

English

Focus – To use inference and deduction to show understanding of a text.

This week is Anti-bullying week and today we will be reading an extract about bullying and then answering questions by using inference and deduction to show that we have understood the text.

Use your learning in PSHE to help you gain a better understanding of bullying:

Jake’s story; being bullied:
<https://www.youtube.com/watch?v=Fi6T4H-SOog>

Arianna’s story; Being a bully:
https://www.youtube.com/watch?v=_B6ro7M4mZg

Ways to stop bullying video:
https://www.youtube.com/watch?v=ynTuA_tIzDE

Now carefully read the text and answer the questions in the resources section.

Maths

Focus – To practise my times tables.

Times tables practice with multiplication mashup:
<https://www.youtube.com/watch?v=EgjCLhoI9Mk>

Today we will be practising our timetables....remember that we need to know all of the timetables by the end of year 4.

Today you have different colour by number activities. You must calculate the answer by multiplication and then choose the correct colour for your answer.

You can then play the multiplication dice game by following the instructions on the board.

You can then challenge yourself by practising timetables that you find difficult.

PSHE

Focus - To recognise the consequences of bullying and how to respond and ask for help.

Jake’s story; being bullied:
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Arianna’s story; Being a bully:
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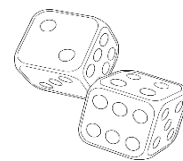
Ways to stop bullying video:
https://www.youtube.com/watch?v=ynTuA_tIzDE

Key Questions

- How might words/names that people use make someone feel bullied?
- What can we do if we witness bullying online or in person?
- Why might it sometimes be difficult to tell someone if we were being bullied or if someone else is being bullied?



Multiplication Dice Game

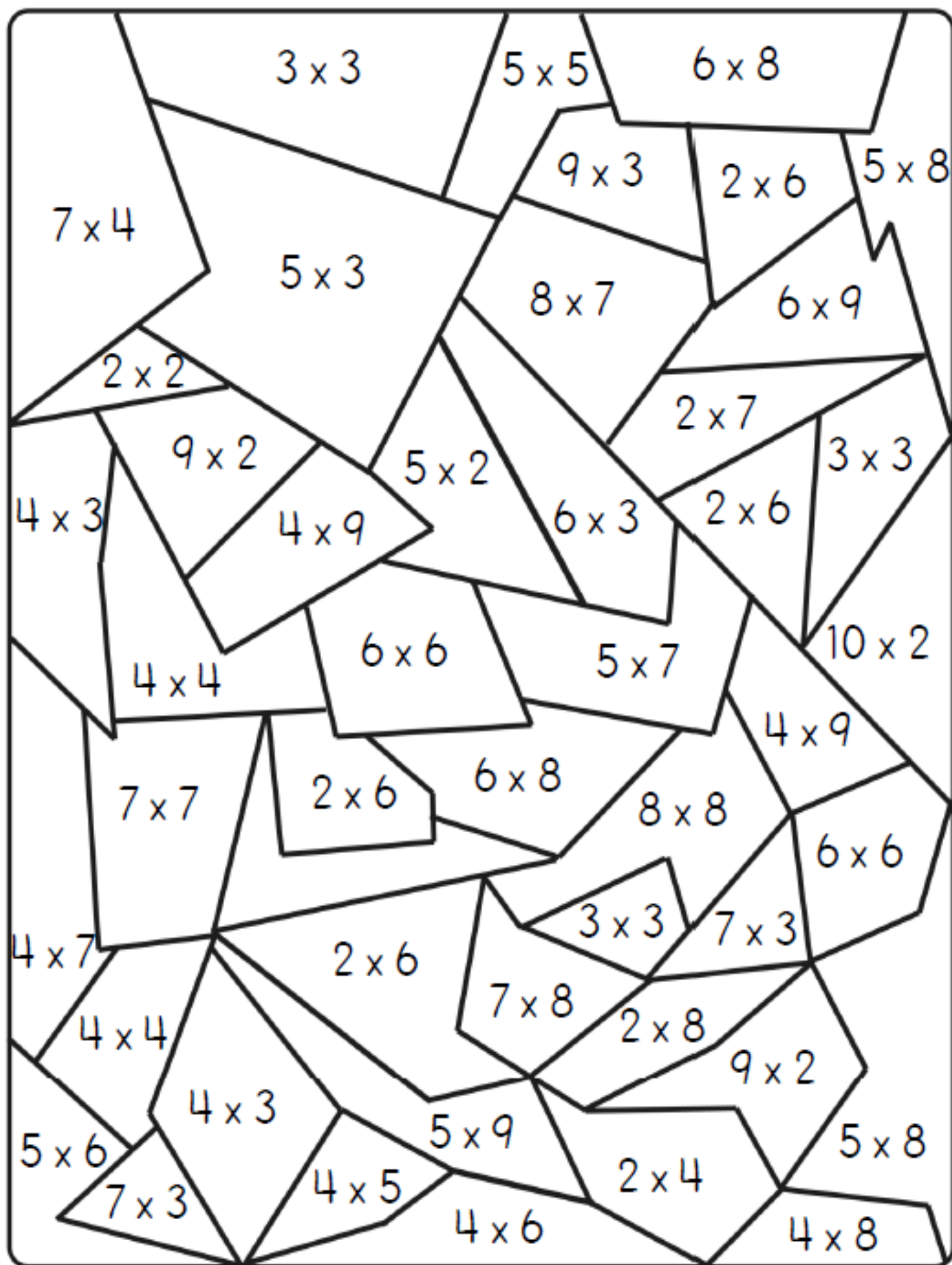


1	1	24	8	10	24	6	1
36	30	1	9	2	5	4	1
4	24	4	8	6	8	1	3
10	1	25	1	20	6	1	8
36	1	1	30	5	1	5	30
10	25	1	9	5	6	10	20
1	20	9	10	1	1	4	3
1	30	4	20	2	3	6	1

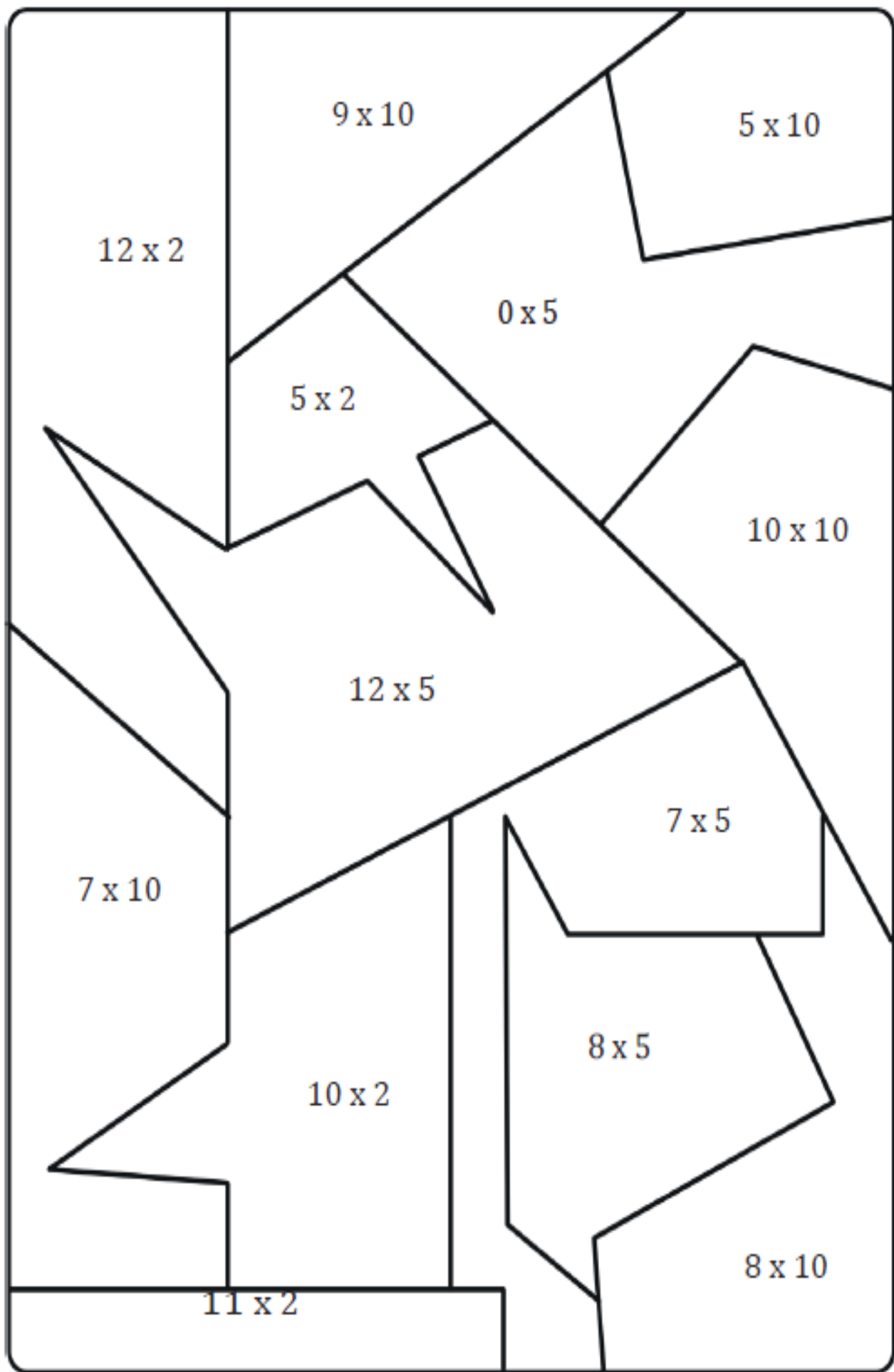
1. Roll the dice.
2. Multiply your two numbers. Colour your answers on the grid.
3. The first person to colour four in a row wins!

Do the multiplication calculation and colour the shape in the correct colour.

0-10 11-20 21-30 31-40 41-50 51-60 61-70



0-10 11-20 21-30 31-40 41-50 51-60 61-70 71-80 81-90 91-100



Do the multiplication calculation and colour the shape in the correct colour.

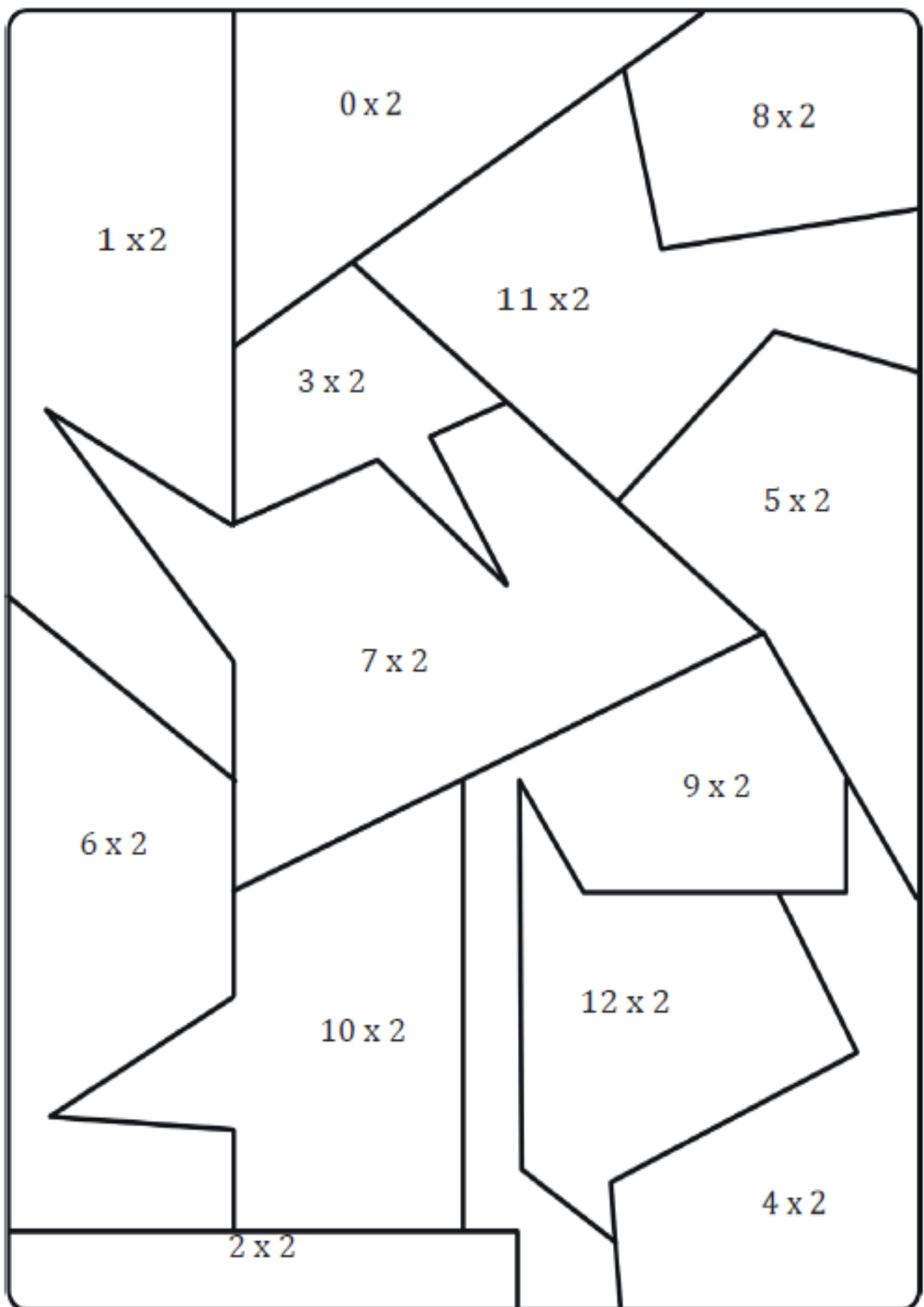
0-5

6-11

12-17

18-23

23-28



Do the multiplication calculation and colour the shape in the correct colour.

0-20

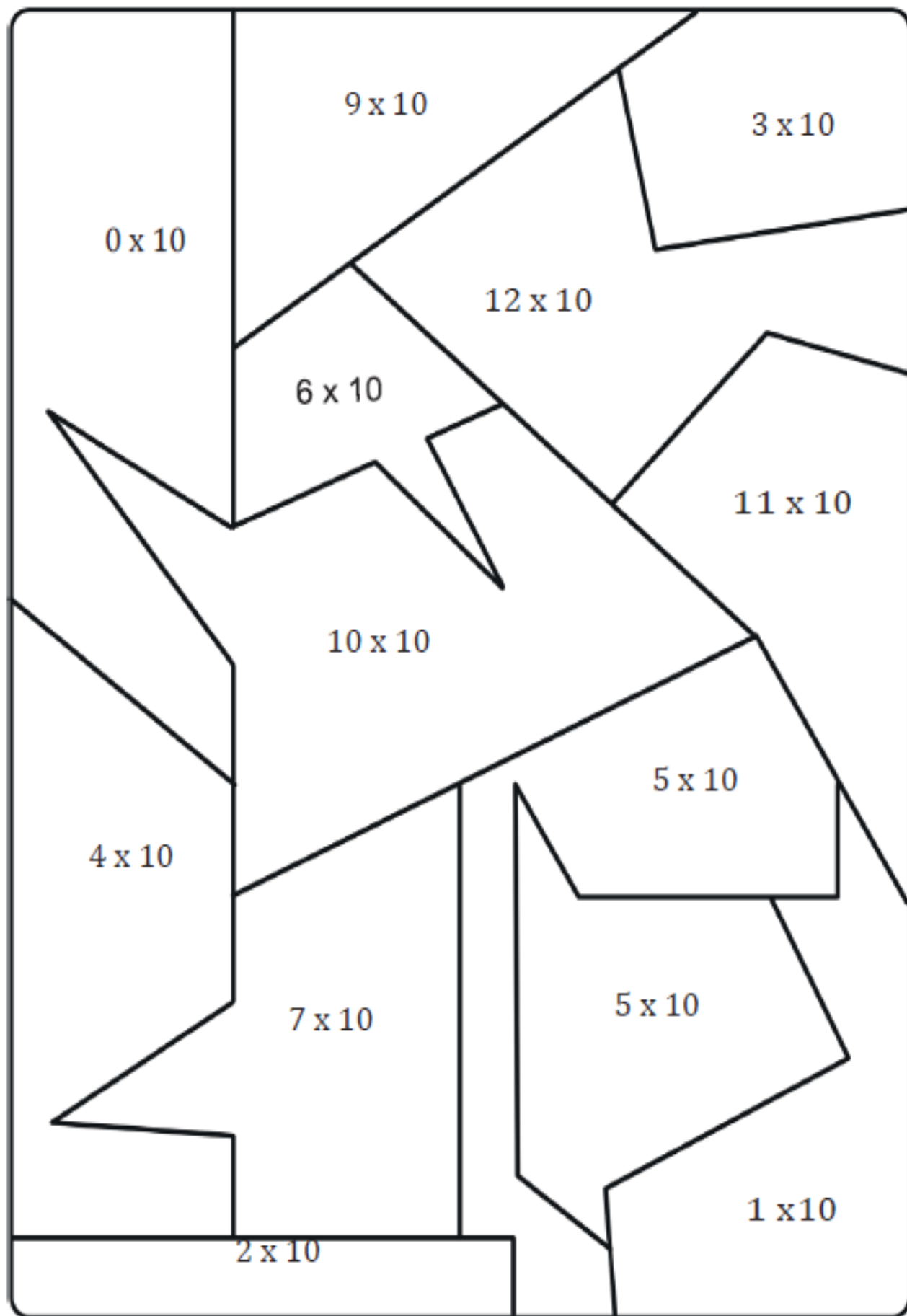
21-40

41-60

61-80

81-100

101-120



Anti-Bullying Week 2020

Every year, schools across Britain support Anti-Bullying Week. The aim of the week is to help children and adults to learn more about bullying, the effect it has on people and how to prevent bullying from happening. This year's event is from Monday 16th to Friday 20th November 2020.

Each year, Anti-Bullying Week has a different themed focus. The theme this year is 'United Against Bullying', which reminds us of the importance of working together to reduce instances of bullying. Together, we must look, listen and work together to notice bullying. Then we must tell a responsible adult whom we trust.

What Is Bullying?

Everyone has times when they fall out with friends or family, or times when they say something they don't mean which upsets someone else. Even though this behaviour can be hurtful, if it is not intentional and not repeated then it is not bullying.



Bullying is repetitive, hurtful behaviour that involves a power imbalance. This means that the person bullying thinks they have more power than the person being bullied (the victim). For example, they may believe they are stronger, faster, or simply better than their victim. Bullying is the behaviour that makes the victim's life difficult and miserable. It is also possible that the bullies themselves are unhappy.

Types of Bullying

It is important to understand the main types of bullying, so that we can challenge bullying if we know it is happening.

Bullying which involves intentionally pushing, pinching, hitting or kicking someone is called **physical bullying**. Often, there are marks or bruises that can be seen. Deliberately taking or breaking someone's possessions can also be called physical bullying.

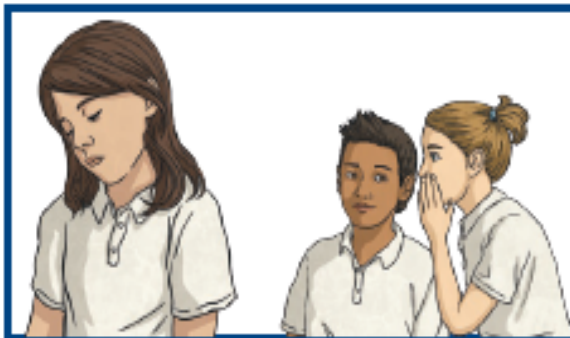


Verbal bullying, although it doesn't leave any physical marks, can affect us mentally for a long time. Furthermore, the fact it doesn't leave visible injuries means that it is harder for others to identify. It involves hurtful comments such

as calling people names, teasing them or making threats.

Bullying by excluding someone from a game or a conversation, telling others to leave them out, or talking behind someone's back is known as **social bullying**. It can also include doing something that embarrasses someone in front of their friends or family.

In addition to the above types, there is also **cyber-bullying** which involves the use of the internet media to engage in verbal or social bullying. It can happen through smart-phones, laptops, tablets or gaming consoles.



Did You Know...?

According to a study of 13,000 pupils aged 7-15, the result showed that:

- One quarter of children said that they were bullied a lot or always.

What Effects Does Bullying Have?

Bullying can happen to anyone at any time of their life. Bullying can make someone's life very unhappy. It may not only have an effect on the victim's physical health, but on their mental health, too. If someone is being bullied at school, their behaviour may change. For example, they may pretend to be unwell so that they don't have to go to school. Or they may appear quiet. They may be worried about walking home alone. Being bullied makes people feel miserable, upset and scared. It can make concentrating on schoolwork very difficult. Research has also shown that being bullied has a long-term impact, for many years into the future.

Getting Help

It is important not to keep bullying to yourself. If you are being bullied, or you know someone else is being bullied, you must tell an adult whom you trust. This could be an adult at home, school or through the Childline website. You should never be told to ignore it or to change who you are. It is the children doing the bullying who need to change their behaviour. Somebody can always help.

Questions

1. Why do you think it's important for schools to promote Anti-Bullying Week?

2. Which of the following is an example of bullying? Tick one.

- accidentally tripping someone over in a football game
- borrowing someone's pencil and forgetting to give it back
- calling someone a hurtful name every day for weeks
- carelessly knocking over and breaking someone's water bottle

3. Look at the **Types of Bullying** section.

Find and copy one word which means 'leaving someone out' when playing or talking.

4. Draw lines to match the types of bullying to the examples.

Irina tells her friends to never let Ava play with them.

Amir sends regular text messages teasing Freddie.

Sam snatches Hanna's toy every time she plays with it.

Luke warns Josh that he is going to find him after school.

Physical bullying

Verbal bullying

Social bullying

Cyber-bullying

5. In what way is verbal bullying different from physical bullying?

6. **'Bullying can make someone's life very unhappy.'**

Give **three** examples of how someone being bullied may change their behaviour.

1) _____

2) _____

3) _____

7. Look at the **Did You Know...?** section.

What fraction of children reported being bullied 'a lot or always'?

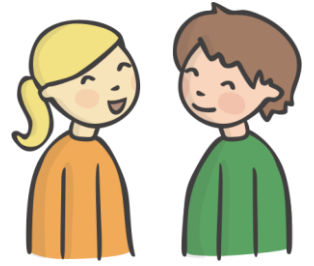
8. You find out that a friend is being bullied online every time they play a game.

What type of bullying is this and how could you help?

Type of Bullying:

How to help:

A Helping Hand!



If you are being bullied, tell someone!
On each finger write the name of a person who you can ask to help if you are being bullied.



What Is Bullying?

- Physical bullying can range from shoving and pushing someone to more severe issues, such as hitting and kicking.
- It is often more obvious to other people as it may leave bruises or visible damage and people may see it happening.
- Verbal bullying means calling someone names, saying nasty things to someone or threatening them.
- Verbal bullying is not always as clear to see as it can be done more secretly and doesn't leave visible marks. However, it damages people's feelings and emotions and is very harmful.



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Indirect Bullying

Physical bullying (like hitting or kicking) and verbal abuse (like calling names or making fun of someone) are often more obvious to see.

What do you think indirect bullying is?

- Leaving people out of groups or games
- Gossiping about people
- Talking about someone behind their backs
- Standing by and watching



Remember, these are only bullying if they happen often and repetitively.

You may not be the one doing the bullying, but if you know it is happening to someone what can you do?

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Cyberbullying

What is cyberbullying?

In what ways do you think cyberbullying can happen?



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It is important to stay safe online.

- Never post personal details about yourself online, e.g. address, date of birth, phone numbers or pictures.
- Don't post your full name, use a nickname.
- Don't post a picture of yourself
- Don't give out your passwords to anyone else.
- Lots of social media sites have a 'Report It' button. This means that if you see something upsetting, or something you think should not be being posted, you can press this button to report it to the people who run the site and they can stop it.
- **Never** make conversation online with somebody you don't know.
- **Never** meet up with someone you don't know, they might not be who they say they are.



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