



Week 9 -Learning Project – Sport

Age Range: Class 4

Hello Class 4 Tribe of Delabole

Below is a suggested timetable for how you and your child could structure your Home Learning this week. As before, this is a suggested list of options, we understand that this may not work for everyone. Please feel free to complete the tasks that work best for your child – this could be from the options given or others that you may have available at home. If your child has completed tasks on mymaths, please revisit them to see feedback from your teacher. To do this you need to re-click on a completed task from the week before.

It has been wonderful to see some of the home learning completed on the school's facebook page. Please also login to the new Seesaw app to find further activities, videos and messages from us - and we can also use this as a way to communicate as a tribe.

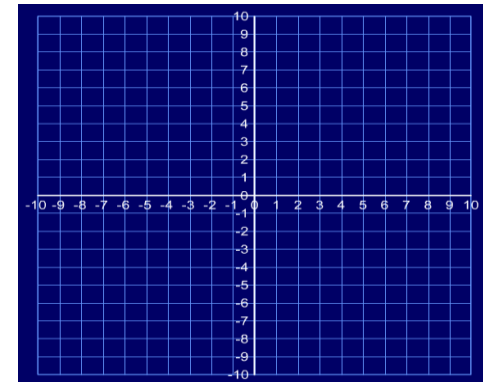
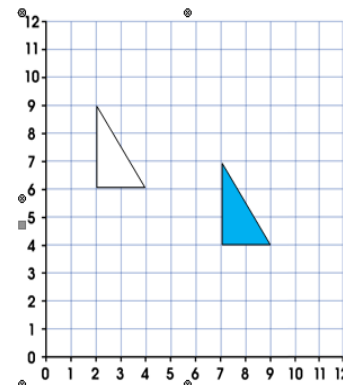
Some of you have been accessing the work set out on the White Rose website. To access these tasks now, you need to go through the Bitesize website. <https://www.bbc.co.uk/bitesize>

This site also has a lot of other cross curricular activities. For those Year 6 students, there was a resource a few weeks ago on transition to secondary school which was very good. When you scan down to the end of that page, there are some good maths games that are quite similar to Sumdog.

Thank you for your continued support. We continue to think of all of you – we are just a phone call/email away if you need us.
Mr Pritchard and Miss Thomas

Weekly Reading Tasks	Weekly Spelling Tasks
Monday- Ask your child to read the sports pages of a newspaper and consider the language used. They could add interesting language to a sports' word bank.	Monday- Can your child list sport related noun phrases and verbs that correspond with each letter of the alphabet? This will support their writing tasks. A = athletics B = basketball
Tuesday- Here is a reading comprehension activity about circus performers. Ask your child to read the text quickly and accurately and complete the questions.	Tuesday- Create a wordsearch with this week's spellings in. Use the grid to help you. Or use the dice to do some dicey spellings. 1-write it backwards, 2- write it in bubble writing, 3- write it in the air, 4- write it using their finger on someone's back to guess, 5-rainbow write it, 6- write it in a pyramid.
Wednesday- Ask your child to read Arundel Swimming Pool . Ask your child to	Wednesday- Ask your child to create their own sporting wordsearch. This could

<p>summarise each verse using only one word! AF5 – Chatterer- Underline which words are doing all the work.</p>	<p>include the names of athletes, sports or sporting equipment. Use the grid to help you.</p>
<p>Thursday- Read the text called The Wexbridge Flyer from the literacy shed pack 5. Have a look at the questions below the text and answer them. There are answers to the questions for you to have a look at.</p>	<p>Thursday- Can your child unscramble these sporting words: queenmipt, poicmlys, tannidmob, cagminssty & pochmashpini.</p>
<p>Friday- Ask your child to consider the actions of a character in a book they've recently read. Do they agree or disagree with the actions? What may have happened if their character had reacted differently? They should verbally give reasons for their opinions and justify them using evidence from the text. <i>E.g: Thinking of the text 'Holes,' was it good for Zero to run off into the desert? What if Stanley had decided to follow him when he did? How might this action change the outcome of the story?</i></p>	<p>Friday- Pick 5 Common Exception words from the Year 5/6 spelling list. Challenge your child to spell them as you throw a ball to each other. Every time the ball is thrown the next letter must be said.</p>
<p>Weekly Writing Tasks</p>	<p>Weekly Practical Maths Tasks- Position and Direction Choose a task or tasks from each day. These are to be used flexibly</p>
<p>Monday- Visit the Literacy Shed for this wonderful resource on The Catch. Watch the film and use the crib sheet to stop it at the appropriate time. Talk though the questions that you are given.</p>	<p>Monday Ask your child to create their own reflection, rotation AND translation poster using the attached information to help you.</p> <p>Bitesize Maths online daily maths lessons with worksheets White Rose Maths online daily maths lessons use bitesize link for worksheet CODE Maths Hub Daily Fluency Activities - Day 1 Week 4</p>
<p>Tuesday- Look at 'The Catch' again and use the template to write a haiku. There are other examples of Haikus here.</p>	<p>Tuesday- Place several household objects on the ground indoors or in the garden spaced apart. Blindfold your child using a scarf and using the positional language, such as turn left, right, forwards, clockwise etc, give them instructions to lead them to the items. You could say something like: "Turn 90 degrees left, move forwards 3 spaces." Can your child follow the given instructions to find the object?</p> <p>Bitesize Maths online daily maths lessons with worksheets White Rose Maths online daily maths lessons, use bitesize link for worksheets CODE Maths Hub Daily Fluency Activities - Day 2 Week 4</p>
<p>Wednesday- Ask your child to choose a sports person they admire. Encourage them to create a biography which tells the story of their life in chronological order. Think about using the headings; Early life, Hopes and Dreams, and Sporting Success. More and different subheadings could be used too! Use the headings to research your sports person.</p>	<p>Wednesday- Create your own translation challenges like the ones attached. OR maybe you might want to complete it outside using chalk or through a different creative way.</p> <div data-bbox="1131 1268 1848 1508"> </div>



As an extra challenge you may want to practise your translation across 4 quadrants

[Bitesize Maths](#) online daily maths lessons and worksheets

[White Rose Maths](#) online daily maths lessons (use bitesize link for worksheet)

[CODE Maths Hub Daily Fluency Activities](#) - Day 3 Week 4

Thursday- Use the research you collected the previous day to create your biography. Don't forget to re-read your writing and check punctuation and spelling.

Thursday - Play catch. Each time the ball is caught, count up in a particular multiple (this could be any number between 2 and 100). If the ball is dropped, start again. It can be made harder by spacing out or by giving a higher target number.

[Bitesize Maths](#) online daily maths lessons with worksheets

[White Rose Maths](#) online daily maths lessons

[CODE Maths Hub Daily Fluency Activities](#) - Day 4 Week 4

Friday- Some form of PE should be undertaken in school 5 days a week. Do you agree? Why? Why not? Write a paragraph for both sides of the argument.

Friday Play Medal Muddle – to help sort out the Olympic Medal Table.

Hints – you may want to choose a specific country to start

- Write down each country on a piece of paper and cut it out so that you can move them around.

[Bitesize Maths](#) online daily maths lessons

[White Rose Maths](#) online daily maths lessons

[CODE Maths Hub Daily Fluency Activities](#) - Day 5 Week 4

Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about sports and games. Learning may focus on the history of sport, sporting-heroes, physical challenges and performance.

- **Sport Genius-** Usain Bolt is thought of as being one of the greatest sportsman on all time. Read the information about him and create a quiz (could be multiple choice) about him and his life. Ask your friends and family to answer the quiz!
- **Sporting Heroes-** Get your child to select their favourite sporting star. Then they can draw a portrait of them in the style of the famous pop artist Roy Lichtenstein (see examples) using felt tip pens or paint.
- **Name that Sport –** Get your child to create a scavenger hunt around the house for others to take part in. There are examples of things you could scavenge on the sheet, but encourage them to make one which is unique to your home and garden.
- **Beat It!-** Begin by getting your child to measure their resting heart rate by counting how many beats in a minute. Then get them to carry out an exercise e.g. running, skipping, star jumps etc. for 3 minutes. Once they have completed this they are to carry out a recovery activity e.g. walking or sitting and see how long it takes for their heart rate to go back to normal. Ask them to repeat this with different recovery exercises to see which is the most effective at getting their [heart rate](#) back to normal the quickest. Can they create a way of showing their results?
- **Anyone Can Be a Champion!-** This activity is all about exploring the diversity of sport. Ask your child to read the information about the Paralympics and then discuss why we have the Paralympics. Get your child to create a poster which presents the importance of the Paralympics and the range of different sports there are.
- **Mindfulness -** This week we will bring our attention to different parts of our body as we do something called a body scan. After your child has done something energetic, like dancing or kicking a ball around the garden, have them take time to lie down with their hands on their chest. Ask them to close their eyes and tune into the feeling of their heart pumping and their chest rising and falling with each breath. Now ask them to bring their attention to their toes, feeling into their little toes and across to their big toes. Keep the focus here for a few slow breaths. Now ask them to bring their attention up to their ankles, then their calves, shins, knees, etc. Again, pausing at each stage for a few slow breaths. Keep guiding them to gradually bring their attention in an upwards direction. When they get back to their chest, ask them to again tune into the beating of their heart and the feeling of their breath. Have them remain here, just breathing and staying still, for about 10 minutes.

STEM Learning Opportunities

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>
- Can you spot the odd one out? Use the activity [here](#) to find out!

#TheLearningProjects
in collaboration with



www.robinhoodMAT.co.uk