

## Year 4 Learning Grid

### Week Commencing 25<sup>th</sup> January 2021

	Fast Maths	Guided Reading	Maths	English	Topic
Monday	11 x table	Jamie Drake Equation. Pages 24 & 25.	Multiplying 2-digit numbers	Mars research grid.	Create your own planet.
Tuesday	Multiply and divide by 12	Jamie Drake Equation - comprehension	Multiplying 2-digit numbers	Hot-write planning	Create a monster that will live on your planet  Science - Habitats
Wednesday	To multiply by 3 numbers	Jamie Drake Equation - comprehension	Multiplying 2-digit numbers	Hot-write planning	Free time. Have an afternoon off from work and do an activity that you really enjoy!
Thursday	Number factors	Jamie Drake Equation - comprehension	Multiplying 2-digit numbers	Hot-write. Create a persuasive brochure about Mars	Music from Miss Siddle
Friday	Missing multiplications	Jamie Drake Equation - comprehension	Multiplying 2-digit numbers	SPAG	Jigsaw – Never Give Up Create a poster with an encouraging message  PE

Fast Maths Monday 25.1.21

Ob - To multiply by 11

$$2 \times 11 =$$

$$4 \times 11 =$$

$$6 \times 11 =$$

$$5 \times 11 =$$

$$8 \times 11 =$$

$$11 \times 8 =$$

$$11 \times 5 =$$

$$11 \times 6 =$$

$$11 \times 4 =$$

$$11 \times 2 =$$

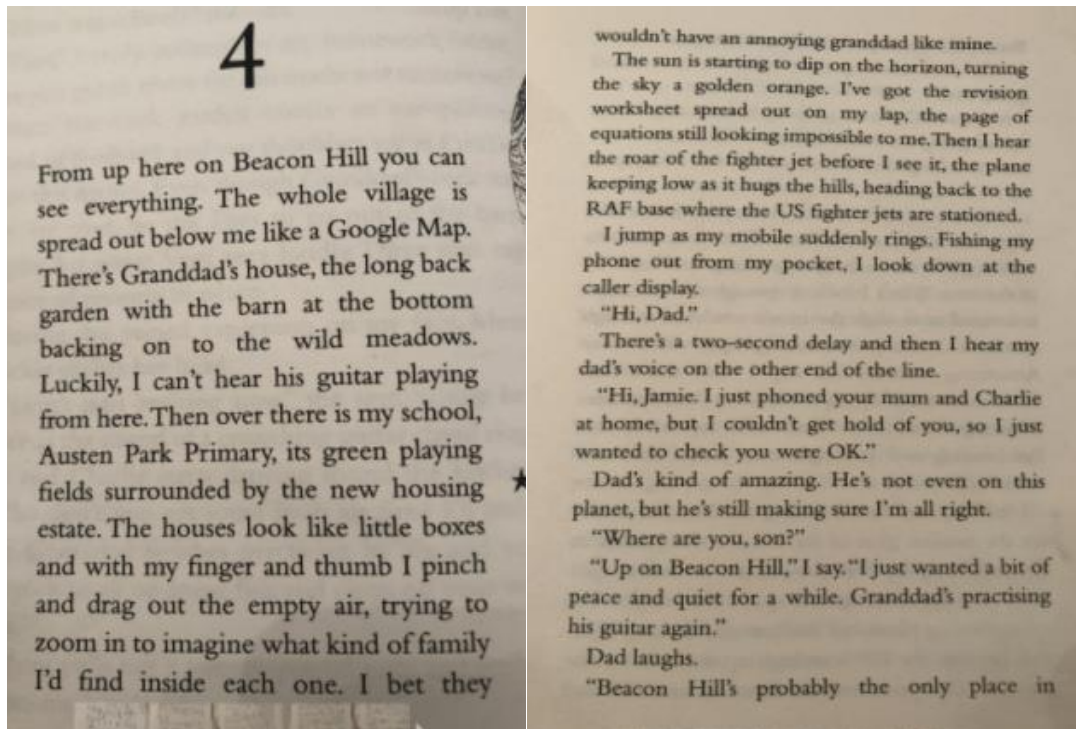
$$11 \times 10 =$$

$$11 \times 12 =$$

$$11 \times 11 =$$

Guided reading - Monday 25.1.21

Read the extract below carefully.



Use the start of Chapter 4 (p24) to tell me three things that Jamie can see when he looks out from Beacon Hill.

Answer here

Use the clues on page 25 to tell me what time of the day it is whilst Jamie is on Beacon Hill.

Answer here

Towards the end of this extract we see that Jamie's mood suddenly changes. What is the reason for this?

Answer here

What reason did Jamie give Dad for being up on Beacon Hill?

Answer here

Now I'd like you to make some predictions. What do you think Jamie is going to talk to his dad about?

Answer here

## Spelling

Please take time and care in learning these words. Be honest and correctly hide each word at a time before attempting to spell it. Correct any errors in the final column of the table and spend time memorising the spellings so that the next time that you use any of them in your work, you will confidently be able to recall the spelling.

**w/b 25/01/21**

1. possess
2. possession
3. possible
4. potatoes
5. pressure
6. probably
7. promise
8. purpose
9. quarter
10. question

Here are this weeks spellings.

There is a sheet below to help you practise them. Try to practise them when you have any spare time.

On Friday, do a spelling test either with an adult or on your own to see how many you have remembered. Correct with a different coloured pen any you got wrong.

Good Luck!!

If you want to send us your score, feel free to send us a photo.

	Cover the word and attempt it here	Tick or cross your answer	If correct, very well done! If incorrect, re-write the word again
possess			
Possession			
Possible			
Potatoes			
Pressure			
Probably			
Promise			
Purpose			
Quarter			
question			

English 25.1.21

Tomorrow we are going to begin to plan our own holiday brochure for a visit to Mars. We are going to be using the features of brochures that we have been learning about to write our very own persuasive brochure to persuade people to take a visit to Mars.

Use these links and your own imagination to gather your information for your holiday brochure. Remember, the brochure that you create will be fictional as we cannot in reality visit Mars, so it is fine to make your own information up as well as using facts from the links below!

<https://www.natgeokids.com/uk/discover/science/space/facts-about-mars/>

<https://nineplanets.org/kids/mars/>

<https://www.coolkidfacts.com/mars-facts-for-kids/>

<https://spaceplace.nasa.gov/all-about-mars/en/>

<b>Geographical overview – what does it look like? What are the features of the landscape?</b>	<b>What is the food like?</b>
<b>What is the weather like? – Is it hot and dusty or cold and wet?</b>	<b>What things are there to see?</b>
<b>How would I relax?</b>	<b>Adventurous activities.</b>

Maths Monday 25.1.21

Fluency 1

Partition the following numbers into tens and ones.

Example – 23 can be partitioned into 20 and 3

- a) 28
- b) 35
- c) 52
- d) 74
- e) 66
- f) 95

Answer here

- a)
- b)
- c)
- d)
- e)
- f)

Fluency 2

Use the partition grids below to help you calculate the following;

a)  $3 \times 25$

X	20	5
3		

b)  $4 \times 23$

X	20	3
4		

c)  $4 \times 36$

X	30	6
4		

Answer here

- a)
- b)
- c)

Fluency 3

Now use the method below to partition and calculate answers to the following multiplications.

Example

Question =  $3 \times 28$

$3 \times 20 = 60$

$3 \times 8 = 24$

$60 + 24 = 84$

$3 \times 28 = 84$

Now have a go at these!

a)  $5 \times 16$

b)  $3 \times 44$

c)  $6 \times 24$

Answer here

a)

b)

c)

Application 1

Sam buys some crayons from the local art store.

He buys 4 packs of crayons. Each pack has 26 crayons in.

How many crayons does Sam have altogether?

Answer here

Application 2

Abi saves 35p a day, every day for a full week.

How much money does Abi save?

Answer here

### Challenge

There are 52 weeks in a year. Each week there are 5 week days (Monday, Tuesday, Wednesday, Thursday, Friday) and two weekend days (Saturday and Sunday).

Use the methods that you have learnt today to work out;

- A) How many week days in a year
- B) How many weekend days in a year

Answer here



## Topic Monday 25.1.21

Today we want you to imagine that a new planet has been discovered in our solar system! We would like you to create this new planet using whatever mediums that you have available to you. You may want to make a 3D model of your new planet using arty items from around your home. You may just wish to draw/paint/pastel/colour your new planet. Alternatively, you could even use ICT to draw and paint your representation of your new planet.

I would like you to make up a name for your planet. I would also like you to describe your planet using lots of descriptive adjectives! This should include telling me what shape it is, what the surface of the planet is like – for example is it smooth, rough, flat, rocky? Is it all land or is there any water/lava/slime? Are there forests/mountains/caves or even anything else that we have not discovered on our planet?

Tell me about the climate. Is it warm/cold? What other weathers might we see there if we were to visit?

You can present your information however you wish. You could make a nice, big poster. You could organise different sections and headings to tell people different things about your planet. You could create some fact or did you know cards about it.

Fast Maths Tuesday 26.1.21

Ob - To multiply and divide by 12

Task: Complete the fact families!

$12 \times 3 =$

$3 \times 12 =$

$36 \div 12 =$

$36 \div 3 =$

$12 \times 5 =$

$5 \times 12 =$

$60 \div 12 =$

$60 \div 5 =$

$12 \times 8 =$

$8 \times 12 =$

$86 \div 8 =$

$86 \div 8 =$

$12 \times 10 =$

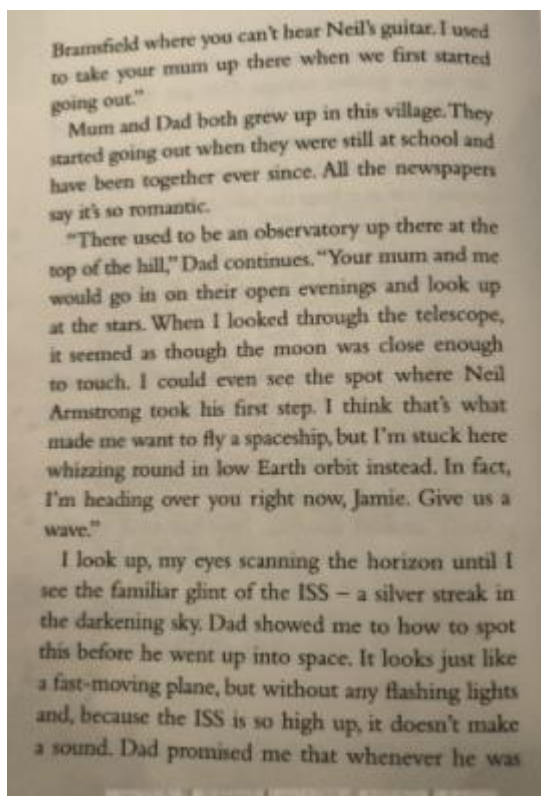
$10 \times 12 =$

$120 \div 12 =$

$120 \div 10 =$

## Guided Reading - Tuesday 26.1.21

Read the extract below carefully.



What clue is given to tell us that Jamie's dad is a famous person where he lives?

Answer here.

On page 26 Dad tells Jamie about how he used to go into the observatory when he was younger. What is an observatory in the context Dad is using?

Answer here.

What exactly does Jamie's dad tell him that he could see from the observatory?

Answer here.

Dad gives Jamie an instruction. What does he tell him to do?

Answer here.

Jamie describes seeing a 'silver streak in the darkening sky'. Describe what this is.

Answer here.

English Tuesday 26.1.21

IMPORTANT – PLEASE READ VERY CAREFULLY FOR INSTRUCTIIONS.

Today you are going to be beginning the planning process for your persuasive holiday brochure to Mars. You should recognise the table below from class. This is your success criteria which features all of the literary elements that we have been learning about and using during our persuasive writing unit.

You need to ensure that you are using these features in your planning grid (today and tomorrow’s task) and in your ‘Hot-Write’ (Thursday’s task).

Feature	I have included
Heading	
Introduction	
Alliteration	
Adjectives	
Conjunction ‘or’	
Evocative language	
Chatty reply	
Questions	
Similes	
Adverbs	
Metaphor	
Slogan	
Statistics	

Using your research from yesterday to help you, fill in the planning grid below. This is where you need to create sentences which you would like to feature in your finished holiday brochure to Mars.

In the ‘success criteria’ column, this is where you will note which bits of success criteria you have used for that section.

I have included some examples of my own (red writing) to help to show you how to complete the task.

We have all worked on these before in class. Please remember that the more ideas you get recorded today and tomorrow in the grid below, the easier your final hot-write will be on Thursday.

***Remember also – The hot write should be your very best and most detailed and accurate work. This is your opportunity to show off the skills that you have been learning during our sentence stacking sessions.***

Good luck!

Section	Success Criteria	Planning/notes/sentences
Heading		
Introduction		
Heading		
Weather		
Heading		
Relaxation and eating out		
Heading		
Sightseeing and history		
Heading		
Adventurous activities		
Slogan		
Statistic used to persuade		

Maths Tuesday 26.1.21

Fluency 1

Which gives the biggest answer  $4 \times 28$  or  $6 \times 24$ ?

Which gives the biggest answer  $5 \times 35$  or  $8 \times 32$ ?

[Answer here](#)

Fluency 2

Which of the following calculations gives us an answer greater than 200?

a)  $4 \times 42$

b)  $6 \times 38$

c)  $8 \times 28$

d)  $5 \times 41$

e)  $8 \times 18$

[Answer here](#)

Application 1

Millie says that when she multiplies a 1-digit number by a 2-digit number, she will always get an even answer.

Is Millie correct?

Explain and provide examples.

[Answer here](#)

Application 2

Andrew says that  $8 \times 48$  will give him the same total as  $4 \times 48 + 4 \times 48$ . Do you agree or disagree with Andrew?

Explain why.

[Answer here](#)

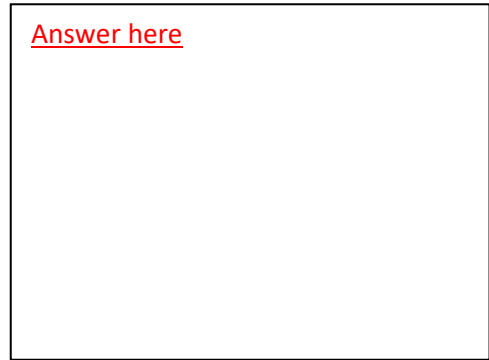
Challenge

Multiplying a 1-digit number by a 2-digit number will

NEVER give me a 4-digit answer.

Prove me correct!

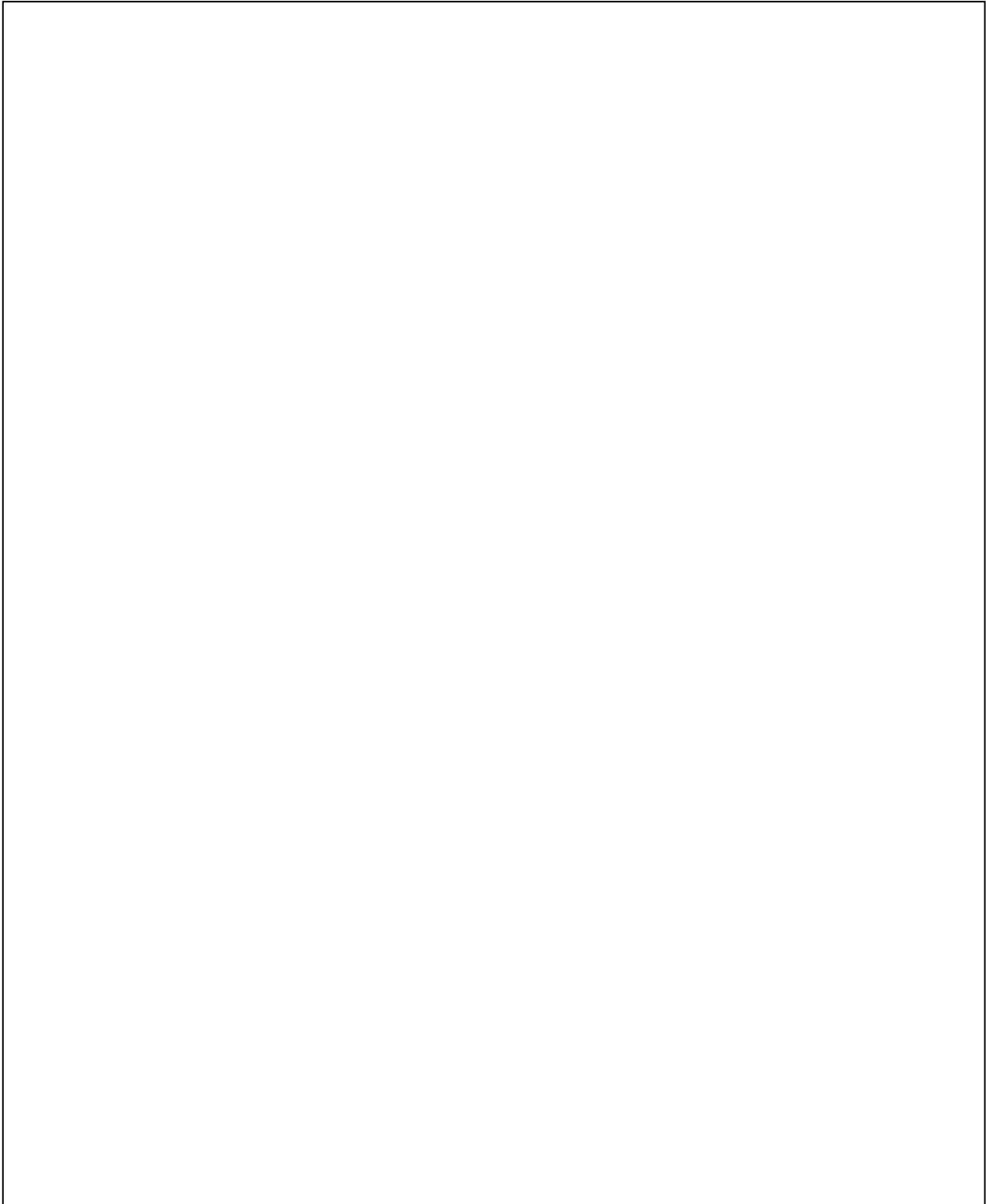
Answer here



## Topic Tuesday 26.1.21

Yesterday you were given the task to create your very own planet. Today I want you to get your imaginations working again because I would now like you to create a monster or living organism that lives on your new planet! Be as imaginative as you can. Your monster could be scary or friendly. It could have any number of eyes, arms or legs as you wish and could have other unusual features!

Give your monster a name and remember to decorate it.

A large, empty rectangular box with a thin black border, intended for students to draw and write about their monster or organism.



## Science Tuesday 26.1.21

This lesson will recap your knowledge and understanding of plants, animals and their habitats and teach you about ecosystems (lots of living things in one area). The worksheet

Follow the instructions in the video below. The worksheet is attached and should be uploaded to Teams or Dojo when it is completed. Alternatively, I have made a copy of the worksheet below for you to edit.

[What is an ecosystem? \(thenational.academy\)](#)

### Task 1

What is an ecosystem?

[Answer here](#)

### Task 2

**Ecosystem – Pond**

Animals

Habitats

Plants

Microorganisms

**Ecosystem – Coral Reef**

Animals

Habitats

Plants

Microorganisms

Ecosystem – Rainforest

Animals

Habitats

Plants

Microorganisms

Fast Maths Wednesday 27.1.21

Ob - To multiply 3 numbers

$$1 \times 2 \times 3 =$$

$$2 \times 2 \times 2 =$$

$$1 \times 5 \times 10 =$$

$$2 \times 2 \times 5 =$$

$$3 \times 3 \times 4 =$$

$$5 \times 2 \times 12 =$$

$$6 \times 2 \times 8 =$$

$$2 \times 4 \times 9 =$$

$$9 \times 1 \times 9 =$$

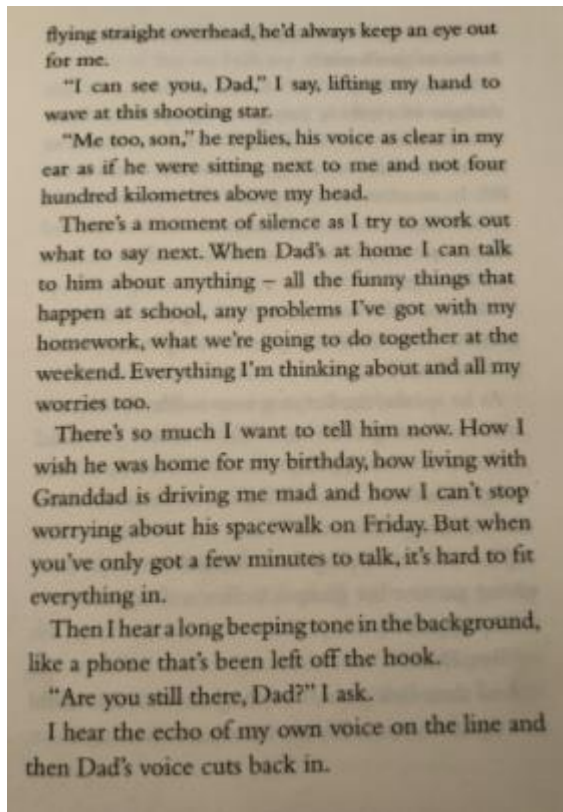
$$3 \times 2 \times 8 =$$

$$2 \times 5 \times 11 =$$

$$2 \times 6 \times 12 =$$

### Guided Reading Wednesday 27.1.21

Read the extract below carefully.



Today I would like you to pretend that you are Jamie and you are on the phone to your dad who is up in a spaceship orbiting space. Use what you know about Jamie and all of the things that he currently has going on in his life to produce a dialogue between him and his dad. Use page 27 to help you. I have provided a very short example below to also help you. Set out your work in the same way that I have in my example. Your conversation should also be much longer than my example!

#### Mr Mc's example

Dad: How are things back down on Earth son?

Jamie: Things aren't great at the moment Dad. I have a test at school tomorrow and I'm finding the work hard.

Dad: Just give it your best Jamie. You're a clever boy and I believe in you.

Jamie: I can't get any revision done.

Dad: Why?

[Answer here](#)

English Wednesday 27.1.21

Your English task today is to continue the second half of your holiday brochure planning sheet.

Complete your planning sheet ensuring that you have included all of the features of the success criteria.

Your task today is to also read through your finished planning sheet very carefully to ensure that you have punctuated all of your work correctly and to check that it makes full sense!

Maths Wednesday 27.1.21

Fluency 1

$7 \times 62$

$66 \times 7$

$9 \times 65$

$72 \times 9$

Answer here

Fluency 2

Order the calculations from biggest to smallest.

$63 \times 5$

$97 \times 3$

$76 \times 4$

Answer here

Application 1

Ted has been multiplying some 2-digit by 1-digit numbers.

The answers that he has are all between 150 and 200

Think of three sets of numbers that Ted might have multiplied together!

Answer here

Application 2

Mrs Knaggs has been ordering some loaves of bread for the school kitchen.

In a loaf of bread there are 42 slices. There are 210 children at the school. How many loaves will Mrs Knaggs have to buy so that each child gets 1 slice?

Answer here

Challenge

Which two calculations below will give the same answer?

$34 \times 5$

$54 \times 2$

$54 \times 4$

$25 \times 6$

$54 \times 6$

$27 \times 8$

Answer here

### Topic Wednesday 27.1.21

This Wednesday afternoon there is no set lesson for you to complete. I want you to take the afternoon off from work and I would like you to enjoy your time doing something that you really enjoy!



Fast Maths Thursday 28.1.21

Ob - Factors of numbers

What are the factors of 10? \_\_\_\_\_

What are the factors of 12? \_\_\_\_\_

What are the factors of 15? \_\_\_\_\_

What are the factors of 8? \_\_\_\_\_

What are the factors of 18? \_\_\_\_\_

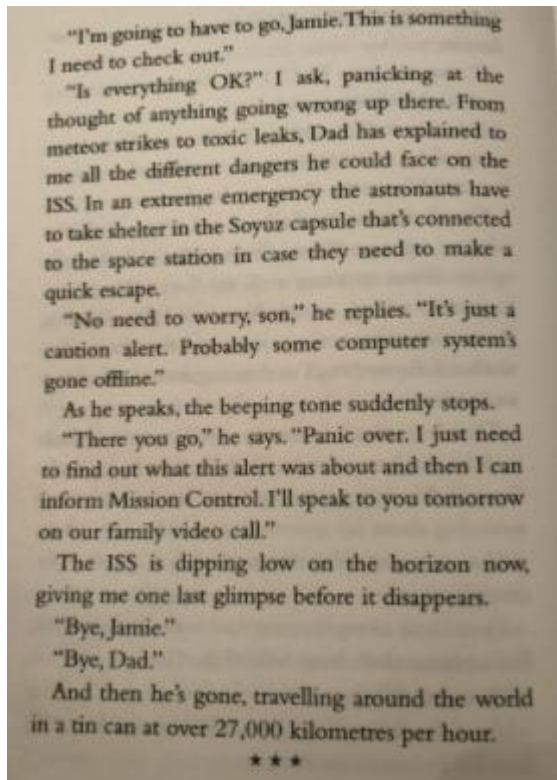
What are the factors of 25? \_\_\_\_\_

What are the factors of 9? \_\_\_\_\_

What are the factors of 16? \_\_\_\_\_

Guided Reading Thursday 28.1.21

Read the extract below carefully.



Jamie's dad tells him that he is going to have to end the call at this point of the story. Jamie obviously begins to panic.

Today I would like you to list a series of thoughts that might be running through Jamie's head. Pretend that you are Jamie and write down minimum of 5 thoughts that Jamie might have at that moment. I have included two examples below to help you.

What if the electrics in the space shuttle fail and my dad crashes!

I hope that there is not a chemical leak in the space shuttle!

Answer here

What is Mission Control and why does Jamie's dad have to speak to them?

Answer here.

What does Jamie's dad tell him that he will speak to him next?

Answer here.

## English Thursday 28.1.21

By now you will have finished and checked your planning sheet which will have all of your ideas about Mars recorded.

Today you need to work off your planning sheet to organise all of your ideas and present them in the style of a brochure.

Use the example that I have included below to help you organise your brochure. Think back also to the holiday brochures that we looked at during the experience days at the beginning of this unit. If you need further guidance, use google to search for other holiday brochures.

**Remember to add all of the features of the success criteria from your planning sheet.**

**Remember also that your brochure is trying to persuade the reader to visit Mars so make sure your brochure is well-organised and attractive. You can include pictures, drawings and can decorate your headings!**

# Mars Ultimate Experience

**ACCOMMODATIONS**

Stay at one of many luxury hotels including...

The Olympus Palace perched atop the highest peak in the known solar system. With stunning views, you can not miss this experience!

The Phobos Family Resort is an all-inclusive family affair with low-gravity entertainment.

The Villa Marineris is nestled deep within the Valles Marineris, away from the fast paced life of Earth and the Martian surface.

**OTHER ACTIVITIES**

While the kids are out playing, moms can relax in the Arabia Terra Spa. Sit back and enjoy the red mud baths of the martian soils, rich with iron-oxide.

From the glass topped SkyDome, view the beautiful star-clustered nights skies, clearer from Mars than Earth due to the thin atmosphere and limited light pollution!

Bring out your inner archaeologist and visit the Syria Planum and discover more about the Red Planet!

**Why Mars? What is so special about Mars?**

Mars is one of our closest neighbors. People have been fascinated by the "Red Planet" from the early starts of astronomy. It is often visible from Earth as a large red-colored star. While Mars has a barren and cratered landscape, this sets the scene for many different extreme sports! The seasonal dust storms provide for a varied landscape each time you visit.

Similar to Earth, Mars has surface temps that can reach up to 20° C, polar caps, similar day length, and seasonal changes. Unlike Earth, nighttime temps can reach -140° C, there are no plate tectonics, and the atmosphere is thin and 96% CO<sub>2</sub>.

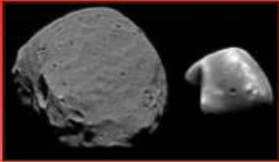

Mars volcanoes grew to huge proportions, like Olympus Mons because of the lack of plate tectonics. Valles Marineris is a monster canyon many times larger than our own Grand Canyon.

Escape velocity from Mars is less than 1/2 of that of Earth, so trips to the supposed trapped asteroid moons, Phobos and Deimos, are quite reasonable.


The incredible ice caps are made of frozen CO<sub>2</sub>, or dry ice! This makes for amazing demonstrations when they begin to melt!

Mars most likely formed along with Earth during the formation of our solar system about 4.5 billion years ago. Mars is smaller than Earth because master planet Jupiter and his immense gravity "scooped up" much of the available material. Mars' volcanism probably ended only millions of years ago, perhaps spewing lava when dinosaurs roamed the earth.


Mars is a well explored planet from Mariner 4, a US flyby returning 21 images to Earth, to the Mars Orbiter series from USSR that collected more images! Many rovers have been sent to Mars including Spirit and Opportunity.



Phobos and Deimos... a wonderful day trip to hike the tiny moons of Mars.

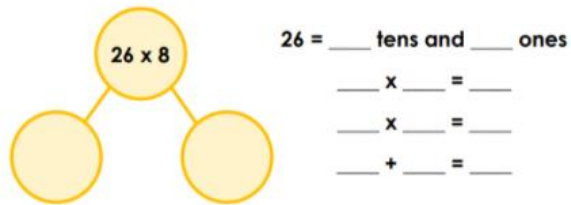


The view of the Martian atmosphere from the exhilarating rotating space station above Mars!



Fluency 1

Use the part-whole model to calculate  $26 \times 8$ .



[Answer here](#)

Fluency 2

Use place value counters to calculate:

$32 \times 3 = \underline{\quad}$

T	O

[Answer here](#)

Fluency 3

Fill in the grid to calculate  $56 \times 7 = \underline{\quad}$

$\times$	50	6
7		

[Answer here](#)

Fluency 4

Use a number line to complete the multiplications.

$5 \times 32 = \square$



[Answer here](#)

### Application 1

Look at the methods you used in the fluency tasks. Which do you think was the easiest? Which did you prefer? Explain why.

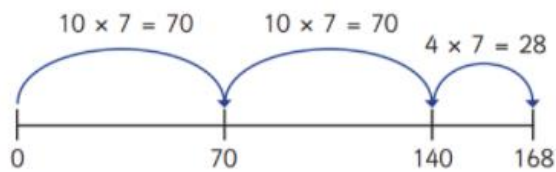
Complete the following question using your preferred method.

$$74 \times 3 =$$

[Answer here](#)

### Application 2

Mo uses a number line to work out  $7 \times 34$



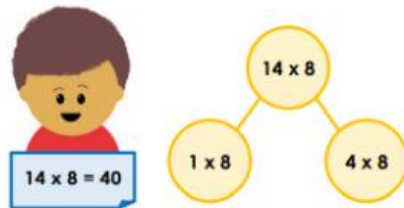
What mistake has Mo made?

[Answer here](#)

### Application 3

True or False?

Marlon has used the part-whole model correctly.

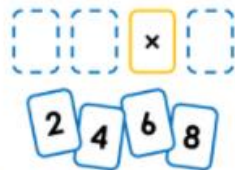


Explain your reasoning.

[Answer here](#)

### Challenge

Use the digit cards below to complete the challenges.



Challenge 1

The product nearest to 150.

Challenge 2

A product with no tens.

Challenge 3

A product that is greater than 250.

[Answer here](#)

Fast Maths Friday 29.1.21

Work out the missing numbers in the multiplication sentences.

$$11 \times \underline{\hspace{2cm}} = 55$$

$$5 \times 12 = \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times 4 = 48$$

$$7 \times \underline{\hspace{2cm}} = 49$$

$$\underline{\hspace{2cm}} \times 11 = 110$$

$$12 \times 12 = \underline{\hspace{2cm}}$$

$$11 \times \underline{\hspace{2cm}} = 99$$

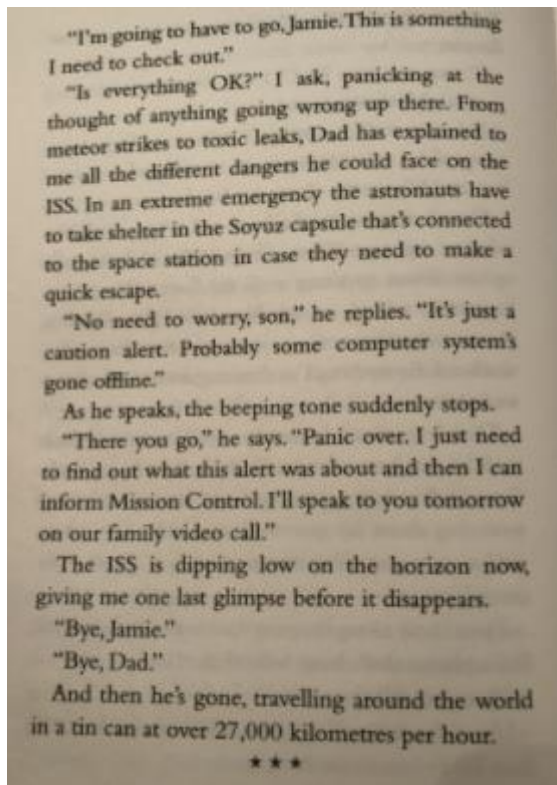
$$6 \times 7 = \underline{\hspace{2cm}}$$

$$12 \times \underline{\hspace{2cm}} = 72$$

$$7 \times 12 = \underline{\hspace{2cm}}$$

### Guided Reading Friday 29.1.21

The extract below is what we read yesterday where we learned that Jamie became very worried about his dad.



Yesterday we saw just how much Jamie thinks about his dad because he got so worried about his dad when he heard that there was beeping coming from his rocket. Today I would like you to explore all of Jamie's feelings and emotions.

I would like you to think of an emotion that Jamie might be feeling and then use the text and your own opinions to explain to me why Jamie might be feeling this emotion.

Look at my example below to help you understand how I would like you to write each emotion.

**Nervous – I think that Jamie would be feeling nervous because he knows that been so high up in space is extremely dangerous and he doesn't want any harm to come to his dad.**

Now come up with a minimum of 5 other feelings or emotions that you think Jamie would be feeling. Remember to explain to me why Jamie might be thinking/feeling this!

**Answer here**

If you had the opportunity to explore Space would you like to? Give a detailed answer justifying your opinion.

**Answer here**



English – Friday 29.1.21

This grammar session explores expanded noun phrases – they will make your writing more meaningful to the reader. The video contains small grammar tasks so stop at the different stages and carry out the task on a piece of paper or writing book at home. You can then upload images of your work on Teams or Class Dojo.

[To explore expanded noun phrases \(thenational.academy\)](https://www.thenational.academy/)

Maths Friday 29.1.21

Fluency 1

Draw place value counters on the chart to help you calculate  $12 \times 3$ .







T	O

$$\square \times \square = \square$$

[Answer here](#)

Fluency 2

Use the place value counters to write a column multiplication.

T	O
	
	
	


$\times$

[Answer here](#)

### Fluency 3

Use  $<$ ,  $>$  or  $=$  to make these statements correct.

$$32 \times 3 \quad \square \quad 11 \times 7$$





$$2 \times 14 \quad \square \quad 12 \times 4$$

$$22 \times 4 \quad \square \quad 8 \times 11$$

[Answer here](#)

### Application 1

Has Marlon represented  $43 \times 2$  correctly?

T	O
	
	



Explain your reasoning.

[Answer here](#)

## Application 2

Application 2

Can the digit cards be used to complete the calculation?

$$\begin{array}{r} \square 2 \\ \times \quad \square \\ \hline \square 6 \end{array}$$

3   2   6

Prove it!

[Answer here](#)

## Application 3

Ranjit is calculating  $28 \times 4$ .



	2	8
×		4
<hr/>		
8	3	2

Can you spot and explain his mistake?

[Answer here](#)

## Challenge

Can you find Alfie's missing digits?



$$\square \square \times \square = 60$$

Alfie thinks of a 2-digit number and multiplies it by a single digit.

His answer is 60.

What was his calculation?

How many different solutions can you find?

[Answer here](#)

# Call and Response

## Task 1

Listen to this piece of music and see if you can hear a pattern:

[https://www.youtube.com/watch?v=5gNuj8UkyC4&list=RD5gNuj8UkyC4&start\\_radio=1](https://www.youtube.com/watch?v=5gNuj8UkyC4&list=RD5gNuj8UkyC4&start_radio=1)

- 1) What instruments are they playing?
- 2) Does the music get faster or slower?



Did you hear the pattern?

This pattern is called **Call and Response**.

**Call and Response** has a **leader** and an **echo**.

One person sings or plays a line. Then the other person or groups respond with an answer to the leader.

## Task 2

Have a go at chanting this Call and Response rap!

Can you perform the rap with a member of your family?

<https://family.gonoodle.com/activities/boom-chicka-boom>

## Boom Chicka Boom

*Swing eighth notes*

Chant  
bethsnotes.com

The musical notation is written on a single staff with a treble clef and a 4/4 time signature. It consists of five lines of music, each with lyrics underneath. The notation uses eighth notes and rests to create a rhythmic pattern. Labels 'Call' and 'Response' are placed above the notes to indicate the structure of the chant.

Line 1: *Call* I said Boom chick-a boom. *Response* Boom chick-a boom! *Call* I said Boom chick-a boom.

Line 2: *Response* Boom chick-a boom! *Call* I said Boom chick-a rock - a chick - a *Response* rock - a chick - a boom.

Line 3: *Response* Boom chick-a rock - a chick - a rock - a chick - a boom! *Call* I said Boom chick-a rock - a chick - a

Line 4: rock - a chick - a boom. *Response* Boom chick-a rock - a chick - a rock - a chick - a boom. *Call* Uh

Line 5: *Response* huh, *Call* Uh huh, *Response* All right, *Call* All right, *Response* One more time *Call* One more time

Friday 29.1.21 PSHE (Jigsaw)

**Jigsaw - Dreams and Goals**

- know that reflecting on positive and happy experiences can help me to counteract disappointment.
- know how to cope with disappointment and help others cope with theirs

**Task 1** - Make a poster to encourage people to never give up on their dream/goal.

Here are some examples to help give you some ideas.

Remember to make your poster bright and colourful.





Friday 29.1.21 – PE

Spend time to get some physical exercise. If you are able to and the weather allows it, get outside and be active for at least 30 minutes! You could make a running circuit in your garden, you could play with a ball if you have one or you could even do star jumps, tuck jumps or press ups or why not a mixture of all of the above!

If the weather is bad or you are unable to get outside safely, take part in a Joe Wicks exercise video, a Just Dance exercise or a Cosmic Yoga (all of which can be accessed via Youtube).