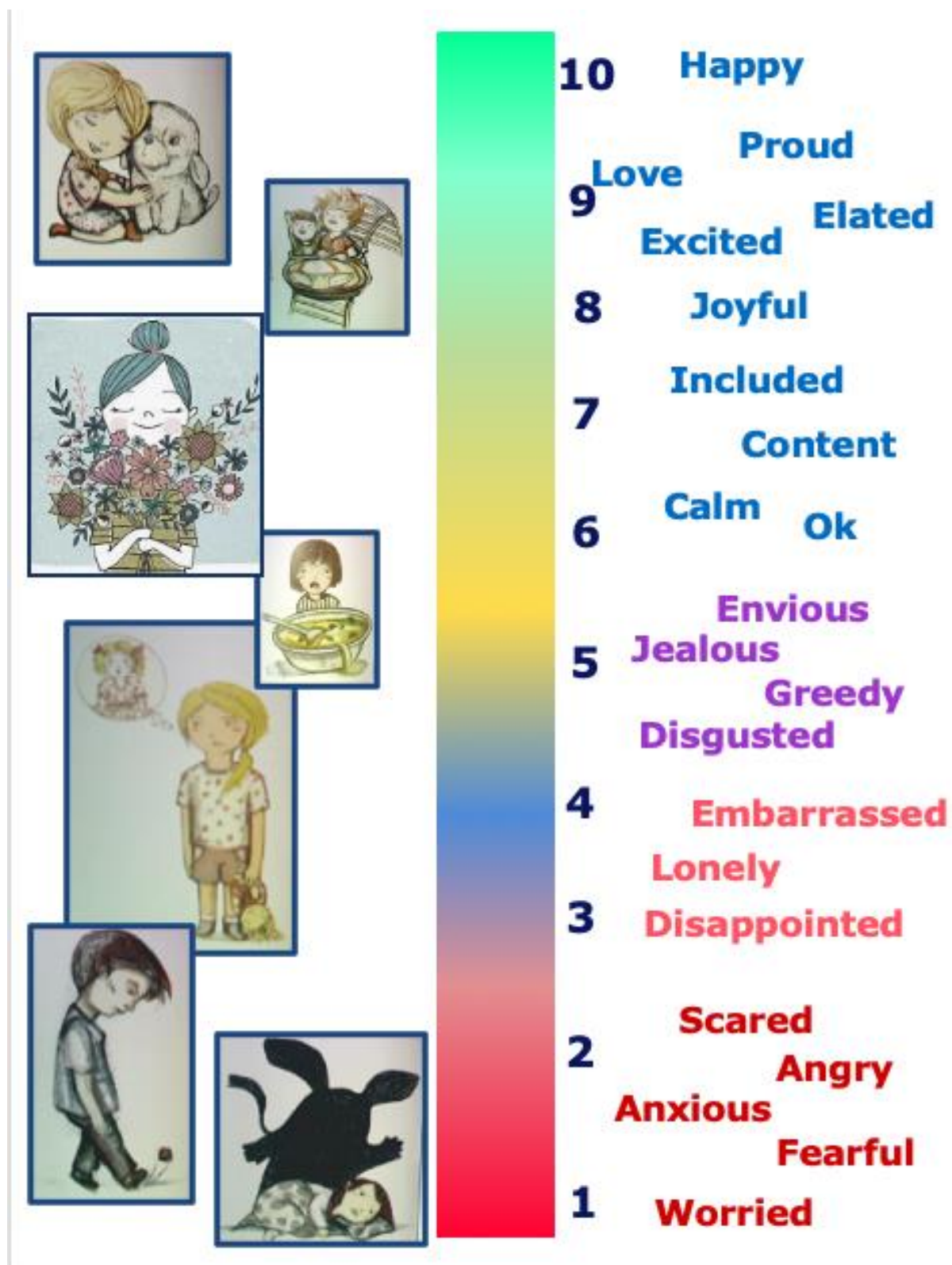
Here are some fun challenges suitable for the whole family.

## Summer 2 Week 7

1. To talk about	Would it be better to never age?
2. To do	How many push-ups can you do? Can you improve each week?
3. To investigate	What things are magnetic in your house and what do they have in common?
4. To find out more about	The bottom of the ocean.
5. To design	A suit to survive in space.
6. To learn	Count to 10 in Mandarin.
7. To draw	What the world will look like in 100 years. Cars, schools, clothes etc.
8. To create	An idea for a new TV show or movie.



# Wellbeing – Feelings Thermometer



# Science - Support



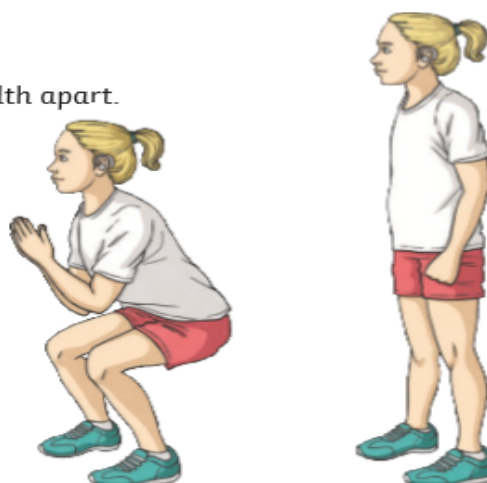
## PE - athletes training workout

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...**



**Quality First Education Trust**

## 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?**



# Art – What would Banksy do?

Banksy often creates everyday scenes and adds a powerful message through the addition of an image, and object or through a written message. He creates his art using stencils which allows you to repeat the image several times. When painting through a stencil, use a 'stippling' motion with your paint brush. Stippling is created by using dots, which we learnt about 4 weeks ago and rather like the pointillism we explore 3 weeks ago. When painting gently 'bounce/dab' your paintbrush onto the surface you are painting rather than using it to create strokes. The paint on the tips of the paintbrush create the stippling effect.



Kids on Guns 2003



Laugh Now 2003



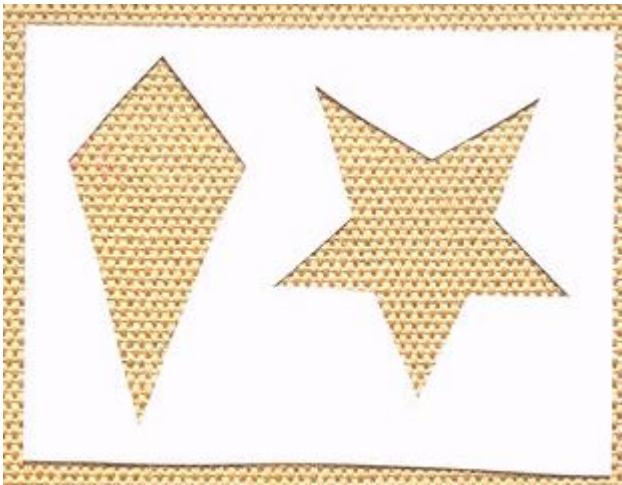
No Ball games 2009

## Graffiti



Choose an image that has a very identifiable outline. Cut out your image – you need the space it leaves as your stencil.





If you are using paint to create your picture through the stencil, don't put too much paint onto the tip of the brush and use a spare piece of paper or card and dab the paintbrush on it a few times first to get rid of any extra paint.

When using the stencil keep the paintbrush upright and dab, don't sweep the paintbrush from side to side as you normally do when you are painting. You could also try using small sponges or cotton wool balls instead of a paintbrush but remember not to use too much paint.



# Computing

## **Lightbot hour of code**

- Challenge yourself by playing lightbot hour of code.
- Think of the different types of algorithms you are coding.
- See if you can finish all the levels in the hour!

## **Using a browser**

If doing this using the browser in your tablet/ phone/ pc, search for lightbot hour of code or go to:

<https://lightbot.com/hour-of-code.html>

For laptop/ pc only: Double click on the centre to Select for Adobe Flash.

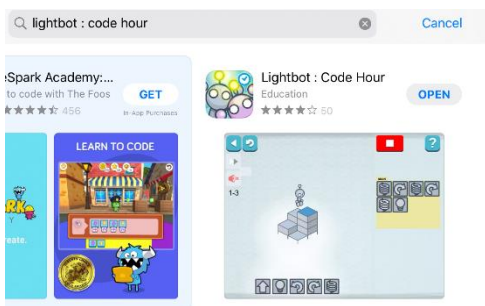


For laptop/ pc only: Click 'Allow once' and the lightbot game should begin to load.



## **Downloading the app**

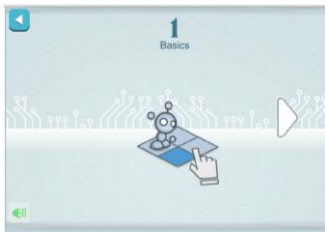
Search for lightbot: code hour in the app store.



Download the app (it is free).

## **HOW TO PLAY**

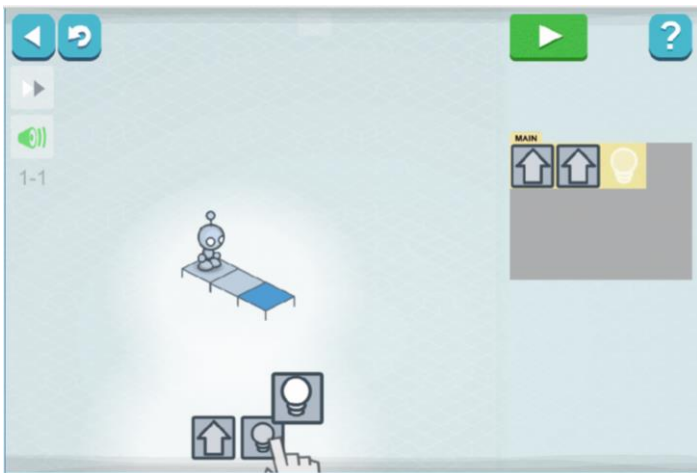
Choose basics



The lightbot robot gives you tips to help you.



Drag the blocks across the screen to the 'main' area and code the robot to walk through the maze and turn the light on!



Good luck!

## **Dance Party Hour of Code**

- Challenge yourself by coding fabulous dance routines.
- Try different levels of movement and go wild.
- See if you can code a dance for a song chosen by someone else in your household!

In your browser go to the [hour of code website](https://www.hourofcode.org/).

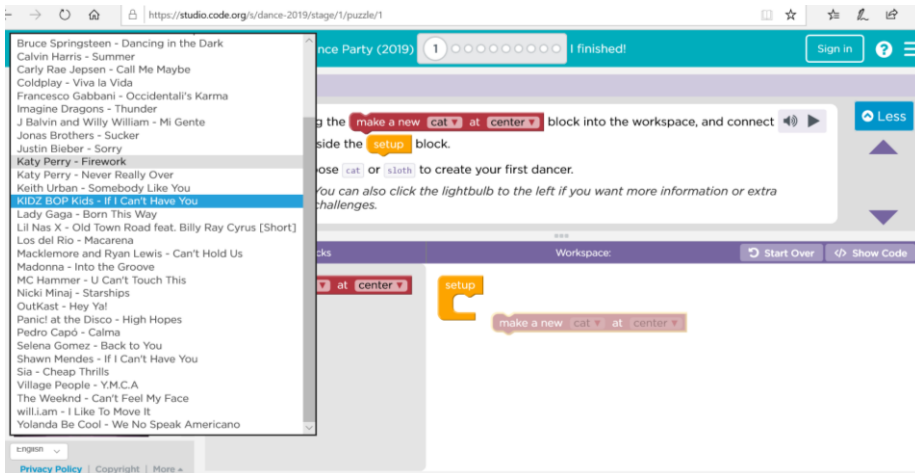
Choose dance party.



Click on start on the next two pages.

Watch the video, or skip if it takes too long to play.

Follow the instructions on the screen. On the left hand side of the screen there is a drop down box with lots of different songs to dance to.



Have fun!