










Time	Activity	Further information
9 – 9.30	Breakfast with family 	
9.30 – 10	Tidy up/ wash dishes 	Try to encourage your children to help out around the house to develop these important skills.
10 – 10.30	Exercise 	Go Noodle <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a> – this website has some great exercise and meditation activities that the whole family can join in on. Joe Wicks Kids Workouts – <a href="https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k">https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k</a>
10.30 – 11.30	Maths 	Please see home learning booklet. Mathletics - <a href="https://student.mathletics.com/primary#/launch">https://student.mathletics.com/primary#/launch</a> Times Tables Rock Stars - <a href="https://play.ttrockstars.com/">https://play.ttrockstars.com/</a> Focus on learning which has already been covered: <ul style="list-style-type: none"> <li>• Place value</li> <li>• Addition &amp; Subtraction</li> <li>• Multiplication &amp; Division</li> <li>• Measurement, Area &amp; Perimeter</li> <li>• Fractions</li> </ul> You may find the following websites useful: White Rose Maths – <i>please see letter from Miss Howard.</i> BBC Bitesize <a href="https://www.bbc.co.uk/bitesize/subjects/z826n39">https://www.bbc.co.uk/bitesize/subjects/z826n39</a> Corbett Maths <a href="https://corbettmathsprimary.com/">https://corbettmathsprimary.com/</a> Top Marks <a href="https://www.topmarks.co.uk/maths-games/5-7-years">https://www.topmarks.co.uk/maths-games/5-7-years</a> Oxford Owl <a href="https://www.oxfordowl.co.uk/for-home/kids-activities/fun-maths-games-and-activities/">https://www.oxfordowl.co.uk/for-home/kids-activities/fun-maths-games-and-activities/</a>
11.30 – 1.30	Lunch break 	If you can try to go for a walk outside for some fresh air!

1.30 – 2.30	<p>English</p> 	<p>Please see home learning booklet Focus on learning which has already been covered:</p> <ul style="list-style-type: none"> <li>• Writing <ul style="list-style-type: none"> <li>○ Narrative, poetry, information text, persuasive writing</li> </ul> </li> <li>• SPAG <ul style="list-style-type: none"> <li>○ Paragraphs, Conjunctions, Punctuation, Expanded Noun Phrases, Tense use, Pronouns.</li> </ul> </li> </ul> <p>Additional ideas –</p> <ul style="list-style-type: none"> <li>• Write a persuasive letter to stop the public from stockpiling.</li> <li>• Write a list of things you can do to help around the house.</li> <li>• Write a poem about your friends/ family.</li> <li>• Write a narrative about what life is like without school.</li> <li>• Write an information text about the importance of handwashing.</li> </ul> <p>BBC Bitesize can also help with SPAG - <a href="https://www.bbc.co.uk/bitesize/subjects/zv48q6f">https://www.bbc.co.uk/bitesize/subjects/zv48q6f</a></p>
2.30 – 3.30	<p>Science</p> 	<p>Make some slime with glue, food colouring, borax and water. Find different foods and look at reversible/ irreversible chemical changes (eggs, milk, water). Make elephant toothpaste with hydrogen peroxide and washing up liquid. Further ideas can be found here: <a href="https://momypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff">https://momypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff</a></p>
	<p>Geography</p> 	<p>Research our Rivers topic. Do a write up of the Rivers workshop you attended and present it to your parents/ carers. Find out about the main rivers in the UK. Investigate the world's largest/ longest/ rivers with most water. Write a glossary of River words.</p>
	<p>History</p> 	<p>Research how Rivers have changed over time. What have they historically been used for? Have any rivers disappeared/ appeared recently?</p>
	<p>Art</p>	<p>Complete an art project based on our Rivers topic. Make a Kindness poster. Paint a self/ family portrait.</p>
	<p>(H)RSE</p>	<p>You may want to consider covering Health Relationship and Sex Education with your child whilst you are at home. As part of the Health aspect of this learning, Year 4 would be covering mensuration and/ or wet dreams. This is compulsory for all children. Government advice –</p>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

Advice from Islington Health & Wellbeing team –

<https://www.islingtoncs.org/sites/default/files/2020%20FAQs%20for%20PRIMARY%20parents.pdf>

Amaze.org has some great support for parents and their YouTube channel has videos on puberty that you can watch with your children.

[https://www.youtube.com/channel/UCXQZTtGgsy6QHH2fg-OJ\\_eA](https://www.youtube.com/channel/UCXQZTtGgsy6QHH2fg-OJ_eA)