

## Learning Project WEEK 1 – Healthy Living

### Year 4

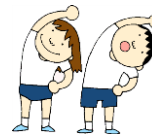
Weekly Maths Tasks	Weekly Reading Tasks
<ul style="list-style-type: none"> <li>• Try the <b>3 problems</b> at the end of this page. Remember to think carefully and use some methods!</li> <li>• Have a go at the Friday Problem solving activity on <b>BBC Bitesize Daily Lessons</b></li> <li>• Have a go at the <b>arithmetic paper</b> on the website. You don't have to do it as a test but work through the questions together.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Reading comprehension</b> – Children's Mental Health</li> <li>• Complete the Friday Reading activity on <b>BBC Bitesize Daily Lessons</b></li> <li>• Read a book on <b>Epic Books about healthy eating or physical activity</b>. Discuss what you enjoyed about the book.</li> <li>• Remember to log in to <b>Accelerated Reader</b> after you complete a school book to take your quiz!</li> </ul>
Online Maths Tasks	Daily Reading
<p><b>Mathletics</b> – Continue to have a go at the tasks set on here. This week will be focusing on <b>Number and Place Value</b> (3x a week)</p> <p><b>TT Rockstars</b> – Make sure to have a go on Soundcheck at least once a day and help us in our weekly battle! (3x a week)</p>	<p>Make sure to read for <b>20 mins a day</b>. Ask your child about what has happened, what their favourite part is, and what they think might happen next.</p> <p>Remember you can now use <b>Epic Books</b> to access to even more books!</p>
Weekly Spelling Tasks	Weekly Writing Tasks
<ul style="list-style-type: none"> <li>• Practise your individual spelling lists on <b>Spelling Shed</b> (3x a week)</li> <li>• Choose 5 of your year 3/4 common exception words and <b>create your own mnemonic</b> to help you remember them (because – <b>big</b> elephants <b>can't</b> always use <b>small</b> exits)</li> <li>• Choose 5 common exception words and <b>write a sentence</b> including each of them.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Write a recipe</b>. How to make ..... Remember to include a list of ingredients and things you need. Don't forget headings and subheadings. Then write your instructions in numbered steps including imperative verbs (bossy verbs)</li> <li>• <b>Choose a particular food and write an acrostic poem</b>. Where it comes from? What does it look like? What does it taste like? Etc</li> <li>• <b>Write a review about a meal you have eaten recently</b>. Describe what you had to eat. What did you enjoy and why?</li> </ul>

## Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about the healthy living. Learning may focus on where foods come from, what makes a healthy meal, opportunities to cook and learn about how to keep healthy.

- **Science**

Let's see how fit we are after all this time at home! **Have a go at each of the activities on the attached sheet and do them for 1 minute.** Count how many you are able to do and write it in the table (be honest!) Do this every day and see what happens to your scores. What is your prediction? What do you notice? What is your conclusion (I found out ... I know this because... Interestingly..... I wonder....)



- **DT**

What is a balanced diet? Find out the 5 food groups and **create a healthy balanced meal.**

Cook your meal for your family to enjoy. What did you like? What would you do next time? Is there anything you would change?



- **Art**

Create some **still life observational sketches of fruit and vegetables.**

Look at the artwork of **Giuseppe Arcimboldo**. Maybe recreate some of his paintings with fruit.



- **History**

**What was a healthy lifestyle in different times in history?** Choose one of the following periods in time and find out about what they ate, what kinds of exercise they did and whether they did anything to keep mentally healthy (meditation etc). Compare this to now and do you think that they had a healthy lifestyle?

Choose from: **Romans, Egyptians, Vikings, Victorians, Greeks**



- **Geography**

Look at lunch around the world **and investigate how differently people eat in other countries.** What types of food do they eat? Would you like to eat it? Which would be your favourite place to have lunch?



- **Time to Talk:**

As a family, **design a healthy meal plan for the week.** Discuss your favourite food and explain why you enjoy them. Talk about healthy and unhealthy food and explain the importance of a balanced diet.



### Additional learning resources parents may wish to engage with

**Classroom Secrets Learning Packs** - These packs are split into different year groups and include activities linked to reading, writing, maths and practical ideas you can do around the home.

<https://classroomsecrets.co.uk/home-online-learning/>

**Twinkl** - to access these resources click on the link and sign up using your own email address and creating your own password. Use the offer code UKTWINKLHELPS.

**Top Marks** – Some great Maths games for all ages, that you can play online.

<https://www.topmarks.co.uk/>

**Audible** – All children's books are free to listen to during school closure.

<https://stories.audible.com/start-listen>

**BBC Daily Lessons** – The BBC have created a series of daily lessons in all subjects that you can use to learn more. <https://www.bbc.co.uk/bitesize/dailylessons>

**Food a Fact of Life** – Education resources, recipes and ideas for a healthy lifestyle

<https://www.foodafactoflife.org.uk/>

**Mindfulness** – Make sure to take time for some mindfulness this week.

**Go Zen Body Scan Meditation** is great for calming exercise

<https://www.youtube.com/watch?v=aIC-lo441v4>

**Cosmic Kids** has great yoga and zen den exercises for you to try

[https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)

## Maths Problems

1 Fill in the missing numbers.

100 less than 20,000 is

more than 20,000 is 20,600

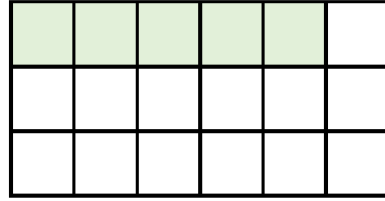
2



25% of my number is 24

What number is Teddy thinking of?

3 Lucy shades in part of a rectangle.



She shades some more squares.

$\frac{7}{9}$  of the rectangle is now shaded.

How many more squares did Lucy shade?