

Home Learning - Year 4

Summer Term Week Beginning: 06.07.2020



Thank you for all of your wonderful and continued support with home learning.

The theme for this week 'A study of a significant time in British history' enables you and your child to select one period in time to study more closely.

Please be assured that we truly appreciate the any photographs or uploads that you choose to share of activities carried out at home, as this gives us the opportunity to respond individually to our children, so please continue to do this.

Should you wish to share any of your activities you are more than welcome to take a photograph and send it to our year group email or school Twitter account. @StAnnesCP

A PRAYER FOR THESE TIMES...

FATHER AND CREATOR OF ALL THAT IS GOOD.
I COME BEFORE YOU,
ASKING FOR YOUR
BLESSING ON ALL THOSE I LOVE,
ON THOSE WHO NEED YOU
MOST DURING THESE DAYS,
AND FOR MYSELF.
IN THE STORY OF MY LIFE,
THESE DAYS WERE NOT
PART OF MY PLAN,
OR ANYBODY ELSE'S,
AND THAT HAS BROUGHT
UNCERTAINTY AND DOUBT,
A DAILY QUESTION OF:
WHAT DO I DO TODAY?
YOU KNOW ME
BECAUSE YOU GIVE ME LIFE EACH DAY.
YOU KNOW THAT IN YOUR PRESENCE
I CAN BE MYSELF,
NOT AFRAID TO SAY THAT
I'M STRUGGLING, OR ANXIOUS,
BUT I ASK YOU TO GIVE
ME THE INSIGHT TO SEE
THAT THESE DAYS HAVE
NOT ALL BEEN BAD.
THE WORLD IS NOT A BAD PLACE,
AND I HAVE SEEN THAT
THROUGH THE KINDNESS
AND CARE OF OTHERS.
BE WITH ALL THOSE WHO
ARE Caring FOR THE SICK AND THE DYING.
BE WITH THOSE WHO
KNOW THAT I CANNOT BE WITH AT THE MOMENT
BUT WHOSE LIVES I LIVE WITH.
HELP US TO GET ON!
YOU ARE A GOD OF SURPRISES.
I DID NOT CHOOSE THESE
DAYS TO BE LIKE THIS.
I MIGHT OFTEN HAVE WISHED
TO MISS LESSONS AND EXAMS,
BUT NOT LIKE THIS.
GIVE ME PURPOSE EVERY DAY.
GIVE ME THE WORDS TO SAY
THAT WILL MAKE A DIFFERENCE FOR GOOD
IN THE LIVES OF THOSE AROUND ME.
THANK YOU FOR THE WONDER OF MY BEING,
FOR THE WONDER OF ALL YOUR CREATION.
PERHAPS IT IS NO COINCIDENCE
THAT DURING THESE DAYS OF STRUGGLE,
THE DAYS OUTSIDE HAVE BEEN THE MOST BEAUTIFUL
YOUR CREATION AT ITS BEST, TO LIFT MY SPIRITS.
IN EVERYTHING I AM GOING THROUGH JUST NOW,
JESUS IS CLOSE TO ME,
AS HE PROMISED HE WOULD BE.
HE LIVED THROUGH
DESPAIR AND GREAT DISAPPOINTMENT,
AND HE PROMISED THOSE
WHO SHARE HIS LIFE
THE JOY OF KNOWING HIS
ETERNAL KINGDOM IN HEAVEN.
GIVE PEACE AND REST TO
THE MANY PEOPLE WHO HAVE DIED OF THIS VIRUS,
OR THOSE WHOSE LIVES
ARE ENDING NATURALLY, BUT AT THIS TIME.
GIVE ME THE STRENGTH
TO LIVE THROUGH THESE DAYS,
WITH THE KNOWLEDGE
THAT ANY GENEROSITY I CAN SHOW TO OTHERS,
ANY GESTURES OF GOODNESS,
ANY WORDS THAT WILL
MAKE PEOPLE GRATEFUL,
WILL BE GIVEN TO ME
WHEN THE MOMENT IS RIGHT.
WHEN I REFLECT ON THESE TIMES,
GIVE ME THE GRACE
TO BE ABLE TO SAY
THE WORLD STOOD STILL,
BUT MY LIFE DID NOT.
AMEN

Wednesday Word:

Take a moment of reflection and read the weekly Gospel.

Prayer Opportunity:

Read the following prayer, created by Kenelm Youth Trust. It would be a lovely opportunity to pray this together with your family and loved ones at home. (To access a full size version of the prayer, it is also saved in the RE star in Home Learning)

Activity:

1. Pick out the words of the prayer that mean something to you e.g. world, hope, wonder, strength,
2. Can you create a picture/poem/reflection linked to the words?

Theme for the week ... A Significant Time in British History

The Middle Ages



Battle of Hastings



The Magna Carta



The Black Death and Great Fire of London



War of the Roses



Guy Fawkes and the Gunpowder plot



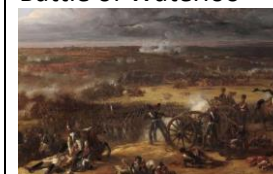
Industrial Revolution



William Shakespeare



Battle of Waterloo



Queen Victoria



World War 2



Invention of the World Wide Web



Purple Mash Activities Make sure you check your **2Dos on Purple Mash** - these will support you work in **Maths and English**, as well as this week's themed topic of **Our Local Area**. You may wish to select a few of the "2Dos". Your teacher love to see your completed activities.



PSHE: Relax and unwind with some guided meditation:

<https://www.bing.com/videos/search?q=Guided+Meditation+for+Kids&docid=608039297236665462&mid=E7DC6BE7C129895A776CE7DC6BE7C129895A776C&view=detail&FORM=VIRE>

Story time

We now have a YouTube channel that we have uploaded videos of the Year __ staff reading you bedtime stories! This will be updated weekly with new stories so please do enjoy ☺ Here is the link -

https://www.youtube.com/playlist?list=PLBI_XHJy9tKIusyYmKiTYazaYxN3

Love to read?

- The Horrible Histories series by Terry Deary are fabulous books to engage children in the joy of learning about history.
- Little People Big Dreams books (Amazon)

Storytelling with Magic Grandad - The Great Fire of London

<https://www.youtube.com/watch?v=VarSSAwimU&t=119s>

Storytelling with Magic Grandad - Florence Nightingale

<https://www.youtube.com/watch?v=XkoaMawiz-o>

Storytelling with Magic Grandad - Elizabeth 1

<https://www.youtube.com/watch?v=62vn-W9IXpw>

Storytelling with Magic Grandad - 100 years ago

<https://www.youtube.com/watch?v=f45bRrLbww>



Please follow our Twitter page and if you would like to share work with us, please include our twitter link @StAnnesCP in your tweet.

If you have any queries about learning and logins, please contact our year group email: s83year4@st-annes.solihull.sch.uk

You can also use this to share your children's work and activities i.e. a photo of baking a cake via this year group email

If you have any queries about other matters, please continue to use Parent Mail - parentmail@st-annes.solihull.sch.uk

<http://www.primaryhomeworkhelp.co.uk/history/index.html>

<http://www.primaryhomeworkhelp.co.uk/history/index.html>

<http://www.history-for-kids.com/british-history.html>

<http://www.fireoflondon.org.uk/>

<https://www.bbc.co.uk/bitesize/topics/zqnsqk7>

<https://www.bbc.co.uk/bitesize/topics/zcwmtrf>

<http://history.parkfieldprimary.com/>

https://kids.kiddle.co/History_of_England

<https://www.youtube.com/watch?v=c3RyQxEpMvY> The story of William Shakespeare

P.E.

The CSW Virtual Olymp-Mix starts Monday 29th June

Watch the CSW SGO launch video here - <https://youtu.be/s-RSVM64I70>

Additional information and resources can be found on page 3 & 4! ☺

RESPECT DETERMINATION LAMP PASSION TEAMWORK SELF-BELIEF

Monday 29th June – Friday 10th July

#STAYINWORKOUT
#STAYHOMESTAYACTIVE
FOLLOW, RETWEET, GET INVOLVED

What is the Olymp-mix?

With the Olympics being moved to 2021 the CSW SGO's wanted to give young people the Olympic experience. They have selected **four** Olympics sports Football, Gymnastics, Athletics and Sitting Volleyball and have created age related challenges for all, supported by our superstar athletes. Each sport has a challenge to complete and a support video showcasing an elite athlete. All Competitions are open to pupils from Key Stage 1-Key Stage 4.

The Olymp-Mix will go live on **Monday 29th June** with entries closing at **1pm on Friday 10th July**. School Staff, Parents and Pupils will **have 2 weeks** to practice and complete the challenges and enter the competitions. Pupils/parents record the scores and enter via the relevant Survey Monkey link - <https://www.surveymonkey.co.uk/r/CSWVirtualOlympics>

Results will be announced on Monday 13th July via the @ThinkActiveCSW Twitter page at 1pm.

Alongside the sporting competitions there is also a School Games values competition, for Primary schools there is design a flag. Values competition entries - Flag entries for primary - <https://www.surveymonkey.co.uk/r/CSWFlag>

Will there be prizes or certificates?

All participants will receive access to an e-certificate.

Individuals - At the end of the week, the top 3 individuals from KS1 and KS2 will receive a £5.00 AMAZON E-VOUCHER.

Individual values Flag/Mascot competitions - The top 3 primary entries (flag design) will receive a £5.00 AMAZON VOUCHER

The primary school with the highest percentage of participants by the time each competition ends will receive a £75.00 PE equipment voucher.

Athletes Supporting the CSW Olymp-Mix

Football - Nat Haigh - Aston Villa Women - @nathaigh6

Athletics - Amy Hillyard - Team England 400m - @amyhilly

Sitting Volleyball - Kate Grey - Team England Paralympian - @kategrey25

Gymnastics - Mimi Cesar - Team England rhythmic Gymnast - @mimi_cesar



FOOTBALL

CLOSE CONTROL

Equipment

- A football or an alternative ball
- Stopwatch or timer

How to

Reception & Key Stage 1

- Place the ball on a hard surface
- Place the sole of your right foot on top of the ball, then remove and replace with the sole of your left foot
- Repeat this pattern as many times as possible in **30 seconds**
- Everytime the sole of your foot touches the ball you score 1 point

Key Stage 2

- Place the ball on a hard surface
- Place the sole of your right foot on top of the ball, then remove and replace with the sole of your left foot
- Repeat this pattern as many times as possible in **45 seconds**
- Everytime the sole of your foot touches the ball you score 1 point

Scoring

Complete as many successful touches as you can in either 30 seconds (reception & KS1) or 45 seconds (KS2). Make sure you keep your score and record.

Video support - <https://youtu.be/aMTLk0nzWbl>



I scored 76 in 30 seconds and 120 in 45 seconds - how many will you achieve?

Nat Haigh - Aston Villa
@NatHaigh6

Did you know?

Men's football has been a part of the Olympics since 1900, where GB won the first ever gold medal. They've won 3 gold medals in total, making them and Hungary the most successful Olympic men's football teams.

Women's football made the Olympic programme in 1996. The USA have won 4 of 6 tournaments, with Norway and Germany the only other countries to win the tournament to date.

Approximately 2,400 balls were used in the London 2012 Olympic competition.



GYMNASTICS

BALANCE HOLD

Equipment

- 1 rolled up pair of socks
- Stopwatch or timer

How to

- Take your pair of socks and balance them on your head
- Place your arms out by your side to help you with your balance
- Take your right leg off the floor, bend your knee and hold your leg up in front of you at a 90 degree angle - balancing on your left leg
- Record the number of seconds you can remain balanced
- You must stop the timer; before you reach the 30 second maximum score, if the socks fall off your head, or if you put your foot down
- Repeat the challenge, this time balancing on your right leg
- The maximum you can score is 60

Scoring

Balance for as long as you can in 30 seconds on your right and left leg, and add your scores together for your total (eg. right leg 22 + left leg 18 = total score 40.) The maximum you can score on each leg is 30 - for achieving 30 seconds without losing control of your balance. If your score has a decimal point please round up the next whole number.

Video support - <https://youtu.be/l6giGThu4ug>



I scored 30 on my left leg and 30 on my right leg giving me a total of 60 points - how many will you achieve?

Mimi Cesar - Team England
@mimi_cesar

Did you know?

Artistic gymnastics was introduced at the very first Olympic Games in 1896, with the German team winning almost every medal.

Women weren't allowed to compete until 1928, where the Netherlands claimed the title.

Nadia Comaneci and Nellie Kim scored perfect 10s in 1976 at the Montreal Games, at the age of just 14. Gymnasts must now be 16 to compete in the Olympic Games.

Larissa Latynina dominated between 1956 and 1964, collecting a record 18 medals.

RESPECT DETERMINATION PASSION LIMP-MIX SELF-BELIEF ATHLETICS

SPEED BOUNCE

Equipment

- A rolled up towel or speed bounce mat
- Stopwatch or timer



I scored 49 in 20 seconds and 76 in 30 seconds - how many will you achieve?



Amy Hillyard
Team England

@amyhilly

How to

Reception & Key Stage 1

- Roll up a towel and place on a hard surface
- Jump from side to side over the towel. You must start with 2 feet and land with 2 feet
- Both feet must land over the towel to count as a point
- Repeat this pattern as many times as you can in **20 seconds**

Key Stage 2

- Roll up a towel and place on a hard surface
- Jump from side to side over the towel. You must start with 2 feet and land with 2 feet
- Both feet must land over the towel to count as a point
- Repeat this pattern as many times as you can in **30 seconds**

Scoring

Complete as many bounces as you can in either 20 seconds (reception & KS1) or 30 seconds (KS2). Remember: to count as a point you must be jumping from 2 feet to 2 feet.



Video support - <https://youtu.be/ACNHabPMvPE>



Did you know?

The first race was held during the first Olympics in 776 BC. It was 600ft long.

Usain Bolt is the fastest person in the world, running 100m in 9.58 seconds in 2009.

Hidekichi Miyazaki is the oldest competitive sprinter at 105 years old. He recently ran the 100m in 42.22 seconds, and is otherwise known as the 'Golden Bolt' for imitating Usain Bolt's well-known lightning pose!

165,000 towels were required at the Olympic Village throughout the 2 week London Games in 2012.

Come on team
St Anne's!

Got to be in it
to win it!



Kate Grey - Team GB
Paralympian

@kategrey25

I scored 64 in 60 seconds - how many will you achieve?

Did you know?

After sitting volleyball was created as a rehabilitation sport for injured soldiers in 1956, it was officially included in the Paralympic Games in 1980. The women's event was introduced to the programme in 2004. It is one of the most popular Paralympic team sports, with over 10,000 athletes competing across 75 countries.

Morteza Mehrzadselakjani of Iran was one to watch in Rio 2016. As the 2nd tallest person in the world, and tallest athlete to ever compete at a Paralympic Games, he was able to apply his 2.46m height to great effect!

#FOLLOW RETWEET GET INVOLVED

#STAYHOME STAY ACTIVE

#STAYINWORKOUT



Equipment

- A balloon or beachball
- Stopwatch or timer

How to

- Start in a seated position, and use any part of your arms to keep the balloon in the air
- Each time you hit/tap the balloon and it travels **above head height**, you score 1 point
- You will have **60 seconds** to score as many points as possible
- During the challenge you must remain seated, if you come up onto your knees or feet, these points should **not** be included in your score
- If the balloon hits the ground: do not worry - continue, collect it, sit back down quickly and continue. Do not stop the clock, continue scoring from where control was lost.

Scoring

Complete as many successful keep-ups as you can in 60 seconds. Make sure you keep your score and record.

Video support - <https://youtu.be/P6t9OtZXa0s>

