



Activities for Friday 29th January

The Government guidelines state that children in Year 4 should spend 4 hours each day on their learning from home. To make things clearer, we have made a list of how long we would spend on each of today's activities, if we were in school. These are an approximate guide. Please remember to email us some photos of your work at the end of the day. We look forward to seeing how you get on.

Thinking Skills – 30 minutes

P.E – 30 minutes

Maths Assertive Mentoring – 30 minutes

Spelling – 30 minutes

Guided Reading– 45 minutes

Times Tables Activity - 30 minutes

Show and Tell Session on Microsoft Teams – 30 minutes

Mindfulness Activity – 15 minutes



Thinking Skills

Choose any three numbers from the grid and add them up.

337	344	448	248
358	300	306	396
319	350	254	313
261	402	298	409

Find as many ways as possible of making 1000.
You may use a calculator if you wish.

P.E


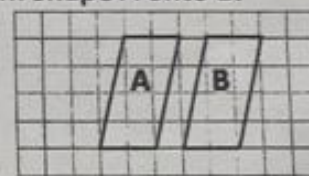
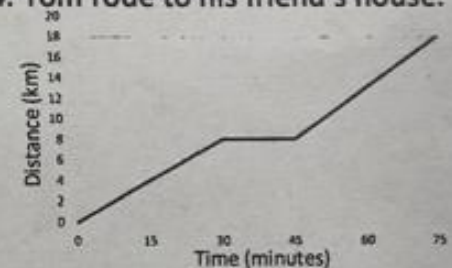
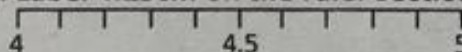
- We are going to be working out with Joe Wicks today.
- Use the link below to access today's workout. It will be live at 9am or you can follow it later.
- <https://www.youtube.com/user/thebodycoach1>

Maths

Assertive

Mentoring




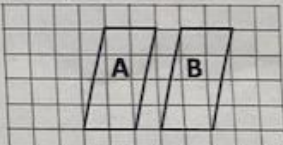
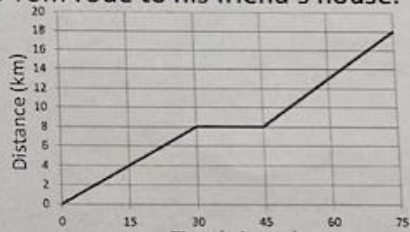
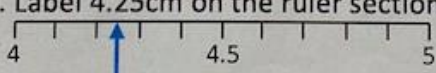
A: Place Value, Add and Subtract		B: Multiply, Divide and Fractions		C: Measure, Geometry and Statistics	
1. What is the missing number? 18 24 30 <input type="text"/> 42	4:1	11. $7 \times 11 =$	4:9	21. What is the area of this shape? 	4:20
2. What is the missing number? 7,000 8,000 9,000 <input type="text"/>	4:1	12. Circle the sum that is the same as 27×12 : $3 \times 4 \times 9$ $3 \times 9 \times 12$	4:10	22. Circle the name that describes the smallest angle. Right angle Obtuse angle Acute angle	4:24
3. Round this number to the nearest 100: 5,731	4:2	13. $293 \times 7 =$	4:11		
4. What is 1,000 less than 3,293?	4:2	14. To work out 53×8 you could do: <input type="text"/> $\times 8 + 3 \times$ <input type="text"/>	4:12	23. To transform shape A onto B: Translate A <input type="text"/> units to the <input type="text"/> . 	4:27
5. What is 3 less than 1?	4:3	15. Circle the equivalent fraction to $\frac{1}{7}$. $\frac{3}{28}$ $\frac{5}{35}$ $\frac{7}{56}$	4:13		
6. What is the value of the 2 in this number? 3,296	4:4	16. Complete the sequence: $\frac{22}{100}$ $\frac{23}{100}$ $\frac{24}{100}$ <input type="text"/>	4:14	24. Tom rode to his friend's house. 	4:29
7. Write the number 37 in Roman numerals.	4:5	17. $\frac{9}{5} + \frac{2}{5}$	4:15		
8. $1,235 + 824 =$	4:6	18. Write 0.5 as a fraction.	4:16		
9. Write the sum to check $1,930 + 383$ $= 2,313$: 2,313 <input type="text"/> 1,930 <input type="text"/> 383	4:7	19. $8 \div 100 =$	4:17		
10. There are 213 people on a train. 28 get on & 49 get off. How many now?	4:8	20. Label 4.25cm on the ruler section: 	4:18	25. How much further was the 2nd part of Tom's journey than the first?	4:30
Total (A)		Total (B)		Total (C)	
Test Total (A+B+C)		R (0-9)	Y (10-19)	G (20-25)	

Maths

Assertive

Mentoring

Answers

A: Place Value, Add and Subtract		B: Multiply, Divide and Fractions		C: Measure, Geometry and Statistics	
1. What is the missing number? 18 24 30 <input type="text"/> 42	4:1 36	11. $7 \times 11 =$	4:9 77	21. What is the area of this shape? 	4:20 10cm²
2. What is the missing number? 7,000 8,000 9,000 <input type="text"/>	4:1 10,000	12. Circle the sum that is the same as 27×12 : $3 \times 4 \times 9$ $3 \times 9 \times 12$	4:10 $3 \times 9 \times 12$	22. Circle the name that describes the smallest angle. Right angle Obtuse angle Acute angle	4:24 Acute angle
3. Round this number to the nearest 100: 5,731	4:2 5,700	13. $293 \times 7 =$	4:11 2,051	23. To transform shape A onto B: Translate A <input type="text"/> units to the <input type="text"/> . 	4:27 3, right
4. What is 1,000 less than 3,293?	4:2 2,293	14. To work out 53×8 you could do: <input type="text"/> $\times 8 + 3 \times$ <input type="text"/>	4:12 50, 8	24. Tom rode to his friend's house. 	4:29 15 mins
5. What is 3 less than 1?	4:3 -2	15. Circle the equivalent fraction to $\frac{1}{7}$. $\frac{3}{28}$ $\frac{5}{35}$ $\frac{7}{56}$	4:13 $\frac{5}{35}$	25. How much further was the 2nd part of Tom's journey than the first?	4:30 4km
6. What is the value of the 2 in this number? 3,296	4:4 200	16. Complete the sequence: $\frac{22}{100}$ $\frac{23}{100}$ $\frac{24}{100}$ <input type="text"/>	4:14 $\frac{25}{100}$		
7. Write the number 37 in Roman numerals.	4:5 XXXVII	17. $\frac{9}{5} + \frac{2}{5} =$	4:15 $\frac{11}{5}$		
8. $1,235 + 824 =$	4:6 2,059	18. Write 0.5 as a fraction. $\frac{1}{2}$	4:16 $\frac{1}{2}$		
9. Write the sum to check $1,930 + 383 = 2,313$: $2,313$ <input type="text"/> $1,930$ <input type="text"/> 383	4:7 -, =	19. $8 \div 100 =$	4:17 0.08		
10. There are 213 people on a train. 28 get on & 49 get off. How many now?	4:8 192	20. Label 4.25cm on the ruler section: 	4:18 Arrow		
Total (A)		Total (B)		Total (C)	
Test Total (A+B+C)		R (0-9)	Y (10-19)	G (20-25)	

Spellings – er and est

- We are going to continue using the Oak Academy website to help us learn about the suffixes er and est.
- You will need a piece of paper and a pencil.
- Remember to keep a record of your spelling score and sent it to me. 😊
- Here is the link you will need-
- <https://classroom.thenational.academy/lessons/to-practise-and-apply-knowledge-of-suffixes-more-er-and-est-including-test-c8w64r?activity=video&step=1>

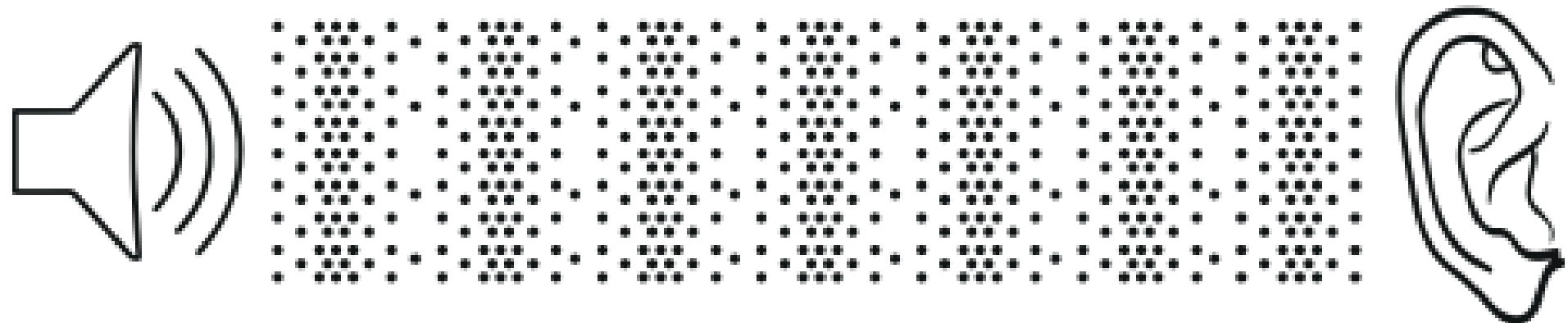
Guided Reading – Sound Waves

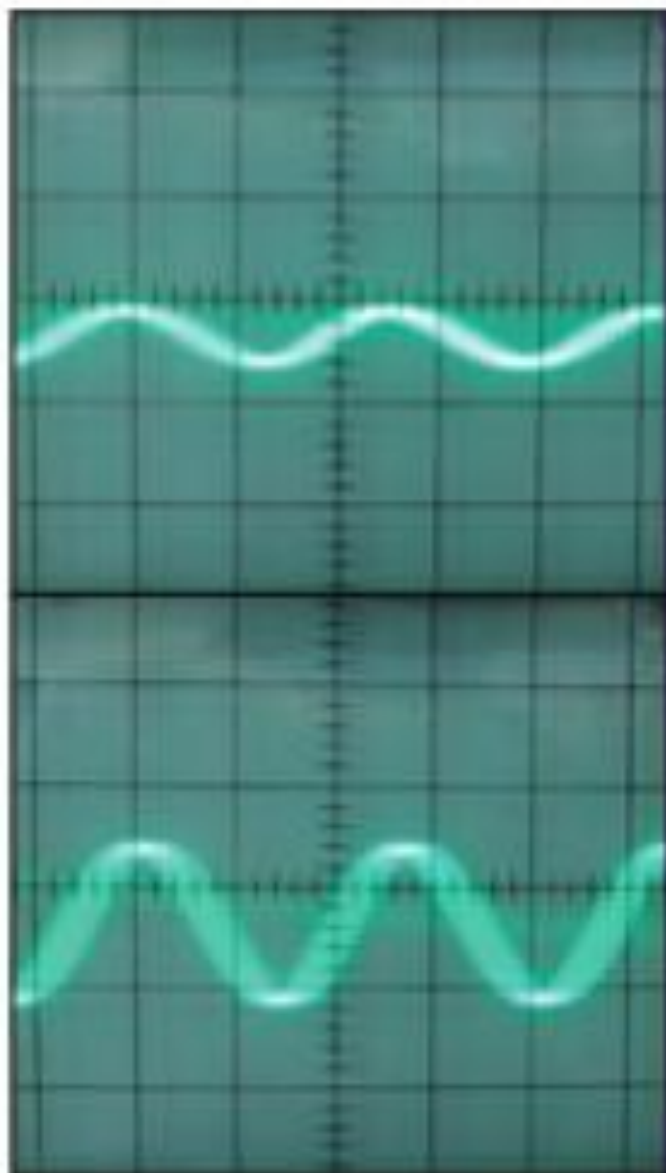
- On the next few slides are some extracts for you to read all about sound waves.
- Make a note of any key words that you don't understand, then spend some time finding out what they mean before answering the comprehension questions.

Sound is everywhere in our environment: the tweeting of a bird in a tree, your mum shouting upstairs, "Hurry up – we're late!" and the latest song from your favourite band. Different though all these things are, they have one thing in common... They all travel to your ear and all around as sound waves.

Catching the Wave:

Sound waves are vibrations that move particles in the air, similar to how the wind moves the sea to make the waves we can see. The waves travel towards your ear as the air particles move the adjacent particles – a bit like a slinky spring – until they reach your ear. How do the sound waves know how to get to your ear? Do they have a satnav? Well, the answer is, no, they don't. The sound waves travel in multiple directions from the source and your ear collects the ones that come in your direction. Once your ear has 'caught' the sound, it carries on vibrating the tiny bones inside your ear – called the stirrup, hammer and anvil – that then turns the vibrations into electric pulses that are sent to the brain for processing.





Did you know?

Volume of a jet engine: 150dB

Loudest place to work: Driving a Formula One car (140dB)

Highest audible pitch a human can hear: 20,000Hz

Highest audible pitch a bat can hear: 90,000 Hz

Smallest bone in your body: The stapes/stirrup bone in your ear measuring 2.6 - 3.4mm

Speed of sound: 340 m/s in air; 1484 m/s in water; 4600 m/s in copper

Pitch:

How speed of the vibrations is referred to as the frequency of the sound and is measured in hertz (Hz). The faster the vibration, the higher the frequency and the higher the pitch of the note. A low note will have a slow vibration and a lower frequency. You can make a string on an instrument have a higher frequency by shortening the string or making it tighter.

Volume:

Volume is how loud a sound is, no matter how high or low the pitch of the note. It is measured in decibels (dB). Think of volume being how hard the particles in the air are hitting each other, a bit like how hard you hit a rounders ball. Hit the particles hard and they will be louder and also the sound will travel further just like your rounders ball. So to make a guitar string louder, but the same pitch, you simply pluck it with more force.

Comprehension Questions

1. What vibrates inside your ear to send the sound signals into your body?
2. What unit is pitch measured in?
3. What unit is volume measured in
4. What is another name for the stirrup bone inside your ear?
5. Why do you think sounds travels faster in water? (Hint: think about the particles in a liquid and a gas).

Comprehension Questions

6. In the fact file, what does the word 'audible' mean?
7. How would you make a guitar string have a lower frequency?
8. Why has the author used inverted commas around the word 'caught' in the Catching the Wave paragraph?
9. Why is there no sound in space?
10. Thinking about noise levels, what safety kit does a Formula One driver need?

Comprehension Answers

1. What vibrates inside your ear to send the sound signals into your body?

(Tiny) bones – more specifically the stirrup/stapes, hammer/malleus, anvil/incus)

2. What unit is pitch measured in?

Hertz (Hz)

3. What unit is volume measured in?

Decibels (dB)

4. What is another name for the stirrup bone inside your ear?

The stapes

5. Why do you think that sound travels faster in water? (Hint: think about the particles in a liquid and a gas)

The particles are closer together

6. In the fact file, what does the word 'audible' mean?

Something you can hear/ loud enough to hear

7. How would you make a guitar string have a lower frequency?

Lengthening or loosening the string (the opposite of the information given about raising the pitch)

8. Why has the author used inverted commas around the word 'caught' in the Catching the Wave paragraph?

Because an ear does not actively 'catch' as we might catch a ball with our hands.

9. Why is there no sound in space?

Discuss: space is a vacuum so there are no particles to move around to transfer vibrations

10. Thinking about noise levels, what safety kit does a Formula One driver need?

Earplugs - They actually have custom made ones.

Discuss:

- **What are the ramifications of long term exposure to loud noises?**
- **How loud do the children have their earphones? A safe rule of thumb to try is holding your earphones at arm's length. If you can still hear the music, it is too loud.**

Times Table Challenge

Times Tables up to 12 x 12 and Corresponding Division Facts

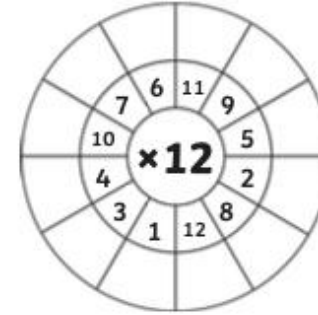
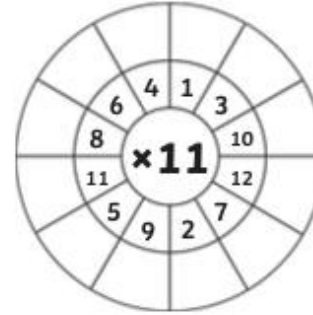
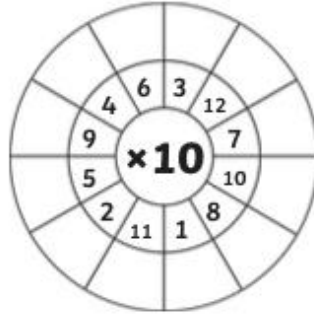
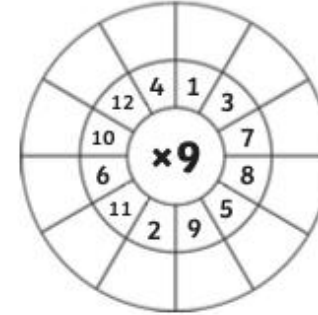
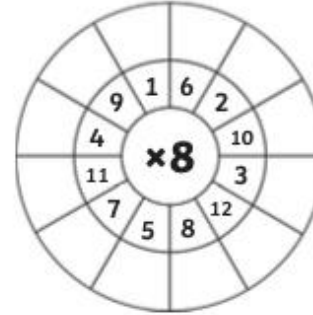
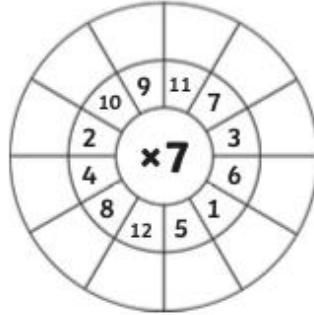
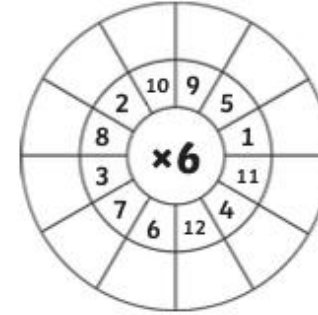
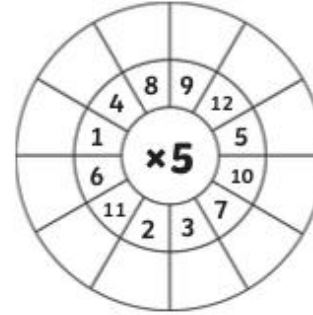
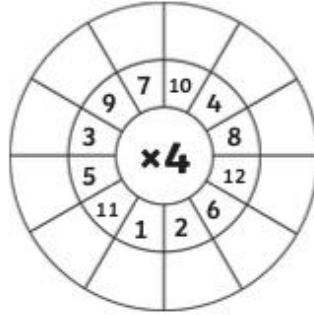
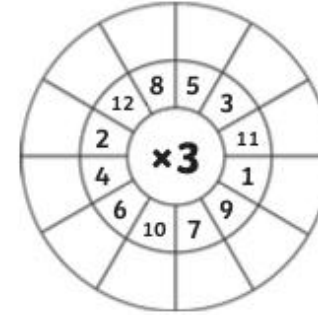
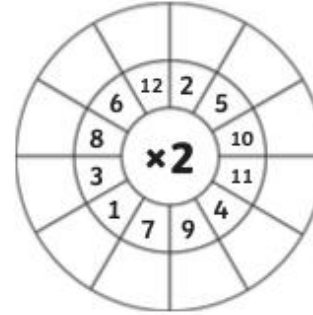
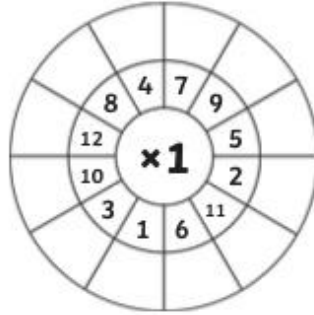
Multiplication Square

Can you fill in the grid by multiplying the numbers?

[illegible]

Multiply the numbers by the middle number.

Times Table Challenge



Show and Tell on Microsoft Teams



- If you can't join us via Microsoft Teams, please don't worry.
- Instead spend this time recording yourself showcasing and explaining your favourite piece of work from this week. You can even take a photo of this and write about it, if you prefer.
- You can email me with your recording or picture and share your work this way. 😊

Mindfulness

- We have been practicing mindfulness for 3 weeks now. I have heard lots of positive comments from so many of you about this. I am so pleased that you're finding it useful.
- How did you find this last week?
- To help us finish our week again this week and prepare for the weekend, there is another mindful activity on the next slide.
- Have a go and see if it helps you to become more calm. Has it had more of an impact this week than the first week we tried it? Let's keep practicing and see if we notice any further improvements.

Brain Break Breathing

Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.

