## Monday

#### Improper to mixed numbers

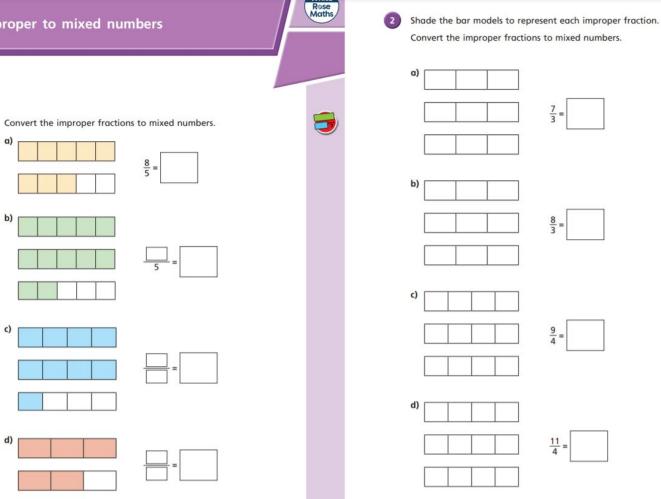
1

a)

b)

c)

d)



Maths Monday Bronze

 $\frac{7}{3} =$ 

 $\frac{8}{3} =$ 

 $\frac{9}{4} =$ 

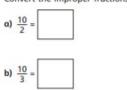
 $\frac{11}{4} =$ 



c)  $\frac{10}{4}$ 

d) 10/5 =

Convert the improper fractions to mixed numbers.





e)  $\frac{12}{5} =$ 

Eva has 7 bottles of juice.

Each bottle contains half a litre of juice.



How many litres of juice does Eva have altogether?

Write your answer as a mixed number.





Explain why Dexter is incorrect.



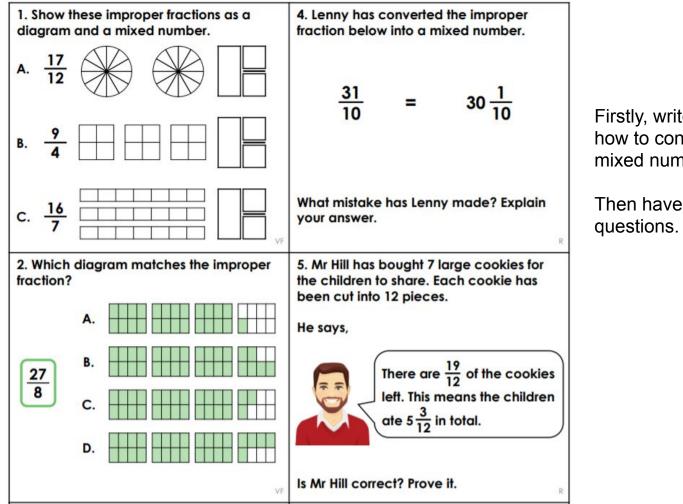






Maths Monday Silver

0=



Maths Monday Gold

Firstly, write down an explanation of how to convert improper fractions to mixed numbers.

Then have a go at these extra questions.

### **The Amazon River**

The Amazon River is one of the longest rivers in the world. It is roughly 4,000 miles long. This is only slightly shorter than the Nile River. This great length means that if it started in New York, it would reach all the way to Rome. There are some people who dispute the start and end point of the Amazon River. They believe that it is actually a little bit longer than the Nile. The Amazon is much wider than the Nile. This means that it definitely has the largest volume of water of any river in the world.

The official start of the Amazon River is the Ucayali-Apurímac river system in southern Peru. It flows east before emptying into the Atlantic Ocean. On its journey across South America, the main river passes through Peru, Colombia and Brazil. The tributaries (smaller rivers that feed into the Amazon) reach as far as Ecuador, Venezuela and Bolivia. About two-thirds of the Amazon River is in Brazil. Most of it is surrounded by the sweltering, tropical Amazon rainforest.

The Amazon River is filled with diverse life, much like the vast rainforest, that lies on its shores. It's almost impossible to separate it from the rainforest because so many of the plants and animals rely on both habitats. It has been estimated that most of the things that live there are still unidentified by science. Whilst that's incredibly exciting, it's also concerning that they may become extinct before we even know they are there.

Tropical birds, monkeys and tiny insects all rely on the river for food. Roughly 2,500 species of fish have been identified living in the Amazon river system so far. Scientists think that there may be just as many species that they haven't found yet. The numbers are even higher for insects. Over 8,000 species of insects have been found. The actual number will be much higher as many insects are just too small or well-hidden to catch.

Many of the freshwater fish that live in the Amazon River are migratory. This means that they travel great distances to lay their eggs. The fish in the river are the main source of protein for the native caboclo people. They live in the rainforest. One of the most famous fish in the river is the red-bellied piranha, with shiny silver scales and red bellies. Piranhas normally feed on other freshwater fish and are usually too frightened to attack humans. However, if

food is scarce, or they feel threatened, their razor-sharp teeth are capable of tearing human skin.

Unfortunately, many of the fish species are threatened. Lots of them are taken and frozen for food around the world. Others are sold into the pet trade. Many of the most popular aquarium fish originate in the Amazon river system.

As well as fish, the river is home to large, black caiman alligators, yellow-spotted river turtles and the giant sea cow known as a manatee, a large and grey aquatic sea mammal. All three of these are threatened by hunters.



#### Monday 8th February 2021- VIPERS

LO: I can explain the meaning of new words

Bronze- Use a dictionary to find the meaning of these words from the text and circle either a or b.

- 1. There are some people who <u>dispute</u> the start and end point of the Amazon River.
  - a. a disagreement b. to be Confused

- 1. The Amazon River is filled with <u>diverse</u> life, much like the vast rainforest that lies on its shores.
  - a. not a lot of choice b. a variety

- 3. It has been <u>estimated</u> that most of the things that live there are still unidentified by science.
  - a. a guess or approximation b. not knowing or unaware

4. However, if food is <u>scarce</u>, or they feel threatened, their razor-sharp teeth are capable of tearing human skin.

a. having a lot of something b. insufficient or not enough

5. Whilst that's incredibly exciting, it's also concerning that they may become <u>extinct</u> before we even know they are there.

a. no longer in existence b. not liking something anymore

#### <u>Silver</u>

<u>Choose two of the new words you have learned and find the word class, eg, Adjective, noun and synonyms for the word.</u> <u>Use a thesaurus for help if you need too.</u>

Word:			Word:	
Word class:	Synonyms:	Word	class:	Synonyms:

Gold: Write two sentences using one of the new words you have learnt the meaning of.

<u>The Living River</u> The River's a wanderer, Roaming around the gravelly ground, As free as a bird, Not lost nor found.

> The River's a winder, Through valleys and hills, Twisting like a gymnast, He just cannot be still.

The River's a hoarder, And he buries down deep Treasures as precious as gold, He wants to keep.

The River's a baby, He gurgles and hums, A bundle of endless joy, Sucking his thumbs.

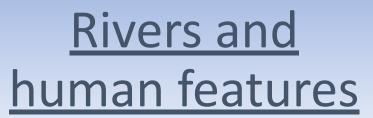
The River's a singer, As he dances along, The countryside is the echoe This is the River Song.

The River's a monster Horrendously Hungry and vexed, As furious as an enraged Tiger HE WILL SWALLOW YOU NEXT

#### Monday English

Task- Read the poem and answer the following questions Try to use evidence from the poem to support your answers like I have

Poem- The Living River				
When you read the poem, which words do you remember?	I remember the phrase 'gravelly ground' because it describes the texture of the earth			
What images are used in the poem?	-These are the images used in the poem:			
What does the poem make you think about?	The poem makes me think about			
How does the poem make you feel?	The poem makes me feel because			



LO: I am learning to describe and understand key aspects of human settlement

**Bronze**- With support identify how rivers are affected by human features, positively and negatively.

**Gold-** To argue the pros or cons of some human features relating to rivers.

Silver- To predict what a location may be like in the future based on the impact of human features.

Key Vocabulary: Pollution, survival, human, features, affects

<u>Recap- What can you remember?</u>

Why have people chosen to settle or to build cities near rivers?

### Watch this short video

https://www.youtube.com/watch?v=7H49-hMZVS4

# Make some notes while your watching the video, writing down of the effects that human features can have on rivers.



### **Bronze** - list some of the positive and negative effects that human features have on rivers.

Negative effects of human features have on a river	Positive effects human features have on a river

#### Answer in full sentences

### Silver-

1. What is water pollution?

2. What impact does pollution have on rivers?

3. What do you think will happen to rivers in the future because of human features?

### <u>Gold</u>

1. Argue the reasons why you think human features have a <u>positive</u> effect on rivers or;

2. Argue the reasons you think human features have a <u>negative</u> effect on rivers.

I think that human features have a ..... effect on rivers for these reasons.....

## Tuesday

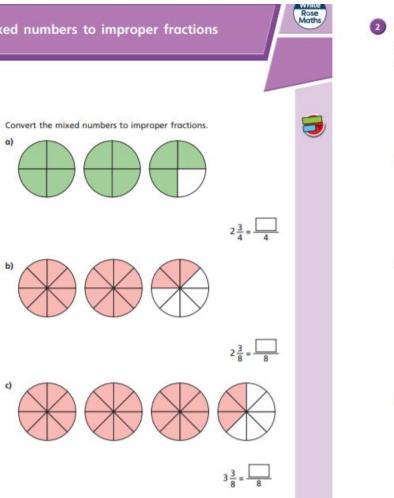
#### Mixed numbers to improper fractions

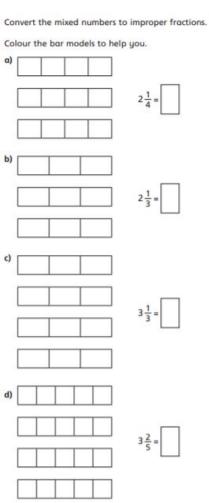
1

a)

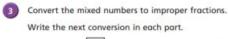
b)

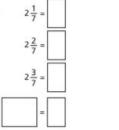
c)



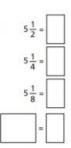


#### Maths Tuesday Bronze





a)



c)

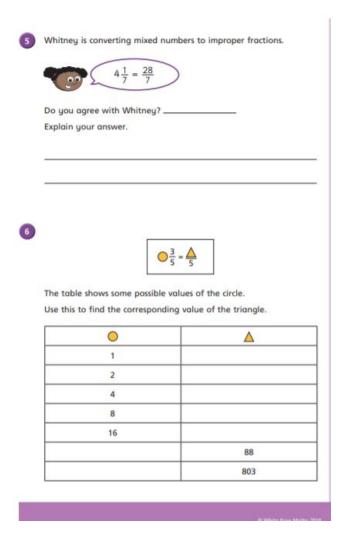
b)  $3\frac{1}{5} =$  $4\frac{1}{5} =$  $5\frac{1}{5} =$ =

Talk to a partner about any patterns you spot.

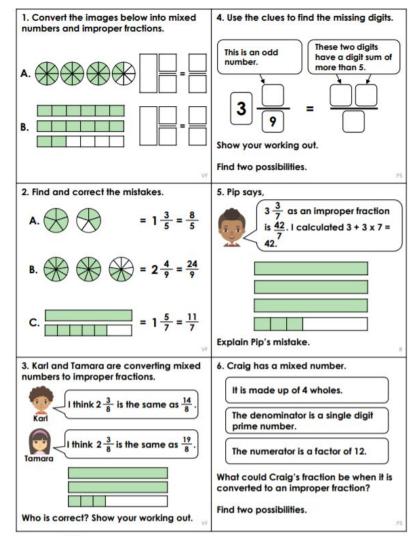
4 Here are 4 whole pizzas and  $\frac{3}{5}$  of a pizza.



How many children can have  $\frac{1}{5}$  of a pizza?



#### Maths Tuesday Silver



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Maths Tuesday Gold

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## Fiction vs Non-fiction What's the Difference?

**Fiction** Books contain made up stories. Non-Fiction Books contain true facts and information.

### Features of a Non-Fiction Book

"Non-fiction" books are based in fact, they give the reader information and help us to learn more about different things. Non-fiction books will usually contain these

features:

		Fun Fact:
	Real facts	Did you know that non-fiction
	Gives information	books do not need to be read
	Statistics or data	in order?
	Written in third person	
	• Index	
	<ul> <li>Headings and subheadir</li> </ul>	ngs
	Diagrams with labels	
A.	Photographs	

### Watch this short video:

https://www.bbc.co.uk/bitesize/articles/z4qvn9q

### Do you think 'The Amazon River' Is a fiction or non-fiction text? why?



### What is data?

### Facts and Data

**NOUN**: facts and statistics collected together for reference or analysis.

Can you say or write one fact about yourself?

Can you say or write one numerical fact about yourself? Example of a numerical fact/Data: Elephants are the world's largest land animal. Male African elephants can reach 3m tall and weigh between 4,000 -7,500kg **Bronze:** With support find any facts from the text and answer the questions

<u>Silver:</u> Use factual evidence from the text to answer questions.

1. How long is the Amazon river?

2. How much of the Amazon river is in Brazil?

3. How many species of fish have been identified?

4. How many species of insects have been found?

5. Which is the one of the rivers most famous fish?

### Gold:

Write and identify any features that have been used in the text which tell us it is non-fiction (use the slides to help you)

I know that the text is non-fiction because....

### English SPAG starter: Personification

Today, we are exploring how personification is used in the poem, 'The Living River' Watch this video to give you a better understanding of personification <u>https://www.bbc.co.uk/bitesize/topics/zfkk7ty/articles/zw9p8mn</u>

Personification is when human characteristics are given to non-human objects E.g) The river danced through the trees and hills.

1. Match the object to the human quality to complete the sentence.

Object	Human quality
The candle flame	nodded in the wind.
The chocolate cake in the fridge	crept into the classroom.
The party	danced in the dark.
The wallflowers	sang a lonely song.
Along with the teacher, silence	was calling her name.
The wind	died as soon as he left.

Task- Draw lines to match the object to the human quality

### Main Task- Describe the river using personification

Bronze- Use the key words to describe a river using personification

Silver: To develop phrases to describe a river using personification

Gold- Use the synonym app to up-level your word choices





1) The river is an energetic performer, dancing on the rocky ground.	Ideas to use:	
2	The river is a <mark>singer</mark> -The river <mark>kills</mark>	
3)	-The river <mark>cries</mark>	
4)	-The river <mark>eats</mark> … -The river is a <mark>baby</mark>	
5)		
6)	Gold: Synonym app https://www.thesaurus	
7)	.com/browse/applicati on	
8)		

#### Dear...

I am 10 years old and am a Sikh living in Bournemouth. There are not many other Sikhs at my school and I am finding it more and more difficult to fit in as I feel quite different. I believe it is important for me to show my commitment to God and want to go to the Gurdwara with my family at the weekends, but this means missing football practice. I am afraid I won't get into the team.

What shall I do? What is the best way to show my commitment to God and not miss football?

Thank you.

Arjan



Write a reply to Arjan, giving him advice as to what you think he should do.

#### Consider:

If he goes to football, is he not showing commitment to God?

How else could Arjan show commitment to God?

What do you think he should do to show commitment to God?

#### Task:

Write a reply to Arjan, giving him advice as to what you think he should do.

Consider:

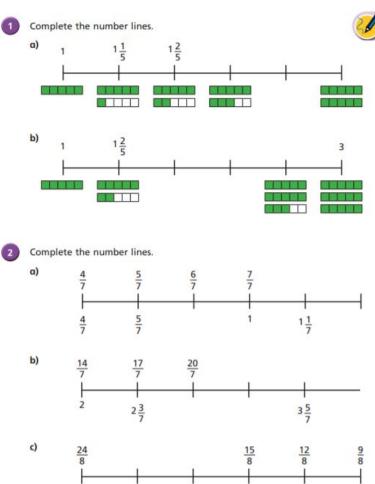
- 1) If he goes to football, is he not showing commitment to God?
- 2) How else could Arjan show commitment to God?
- 3) What do you think he should do to show commitment to God?

Dear Arjan,

I have read your letter and these are my thoughts. I think that it is a good/bad idea for you to go to football because.....

## Wednesday

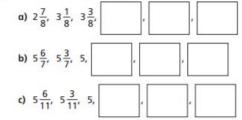
#### Number sequences



9

4

Continue the sequences.



Maths Wednesday Bronze

What is the same and what is different about the sequences in parts b) and c)?

Talk about it with a partner.

Match each sequence to its rule.

 $2\frac{2}{3}, 3\frac{1}{3}, 4, 4\frac{2}{3}$ 

 $2\frac{1}{2}, 3\frac{1}{4}, 4, 4\frac{3}{4}$ 

 $4\frac{1}{3}, 3\frac{2}{3}, 3, 2\frac{1}{3}$ 

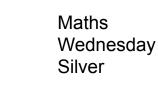
 $4\frac{1}{4}, 3\frac{3}{4}, 3\frac{1}{4}, 2\frac{3}{4}$ 

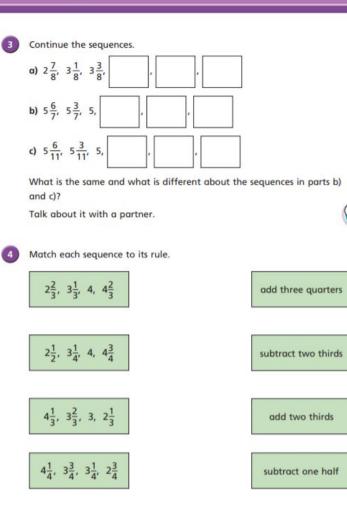


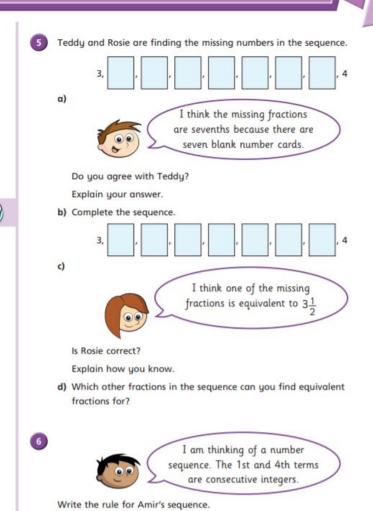
subtract two thirds

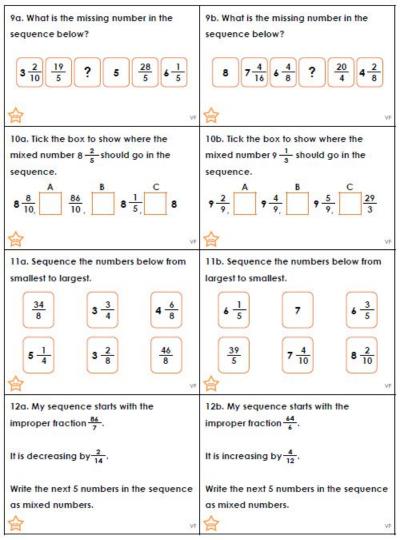
add two thirds

subtract one half









Maths Wednesday Gold



Wednesday 10th February - VIPERS

## Ising adjectives and expanded noun phrases in a non-fiction text.

Descriptive words or adjectives help the readers to visualize; they describe, define, or explain information about people, places, things, situations, or actions.

**Expanded noun phrases** give the reader extra information about the noun.

## We can use adjectives and expanded noun phrases to describe factual information:

We use adjectives in non-fiction texts to help the reader experience what you are writing about. We wouldn't use the adjectives beautiful, fantastic, elegant, fancy or kind to give information about factual information,

Have a look at this example from the text about piranhas:

'If food is scarce, or they feel threatened, their razor-sharp teeth are capable of tearing human skin.'

The adjective razor-sharp is a factual description, the piranha does have sharp teeth.

We wouldn't describe the piranha like this: 'if they feel threatened, the piranha who has sharp teeth like razors.' His teeth are not like razors, they are razor-sharp.

When we describe facts we are specific, we are not writing to entertain, like we would in a fiction text.

### These photos have been taken from The Amazon.

Bronze: With support, write a sentence using an expanded noun phrase or adjectives to describe something you can see in each picture
Silver: Write 2-3 sentences using expanded noun phrases to describe something you can see in each picture



Helpful starters: The dolphin has.....

The river is.....



**Gold:** Can you write four sentences using expanded noun phrases or adjectives to describe factual information

Example; My dog Charlie, has long, floppy ears that hang next to his head.

1.

2.

3.

4.

#### Wednesday English- Spag- Similes

Similes -

Similes compare two things using the words, 'as' or 'like'

For example, the river was as furious as a tiger

<u>The Living River</u> The River's a wanderer, Roaming around the gravelly ground, As free as a bird,

Not lost nor found.

Task 1- Highlight the simile in this verse



Create your own similes about a river using these starters to help you. The river is....

- 1) As quiet as a \_\_\_\_\_
- 2) As angry as a \_\_\_\_\_
- 3) Like a \_\_\_\_\_
- Like a\_\_\_\_\_

### Task- Create your own similes to describe the river.

The river is	Bronze-Using key word cards, develop similes to describe a river
as powerful as	Silver-To develop a bank of similes to describe all aspects of the river and it's journey Gold-To use well chosen vocabulary
a slippery snake	
as calm as	Use these phrases to help you write your similes
as furious as	<ul><li>Ferocious beast</li><li>Enraged tiger</li></ul>
as wide as	<ul> <li>Energised beast</li> <li>Immense power</li> </ul>
Like a baby,	- Winding and roaming around the gravelly ground
Like a,	- Gurgling and making noises

Gold- Use the synonym app to up-level your word choices

#### Wednesday -Science

Sometimes, it can be difficult to create a force that is big enough to do the job you would like to do. For example, to lift up an extremely heavy object or raise a large object up to a tall height.



In order to do these things, we can use **simple machines** to make the job easier. A simple machine is an **object** that helps us turn a **large force** into a **small force**.

Three examples of simple machines are levers, pulleys and gears.







2

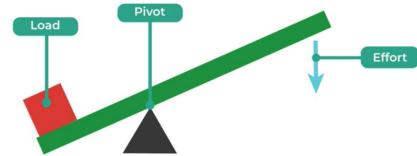
#### Answer these questions:

- 1. What is a simple machine?
- 2. What are the three types of simple machines we need to know?





A lever consists of: a pivot (or fulcrum), an effort and a load.



You may have been thinking of a seesaw!



Levers might be arranged in different ways:

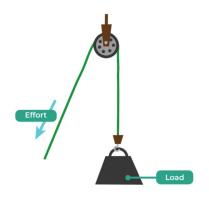


#### Pulleys

Pulleys are a kind of wheel with a ridge that a rope or string can be threaded through.



Using two pulleys together means you need half the force to lift. It can give us a mechanical advantage.



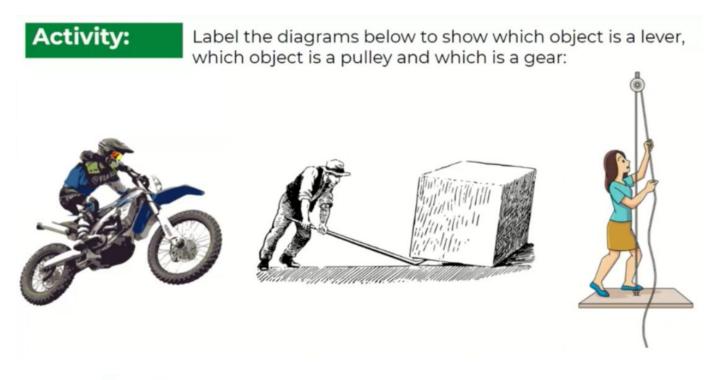
#### Gears

Gears are when two or more wheels with spokes or 'teeth' connect together to help a small force turn into a big force.



An example of this can be seen in bicycle gears – the gears used between the pedal and the wheels means that a small force can be used on the pedals to create a larger force which makes the bicycle move.





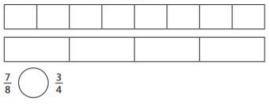
#### Scientific play

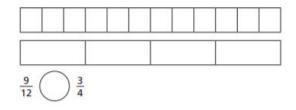
Take a ruler, pencil and two coins of different weights. Place the ruler on the pencil and place the coins at either end. Can you make the ruler balance?

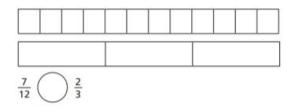
## Thursday

Write <, > or = to compare the fractions.

Use the bar models to help you.



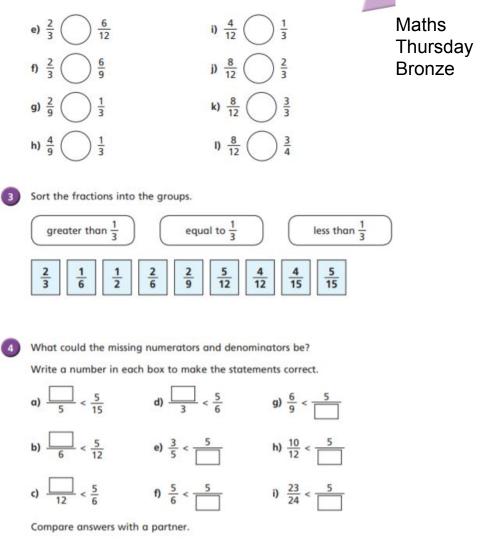


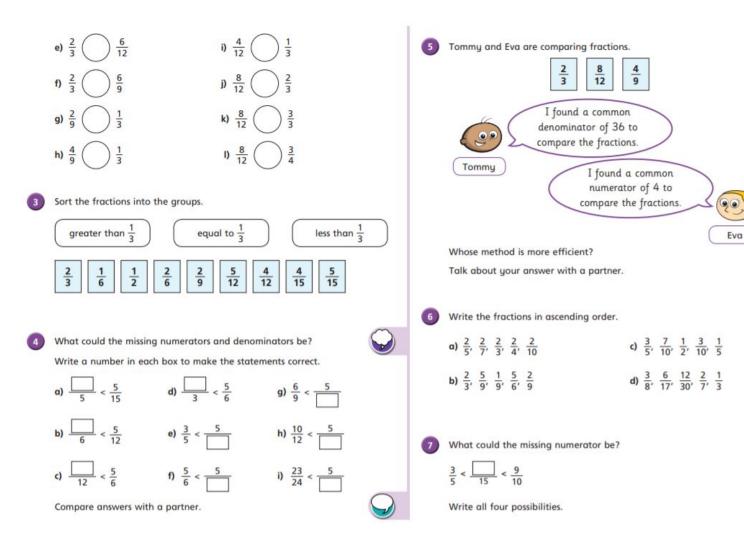


Write <, > or = to compare the fractions.

2



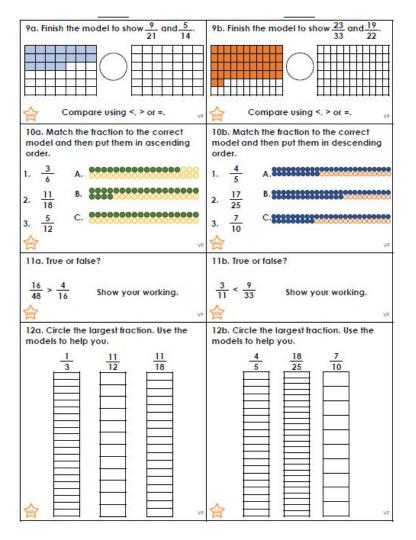




Maths

Silver

Thursday



Maths Thursday Gold

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Unfortunately, many of the fish species are threatened. Lots of them are taken and frozen for food around the world. Others are sold into the pet trade. Many of the most popular aquarium fish originate in the Amazon river system.

As well as fish, the river is home to large, black caiman alligators, yellow-spotted river turtles and the giant sea cow known as a manatee, a large and grey aquatic sea mammal. All three of these are threatened by hunters.





Thursday 11th February- VIPERS



## Summarising 'The Amazon River'

## Today we are going to write a summary of our text

**BUT** what does summary mean?



## A summary...

Identifies the main points or elements of the text Focusses on the key facts Retells the facts in a smaller version Who, What, When, Where, Why and How A short and concise overview A summary DOES NOT rewrite the text

# This is an example of a summary of an article about Blackpool.

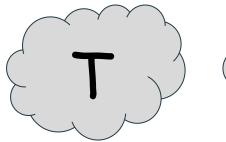
This article was about Blackpool. Blackpool is a small town in the U.K and there are around 140,000 people who live there. Blackpool is famous for the Blackpool tower, the Illuminations and the Pleasure beach. Blackpool is a seaside town and attracts lots of tourists every year. Now, pick two or three paragraphs from the text 'The Amazon River' that you would like to summarise:

Bronze: To write two sentences to summarise two paragraphs from the text

Silver: To write 3-4 sentences to summarise a two paragraphs from the text and use facts and figures

Gold To write 4-5 sentences and use precise facts and figures when writing a summary of 2 -3 paragraphs from the text

## Here are some tips to help you get started...



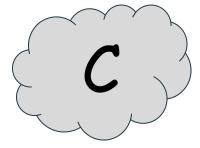




What is the **TOPIC**? Introduce it

Choose an interesting **fact** 

Choose another interesting **fact** 



**Conclusion**-Write a sentence that sums up the text

## **The Amazon River**

The Amazon River is one of the longest rivers in the world. It is roughly 4,000 miles long. This is only slightly shorter than the Nile River. This great length means that if it started in New York, it would reach all the way to Rome. There are some people who dispute the start and end point of the Amazon River. They believe that it is actually a little bit longer than the Nile. The Amazon is much wider than the Nile. This means that it definitely has the largest volume of water of any river in the world.

The official start of the Amazon River is the Ucayali-Apurímac river system in southern Peru. It flows east before emptying into the Atlantic Ocean. On its journey across South America, the main river passes through Peru, Colombia and Brazil. The tributaries (smaller rivers that feed into the Amazon) reach as far as Ecuador, Venezuela and Bolivia. About two-thirds of the Amazon River is in Brazil. Most of it is surrounded by the sweltering, tropical Amazon rainforest.

The Amazon River is filled with diverse life, much like the vast rainforest, that lies on its shores. It's almost impossible to separate it from the rainforest because so many of the plants and animals rely on both habitats. It has been estimated that most of the things that live there are still unidentified by science. Whilst that's incredibly exciting, it's also concerning that they may become extinct before we even know they are there.

Tropical birds, monkeys and tiny insects all rely on the river for food. Roughly 2,500 species of fish have been identified living in the Amazon river system so far. Scientists think that there may be just as many species that they haven't found yet. The numbers are even higher for insects. Over 8,000 species of insects have been found. The actual number will be much higher as many insects are just too small or well-hidden to catch.

Many of the freshwater fish that live in the Amazon River are migratory. This means that they travel great distances to lay their eggs. The fish in the river are the main source of protein for the native caboclo people. They live in the rainforest. One of the most famous fish in the river is the red-bellied piranha, with shiny silver scales and red bellies. Piranhas normally feed on other freshwater fish and are usually too frightened to attack humans. However, if

food is scarce, or they feel threatened, their razor-sharp teeth are capable of tearing human skin.

Unfortunately, many of the fish species are threatened. Lots of them are taken and frozen for food around the world. Others are sold into the pet trade. Many of the most popular aquarium fish originate in the Amazon river system.

As well as fish, the river is home to large, black caiman alligators, yellow-spotted river turtles and the giant sea cow known as a manatee, a large and grey aquatic sea mammal. All three of these are threatened by hunters.



Alliteration is when words that are close together start with the same sound. E.g) The rippled river caught my eye

<u>The Living River</u> The River's a wanderer, Roaming around the gravelly ground, As free as a bird, Not lost nor found.

> The River's a winder, Through valleys and hills, Twisting like a gymnast, He just cannot be still.

The River's a hoarder, And he buries down deep Treasures as precious as gold, He wants to keep. Task 1- highlight the alliteration in the verses within the poem

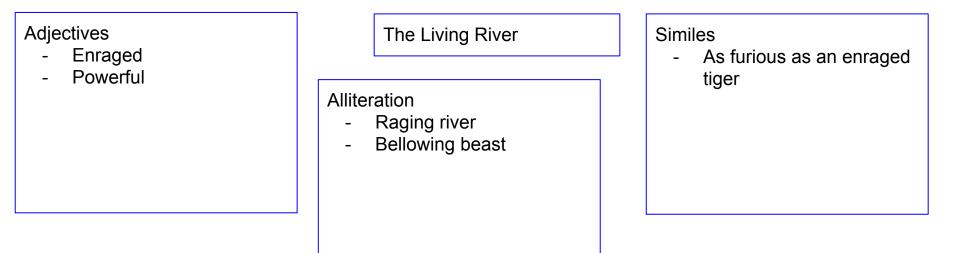
Task

Create come alliterative phrases using these words

- e.g) Running, racing river
- 1) river
- 2) waterfall
- 3) splash
- 4) water

<u>Task- Plan your poem</u> <u>Provide 4-5 examples of effective language to be used</u> <u>to describe the river.</u> <u>I have provided some examples</u>

Personification
The River is a crying baby,
The River is a
The River is a
The River is a



### Art- Thursday

Henri Rousseau loved painting animals, especially tigers.

Watch the tutorial on how to draw an Henri Rousseau inspired tiger. Sketch the outline of your tiger- Up to 5 minutes

https://www.youtube.com/watch?v=bfqGrJOzfg4



#### Part 2- Colour wheels



Decide which emotion you would like your piece of art to show.

Use this colour when painting your image.

#### Part 3

https://www.youtube.com/watch?v=bfqGrJOzf

#### <u>q4</u>

Use paint, pencil crayons or felt tips to colour your animal.

Watch the video from 5 minutes to see how the lady paints the tiger

#### PSHE -Thursday LO- I am learning to understand that mental wellbeing is a normal part of daily life.

#### Types of well-being

Physical - body Emotional - strong feelings Mental - of the mind

#### What do all of these words have in common?

As we grow up, our bodies change and our minds develop. It is very important to care car of each of these aspects.

I have attached 5 top tips for looking after your well-being.

Create a poster to help remind you to always look after yourself. Be as creative as you can

## Top tips for looking after your wellbeing

Looking after your wellbeing will help you to build your resilience and take on life's challenges. The five ways to wellbeing can help you do this.

#### Connect

This can be with friends or family members. You can try:

- making time for your friends or family members to build your relationships;
- asking someone how they are and making sure you listen to them.

#### Be active

- This can be gentle exercise. You can try:
- going for a walk with family;
- doing a yoga or workout session online.

#### Take notice

Be more aware of your surroundings. You can try:

- looking at the sights while you go for a walk;
- noticing the changing seasons.

#### Keep learning

This doesn't have to be in school or lessons. You can try:

- a new hobby, such as cooking;
- reading about something that interests you.

#### Give

This doesn't have to be money. You can try: • cleaning, tidying, helping siblings or cooking.

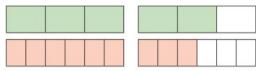


Friday

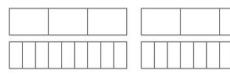
### Compare and order fractions greater than 1

Write <, > or = to compare the fractions.
 Use the bar models to help you.





b)  $\frac{5}{3}$   $\frac{15}{9}$ 



c)  $\frac{4}{3}$   $\frac{13}{9}$ 



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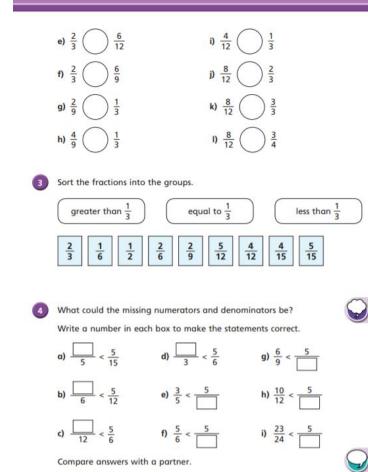
White Rose Maths

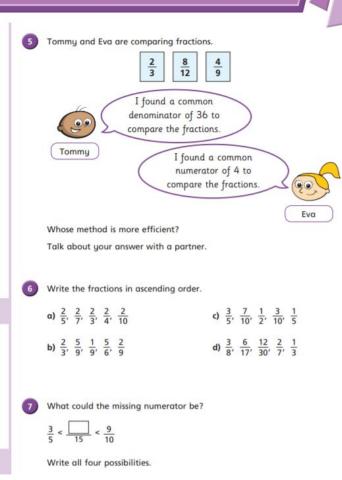
)	Write <, > or = to compare the fractions.
	a) $\frac{7}{4}$ $\bigcirc \frac{12}{8}$ d) $\frac{10}{6}$ $\bigcirc \frac{5}{3}$ g) $\frac{18}{8}$ $\bigcirc \frac{32}{16}$
	b) $\frac{7}{4}$ $\bigcirc \frac{22}{12}$ e) $\frac{10}{6}$ $\bigcirc \frac{5}{2}$ h) $\frac{18}{8}$ $\bigcirc \frac{9}{4}$
	c) $\frac{22}{12}$ $(10)$ $\frac{10}{6}$ $(10)$ $\frac{5}{2}$ $(18)$ $(10)$ $\frac{9}{4}$ $(18)$ $\frac{18}{2}$
)	Filip has 3 $\frac{3}{16}$ bottles of juice.
	Scott has 3 $\frac{1}{4}$ bottles of juice.
	Who has more juice?
	has more juice.
)	Rosie's ribbon is $\frac{7}{4}$ metres long.
	Teddy's ribbon is $\frac{7}{8}$ metres long.
	Our ribbons are the same length.
	Explain why Rosie is wrong.

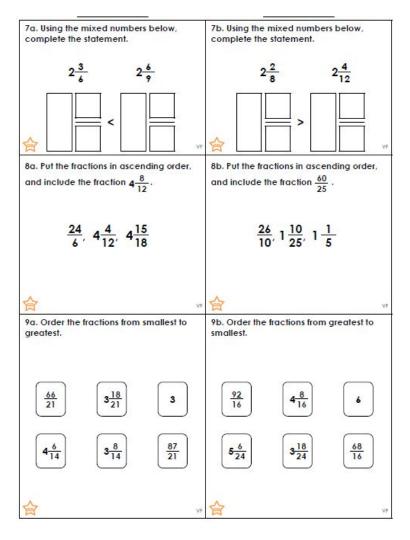
#### Maths Friday Bronze

#### Compare and order fractions less than 1

## Maths Friday Silver







#### Maths Friday Gold

Friday English- Create your own River poem using the sheet provided. Remember to use all of your ideas from your planning sheet yesterday

<u>The Living River</u> The River's a wanderer, Roaming around the gravelly ground, As free as a bird, Not lost nor found.

> The River's a winder, Through valleys and hills, Twisting like a gymnast, He just cannot be still.

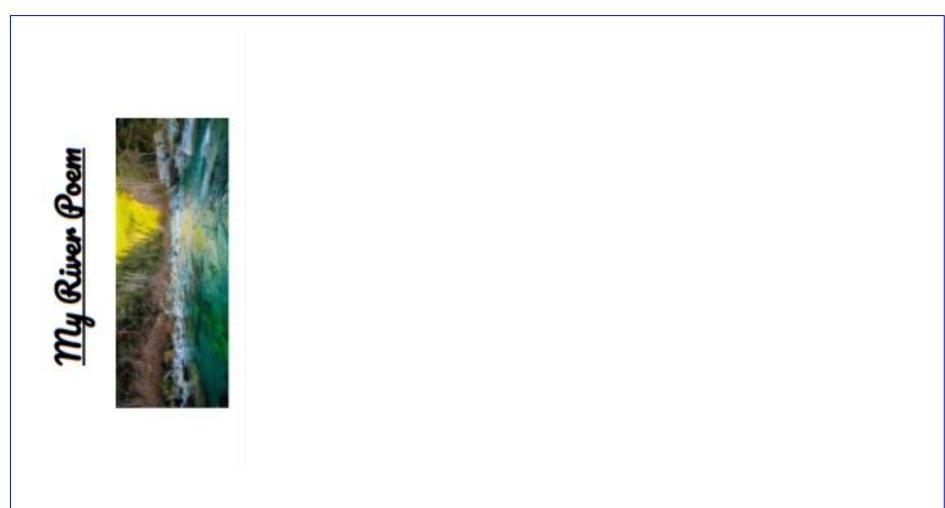
The River's a hoarder, And he buries down deep Treasures as precious as gold, He wants to keep. Bronze- Create two more verses for this poem using adjectives,similes and alliteration.

Silver- Use ideas from this poem to create your own 5 verse poem about the river. Use effective adjectives, similes, alliteration and personification

Gold-Create your own 5 verse poem about the river. Use the synonym app to up-level your word choices

https://www.thesaurus.com/browse/applic ation

Online thesaurus



#### Remote PE Resources



# PE Friday

Youth Sport Trust Activities Download the activity cards by selecting the title and access the video by selecting the video link next to each activity.	Joe Wicks YouTube Fitness Joe Wicks delivers fun, high energy fitness videos for all abilities.	BBC Super Movers These videos can be linked to lessons or completed just for fun!	AfPE Activities Each of these videos focuses on a different aspect of PEI View the videos and find items around the home to use.
Change 4 Life NHS Change 4 Life Here are some Disney inspired indoor games and 10 minute shake up activities.	Active Kids Do Better Fun, family-friendly activities which can be completed in your living room!	Get Set for Tokyo Some activities inspired by the Olympic and Paralympic Games.	Cosmic Yoga Stretch off with some of these themed Yoga sessions.

## What can we learn from Captain Sir Tom Moore?



#### Resource

Read through the information below about Captain Sir Tom Moore's life. What do you think is his greatest achievement? What will he be remembered for the most? Why do you think he inspired so many?



Captain Sir Tom (pictured above) served in India and Myanmar during WW2.

Who was Captain Sir Tom Moore? What was Captain Sir Tom Moore's famous challenge?

In April 2020, Captain Sir Tom decided to try to raise £1,000 for NHS charities by walking 100 laps of his garden before his 100<sup>th</sup> birthday. He raised £33 million. On his 100<sup>th</sup> birthday he received over 150,000 birthday cards from people all around the world!

Captain Sir Tom Moore was born in Keighley, West Yorkshire on 30<sup>th</sup> April 1920. His mum was a teacher and his dad worked as a builder. Captain Sir Tom joined the British Army during WW2 and rose to the rank of captain while serving in India and Myanmar.

After the war, Captain Sir Tom took a job as a sales manager for a roofing company. After he retired, he needed treatment from the NHS for a broken hip; he hailed the excellent treatment he received from the NHS. When the UK went into the first lockdown last year, he saw a chance to give something back.



Captain Sir Tom (pictured above) was awarded a knighthood at a special ceremony at Windsor Castle last summer.

We will get through it in the end but it might take time, at the end of the day we shall all be ok again...the sun will shine on you again and the clouds will go away.

Captain Sir Tom Moore sharing his thoughts on the coronavirus pandemic. Your Task

#### What can we learn from Captain Sir Tom Moore?

• Look at the poster image. What do we know about Captain Sir Tom Moore and his achievements? Do we know much about his life before last year?

• Read through the information found on the resource about Captain Sir Tom Moore's life. What do you think is his greatest achievement? What will he be remembered for the most? Why do you think he inspired so many? Captain Sir Tom's main goal was not be famous but to raise awareness of the NHS. He previously has said he remembers the days before its creation, when getting ill meant worrying about having to pay for treatment. Do you think Captain Sir Tom achieved his aim?

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• Whilst undertaking his first challenge of completing 100 laps in his garden, initially hoping to raise £1,000 for charity, Captain Sir Tom had said, "One small soul like me won't make much difference". Why do you think he might have said this? Do you think he was right?

• Many people have said that Captain Sir Tom Moore will leave a huge legacy. What do you think we mean by legacy and what do you think the impact of Captain Sir Tom's lasting message will be?

