



## St Edmunds Suggested Weekly Plan Date w/c 15<sup>th</sup> June

### Year: Y4

Outlined below are a range of activities that you may want to follow as part of your home learning schedule. We recognise that each family will have different needs and resources and therefore this should only be used as a guide. Well done for all your hard work and please do email us pictures of your work to [year4@st-edmunds.richmond.sch.uk](mailto:year4@st-edmunds.richmond.sch.uk). If you need any help or advice, the Year 4 email is the best way to get in contact with us. **If you are happy for us to share some of your work on the school website – please state on your e-mail that you give us permission to do so. E.g. ‘I am happy for this work to be shared on the school website’.** We have given out some certificates for the great work we have seen already. Do remember that, if you feel it is more appropriate, the children can use lessons from other year groups when working through the maths tasks.

Monday	Tuesday	Wednesday	Thursday	Friday
PE: Morning Workout – e.g. Joe Wicks				
<p>English – Genre focus – Letter Writing Task/lesson 1: Read through the example letters in the weekly resources. Identify the key features of letter writing. Highlight these key features on the examples. Make sure that you know how to spell <b>sincerely</b> correctly.</p>	<p>English – Genre focus – Letter Writing Task/lesson 2: This week you are going to write a letter to your class teacher. Today create a mind map plan of what you will include in the letter. The letter could be about your experiences during school closure, your hobbies, your hopes for the future or anything else you would like.</p>	<p>English – Genre focus – Letter Writing Task/lesson 3: Write your letter. Ensure you include all the key features of a letter. Remember to use paragraphs and to spell <b>sincerely</b> correctly. Don't forget to use the letter writing tip sheet saved in this week's resources.</p>	<p>English – Genre focus – Letter Writing Task/lesson 4: Proof read your letter. Check all your spellings and ensure your punctuation is correct. If possible, post your letter to your teacher using the school address. If you are unable to post it, please ask your parent to email it to your teacher.</p>	<p>Due to lots of requests, Fridays have now become revision days. They can be used to review any areas that you found difficult, or would like to revisit, from this week or previous weeks. It is also an opportunity to catch up on any activity that you may not have had the opportunity to complete.</p> <p>We also recommend that you go over your Year 4 spelling patterns. These can be found in the RWI Spelling book sent home before the schools closed. If you do not have these, you can always use the spelling tests in your reading record to remind you of the spelling patterns.</p> <p>This is also a good day to focus on your reading.</p> 
<p>Maths Summer Term Maths Website: <a href="https://whiterosemaths.com/homelearning/year-4/">https://whiterosemaths.com/homelearning/year-4/</a> Lesson 1: Tenths as decimals - watch the video and complete the activity sheet (answers available in resources)</p> <p>Daily challenge: 8<sup>th</sup> June sheet saved on the website (Y4 W9) – do not print – working out can be done on a whiteboard/paper.</p>	<p>Maths Summer Term Maths Website: <a href="https://whiterosemaths.com/homelearning/year-4/">https://whiterosemaths.com/homelearning/year-4/</a> Lesson 2 - Divide 1-digit by 10 watch the video and complete the activity sheet (answers available in resources)</p> <p>Daily challenge: 9<sup>th</sup> June sheet saved on the website (Y4 W9) – do not print – working out can be done on a whiteboard/paper.</p>	<p>Maths Summer Term Maths Website: <a href="https://whiterosemaths.com/homelearning/year-4/">https://whiterosemaths.com/homelearning/year-4/</a> Lesson 3: Hundredths as decimals- watch the video and complete the activity sheet (answers available in resources)</p> <p>Daily challenge: 10<sup>th</sup> June sheet saved on the website (Y4 W9) – do not print – working out can be done on a whiteboard/paper</p> 	<p>Maths Summer Term Maths Website: <a href="https://whiterosemaths.com/homelearning/year-4/">https://whiterosemaths.com/homelearning/year-4/</a> Lesson 4: Divide 1 or 2-digits by 100 - watch the video and complete the activity sheet (answers available in resources)</p> <p>Daily challenge: 11<sup>th</sup> June sheet saved on the website (Y4 W9) – do not print – working out can be done on a whiteboard/paper.</p>	

PE: One hour of dedicated movement time

### **Projects for the Week**

#### **Growth Mindset – Week 2: RELAXATION**

We hope you enjoyed the growth mindset work from last week. This week we will continue to work through the programme and the focus will be on **relaxation**. We hope you take this as an opportunity to find little moments in your day to relax and breathe...

Last week, we spent some time looking at the range of emotions we experience throughout the day. This week, we will build on this learning to look at strategies to reduce our stress and anxiety when we are experiencing negative emotions.

**Task 1:** Read through the **54321** worksheet. This technique can be really useful to help yourself (or others) who may be experiencing strong emotions.

**Task 2:** When we are frightened or angry or stressed, we often don't breathe properly. This means our breath is 'shallow' and can cause us to feel worse. One of the best ways to encourage your body to return to a relaxed state is to control your breathing. Try one of the 'breathing' exercises suggested in the learning pack: Bubble breathing, Hand breathing or Star breathing. **NB: All breathing exercises should be breathing in through the nose and out through the mouth.**

**Task 3:** Complete the **Relaxing stretches** worksheet. Try completing the exercises in the morning and before you go to bed.

**Task 4:** Take time to be outdoors (whilst following government guidelines) to appreciate the natural world. Complete the **Being outside in nature** worksheet.

**Task 5:** At the end of the week, complete the **3,2,1 exercise**.

#### **Science**

Please complete the 'Good Vibrations' activity in the Science section of EducationCity. This activity covers important areas of our sound topic.

#### **RE**

For our RE activity this week, we will be taking part in a prayer competition run by the Knights of St Columba. The theme of the competition is 'Protecting Children in the World Today'. You can be as creative as you like with your prayer. Think about how you might start and end a prayer. Think about what you might ask God for help with. Think about the vocabulary you might use. A leaflet with details on the competition can be found in this week's resources. Please email your entries to your class teacher. Please ensure you have included all the relevant information required for the competition.

Example Prayers:

*Father, I want to live in the shadow of Your wing.*

*When life is hard, and I don't know what to do, help me remember that You are with me and that I am never alone.*

*I cannot live without You. Today I choose to walk and live under the protection of You, The Most High.*

*In Jesus' name.*

*Amen*

*Lord God, I pray for Your protection as I begin this day. You are my hiding place, and under Your wings I can always find refuge.*

*Protect me from trouble wherever I go. No matter where I am, I will look to You as my Protector. Your love and faithfulness, along with Your goodness and mercy, surround me daily.*

*My trust is in You, God, and I give thanks to You for Your love and protection.*

*In Jesus' name, Amen.*

Remember that we have all the online resources such as EducationCity, MyUSO and Sumdog.

Keep up the good work and remember to email us your wonderful work.



Mr Nash and Mr Rose