

# Weekly Home Learning Timetable

Year 4 - wb 22.6.20

## Monday

### English

**Focus – To extract key information from a text.**

<https://www.garlingeprimary.co.uk/wBSITE-content/olivertwistschildhood-1585745821.pdf>

Follow the link above to a lesson where you will be able to read the text, 'Oliver Twist'.



Read through the text, whilst identifying and discussing any unfamiliar words - you may find it useful to highlight these words.

Then, answer the nine text related questions by retrieving the relevant information. Think carefully about your answer. Is it a one or two mark question? What is needed to gain the two marks?

You can record your answers in your workbook.

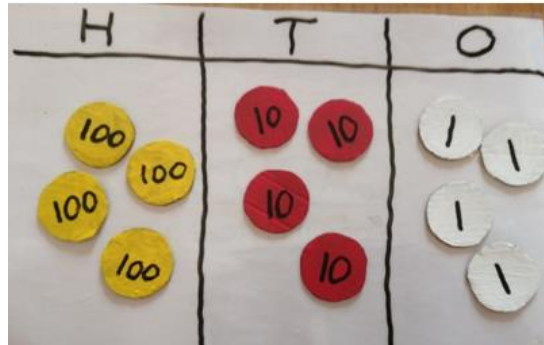
### Maths

**Focus - To understand place value of 1s, 10s, 100s and 1000s**

<https://vimeo.com/425562383>

Follow the link above and watch the video. This will take you to a lesson where you will be reminded of place value. Scroll down to find the worksheets below. You can record the answers to the questions in your book.

You could always try to make your own place value counters using cardboard or pebbles.



### Topic

**Focus – To understand the structure of the earth.**

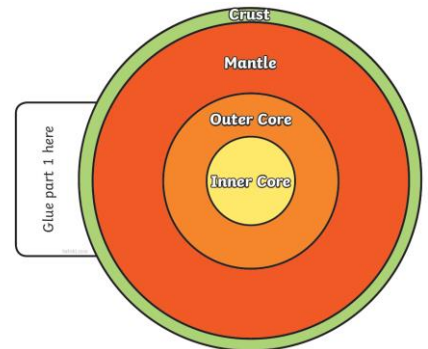
Watch video

<https://www.youtube.com/watch?v=eXiVGEEPQ6c> about the layers of the Earth.

Look at The Structure of the Earth PowerPoint saved in the home learning section of the Garlinge website under Year 4 resources.

This will explain how the Earth is formed and the different layers it is made up of. Use this information to help you answer questions about how the Earth is formed. These can be found in the resource section below.

You may also like to make your own Earth Layers fact sheet. This can also be found in the resource section below.



## Tuesday

### English

**Focus – To use time conjunctions within a sentence.**

SPAG focus – Time conjunctions

This lesson is a revision of conjunctions, but using time conjunctions. Please write down any time conjunctions you can remember in your workbook. Use the internet to research if you need.

### Maths

**Focus- To be able to add 4 digit numbers**

<https://vimeo.com/425562628>

Follow the link above and watch the video. This will remind you how to add 4 digit numbers. Complete the activity section. You can record the answers to the questions in your book. Scroll down to find the worksheets below.

### Science

**Focus- To understand what sort of teeth animals have, and why.**

Animals that eat only **meat** are called **carnivores**. Animals that eat only **plants** are called **herbivores**. Carnivores and herbivores have



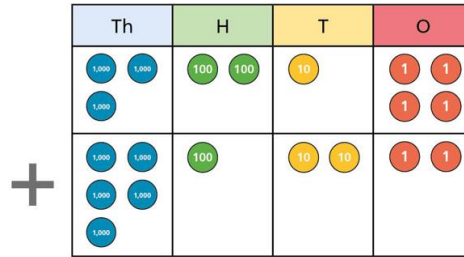
You should have: then, next, firstly, secondly, before, until, after, while.

Work through the power point, which can be located in year 4 resources and then move onto the two worksheets located at the end of this timetable, under Tuesday's lessons.

You may wish to make notes on the sheet, then, rewrite the sentences in your workbook, focusing on handwriting and correct letter formation.

a) Calculate  $3,214 + 5,122$

Use the place value chart to help you.



$3,214 + 5,122 =$

different types of teeth, to suit the type of food they eat. Herbivores have teeth which are shaped to squash and grind plants. Carnivores have teeth which are shaped to slice and rip the meat they eat. Animals that eat both plants and meat, like humans, are called **omnivores** and have sharp teeth in front and flat teeth at the back of the mouth. Watch this short clip and look at the diagram that goes with it:

<https://www.bbc.co.uk/bitesize/topics/zn22pv4/articles/z846gdm>

You can look more closely at the teeth of carnivores and herbivores on the site below. Click on the labels of the teeth in a sheep skull and a fox skull and it will give you more information:

<https://www.dkfindout.com/uk/animals-and-nature/food-chains/types-teeth/>

Now look at the list of animal teeth facts in this Newsround fact file:

[http://news.bbc.co.uk/cbbcnews/hi/find\\_out/guides/tech/teeth/newsid\\_3830000/3830561.stm](http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/tech/teeth/newsid_3830000/3830561.stm)

Your task is to create your own fact file about animal teeth. Remember to say whether each



of the animals you include is a carnivore, herbivore or omnivore, and what their teeth look like. What amazing animal teeth facts can you find out?

### Wednesday

#### English

**Focus – To spell and use the year 3 and 4 statutory words.**

Spelling Focus – the spelling focus for this week will be based on correcting spelling errors, with a handwriting focus.

#### Maths

**Focus- To be able to add 4 digit numbers with one exchange**

<https://vimeo.com/425562776>

Follow the link above and watch the video. This will take you to a lesson where you will be reminded of how to add 4 digit numbers

#### Music

**Focus- To explore pitch in music.**

Warm up: Try this little game to practise seeing if the pitch of a simple melody goes up (ascends) or goes down (descends):

Before the lesson, have a quick spelling test using random spellings from the year 3 and 4 spelling list.

Write out the sentences in your workbook, focusing on correct letter formation and handwriting.

The two worksheets are located in Wednesday's lessons, complete with the answers for reference.

with one exchange. Scroll down to find the worksheets below. You can record the answers to the questions in your book.

3,117 + 2,544 =

Th	H	T	O
1,000 1,000 1,000	100	10	1 1 1 1 1 1 1
1,000 1,000	100 100 100 100 100	10 10 10 10	1 1 1 1

<http://www.musiclearningcommunity.com/Free%20Game%20Pages/FR EEStormChasers%20Level%201%20-%20Practice.htm>



You can hear excerpts of music with the pitch going up, down or staying the same here:

<http://creatingmusic.com/wom/about/>

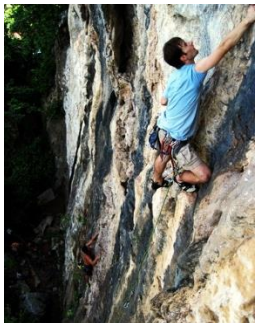
Now it is *your* turn. Follow the link below (or go to the home page from the page above and click on 'Playing with Music' / 'Playing with Scales'). Try creating tunes by making the pitch go up and down (or staying the same). You have to click on a scale to start. Don't forget to experiment with the different scales (as well as the different instruments) to see what different effects you can make!

<http://creatingmusic.com/new/scales/index.html>

## Thursday

### English

**Focus- To make predictions.**



**Predict what Happens Next...**

Mike and his friend Joe are experienced rock climbers enjoying what they do best. However as the sky begins to cloud over quickly, spots of rain fall.

### Maths

**Focus- To be able to add 4 digit numbers with more than one exchange**

<https://vimeo.com/425563010>

Follow the link above and watch the video. This will take you to a lesson where you will be reminded how to add 4 digit numbers with more than one exchange. Scroll down to

b) Nijah

	Th	H	T	O
	4	8	2	6
+	1	7	8	
	6	6	0	6
	1	1		

Scott

	Th	H	T	O
	4	8	2	6
+		1	7	8
	5	0	0	4
	1	1	1	

What mistake has the other person made in each calculation?  
Talk about it with a partner.

### PE

**Focus-To play a game involving physical activity**

It's time to get active! In the resources section below, there are 2 games you can play which involve physical activity. Choose one of the games to play with someone at home and have fun!

**Remember to take some photos if you can and send to your class teacher.**

### What happens next?

- What dangers are there around Mike?
- What problem could happen to Mike?
- How could it be fixed?

Today, make notes on the above thoughts following discussions and your predictions. These notes will be used tomorrow in your writing.

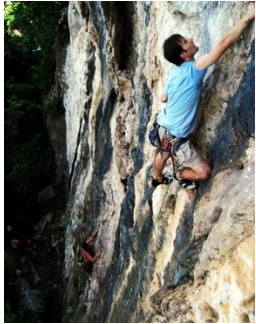
find the worksheet below. You can record the answers to the questions in your book.



## Friday

### English

**Focus – To write a successful ending.**



Have a look through your notes from yesterday. What thoughts did you have? Did Joe and Mike successfully finish their journey? What happened?

Have a go at successfully up levelling some sentences before writing out your ending in your workbook.

Remember to make the ending of their journey exciting, use interesting adjectives to describe what Joe and Mike would see or how they would be feeling.

### Maths

**Focus- To be able to estimate**

How good do you think you are at estimating? Remember, estimating is when you have a good guess. Try the minute challenge where you have to estimate how many times you can do something in one minute. Scroll down to the resources section to help give you some ideas!



### Art/Design Technology

**Focus – To be able to use paper mâché.**

Have a go at making your own volcano to explode. You could use your own creative ideas or follow the instructions below.

You will need an empty plastic bottle, newspaper torn up in strips, PVA craft glue, masking tape and a container for the water and glue mixture. To make the lava to mimic that of a real volcano you will need bicarbonate soda, red and yellow food colouring (or orange) and white vinegar.

Cover the plastic bottle with masking tape. Mix the water and the glue together and use it to cover the bottle with the newspaper strips.



When it is dry, paint the paper mâché to look like a volcano.

In a safe outdoor space, put 4 tablespoons of bicarbonate of soda in your bottle. Mix the vinegar and the food colouring together and then carefully add to the bicarbonate of soda. Watch your volcano come to life!



Send a picture of your volcano erupting to your teacher.

### Other activities for the week

#### **Email your teacher**

We are all really missing you. Why don't you ask an adult to help you write an email to your class teacher? We would love to hear from you to see how you are and what you have been doing to keep busy during this time. Maybe you could send a photo of yourself doing something fun at home, learning a new skill or working on a home learning activity.

#### **Our class emails are:**

Miss Rowden - [4A@garlinge.kent.sch.uk](mailto:4A@garlinge.kent.sch.uk)

Mr Cowan - [4B@garlinge.kent.sch.uk](mailto:4B@garlinge.kent.sch.uk)

Mrs Goode - [4C@garlinge.kent.sch.uk](mailto:4C@garlinge.kent.sch.uk)

Mrs Greenfield - [4D@garlinge.kent.sch.uk](mailto:4D@garlinge.kent.sch.uk)



#### **Reading**

Continue to read daily if you can and share and discuss good reads with your family.

Look in the Year 4 resources section of the website for lots of different reading comprehension exercises you can have a go at.

<https://www.garlingeprimary.co.uk/home-school-learning>



#### **Times Tables**

Continue to use Times Table Rockstars to practise your times tables. Email your class teacher if you have any issues with the programme and they will be able to help you.

**[A battle has been set up between Year 4 boys and Year 4 girls which will run until the end of June.](#)**

**[So get battling and may the best team win!!](#)**



#### **Watch the news**

Try watching Newsround each day

[https://www.bbc.co.uk/newsround/news/watch\\_newsround](https://www.bbc.co.uk/newsround/news/watch_newsround)

and maybe try the Newsround quiz at the end of the week.

**Create a bird feeder-** Follow this link to make your very own bird feeder out of materials from your cupboard <https://www.goodtoknow.co.uk/family/things-to-do/how-to-make-a-bird-feeder-291299>



**Get active-** Play some just dance or follow a cosmic yoga story on YouTube.

**Origami-** Learn the art of paper folding and see what you can create. There are lots of instructions on this website that you can follow <http://www.origami-instructions.com/>

## Resources

### Year 3 and 4 Statutory Spellings





accident	caught	eighth	heard	minute	possible	strange
accidentally	centre	enough	heart	natural	potatoes	strength
actual	century	exercise	height	naughty	pressure	suppose
actually	certain	experience	history	notice	probably	surprise
address	circle	experiment	imagine	occasion	promise	therefore
answer	complete	extreme	increase	occasionally	purpose	though
appear	consider	famous	important	often	quarter	although
arrive	continue	favourite	interest	opposite	question	thought
believe	decide	February	island	ordinary	recent	through
bicycle	describe	forward	knowledge	particular	regular	various
breath	different	forwards	learn	peculiar	reign	weight
breathe	difficult	fruit	length	perhaps	remember	woman
build	disappear	grammar	library	popular	sentence	women
busy	early	group	material	position	separate	
business	earth	guard	medicine	possess	special	
calendar	eight	guide	mention	possession	straight	

## Monday Maths

### Lesson 1

1s, 10s, 100s, 1,000s

- 1 Dora makes a number on a place value chart.

Th	H	T	O
			

a) What number has Dora made?

b) Add 3 ones to Dora's number.

What number do you have?

c) Add 2 tens to Dora's number.

What number do you have now?

d) Subtract 2 hundreds from Dora's number.

What number do you have now?

e) Add 5 thousands to Dora's number.

What number do you have now?



2 Complete the calculations.

Use the place value chart to help you.

1,000s	100s	10s	1s
5	3	7	8

a)  $5,378 + 200 =$   e)  $5,378 - 60 =$

b)  $5,378 + 20 =$   f)  $5,378 - 3,000 =$

c)  $5,378 + 2,000 =$   g)  $300 + 5,378 =$

d)  $5,378 - 6 =$   h)  $5,378 - 300 =$

3 Complete the calculations.

a)  $6,058 + 1 =$   b)  $6,058 + 20 =$

$6,058 + 2 =$    $6,058 + 30 =$

$6,058 + 3 =$    $6,058 + 40 =$

$6,058 + 4 =$    $6,058 + 50 =$

$5 + 6,058 =$    $60 + 6,058 =$

4 Mo is going to add 100 to each number.

Circle the numbers where the 1,000s will change.

2,450

3,928

4,180

5,905

972

What do you notice?

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5

Mr Hall has £1,342 in the bank.



a) Mr Hall puts in £500 more.

How much money does he have in the bank now?

b) Then he puts in £600 more.

How much money does Mr Hall have in the bank now?

c) Then Mr Hall takes out £60

How much money does he have in the bank now?

6

Is Eva correct?



If I keep taking ten away from the number 2,562 only the tens will change.



7 Write the missing numbers.

a)  $6,951 - \square = 6,921$     c)  $1,706 + \square = 1,766$

$6,951 - \square = 6,881$      $1,706 - \square = 906$

b)  $6,421 - 700 = \square$     d)  $3,500 - \square = 2,700$

$6,421 + 700 = \square$      $3,500 - \square = 3,430$

Which calculations were easy to work out?

Which were more difficult to work out?

8



To add 3,812 and 1,400 together, you can add 1,000 to 3,812 and then add 400

a) Use Ron's method to work out  $3,812 + 1,400$

Could you have worked this out mentally?

b) Use Ron's method to complete the calculations.

$1,780 + 2,200 = \square$

$3,084 + 720 = \square$

$591 + 2,820 = \square$



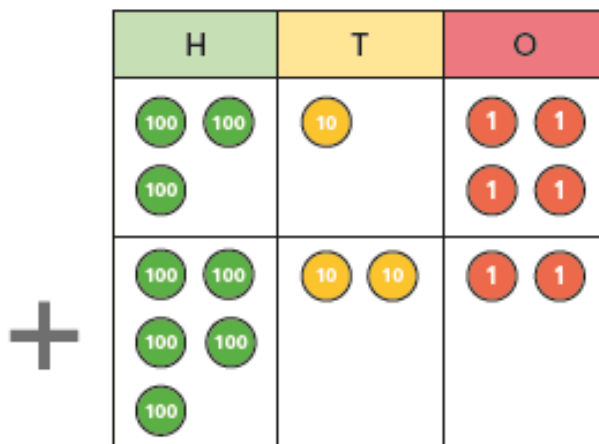
## Tuesday Maths

### Lesson 2

# Add two 4-digit numbers – no exchange

1 Calculate  $314 + 522$

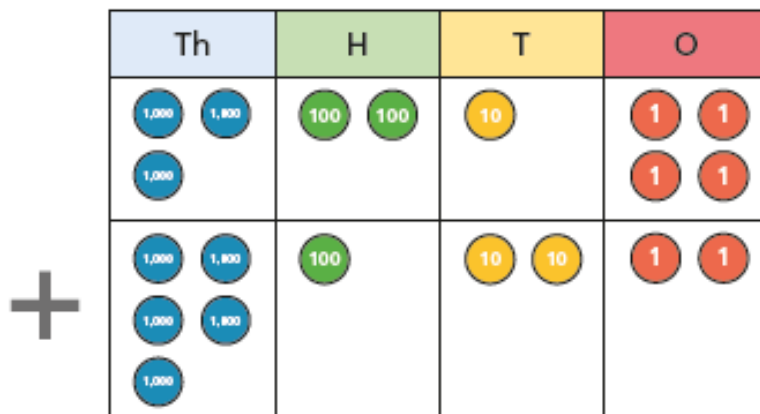
Use the place value chart to help you.



$$314 + 522 = \boxed{\phantom{000}}$$

2 a) Calculate  $3,214 + 5,122$

Use the place value chart to help you.



$$3,214 + 5,122 = \boxed{\phantom{0000}}$$

b) Now calculate  $3,214 + 122$  in the same way.

$$3,214 + 122 = \boxed{\phantom{0000}}$$

c) What do you notice about your answers to part a) and part b)?



3

Complete the calculations.

a)  $4,122 + 2,605 = \boxed{\phantom{0000}}$

b)  $3,709 + 4,160 = \boxed{\phantom{0000}}$

c)  $247 + 1,032 = \boxed{\phantom{0000}}$

d)  $3,007 + 560 = \boxed{\phantom{0000}}$

4

Alex is calculating  $5,702 + 125$

		Th	H	T	O	
		5	7	0	2	
	+	1	2	5		
		6	9	5	2	

Do you agree with Alex? \_\_\_\_\_

Explain your answer.

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Complete the calculation.

$$5,702 + 125 = \boxed{\phantom{0000}}$$



7 Fill in the missing digits.

		Th	H	T	O	
		3		2		
	+		4		6	
		8	7	9	6	

8 Complete the calculation.

$$2,415 + 5,142 = \boxed{\phantom{00000}}$$


What do you notice about the numbers in the question?

How does this affect the answer?

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Think of some more calculations like this.

Try them out with a partner.

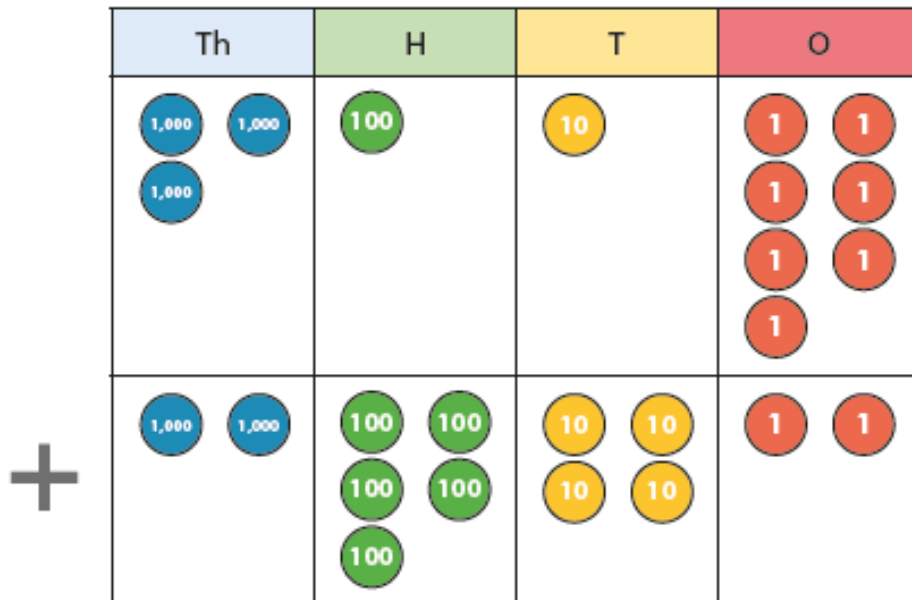


## Add two 4-digit numbers – one exchange

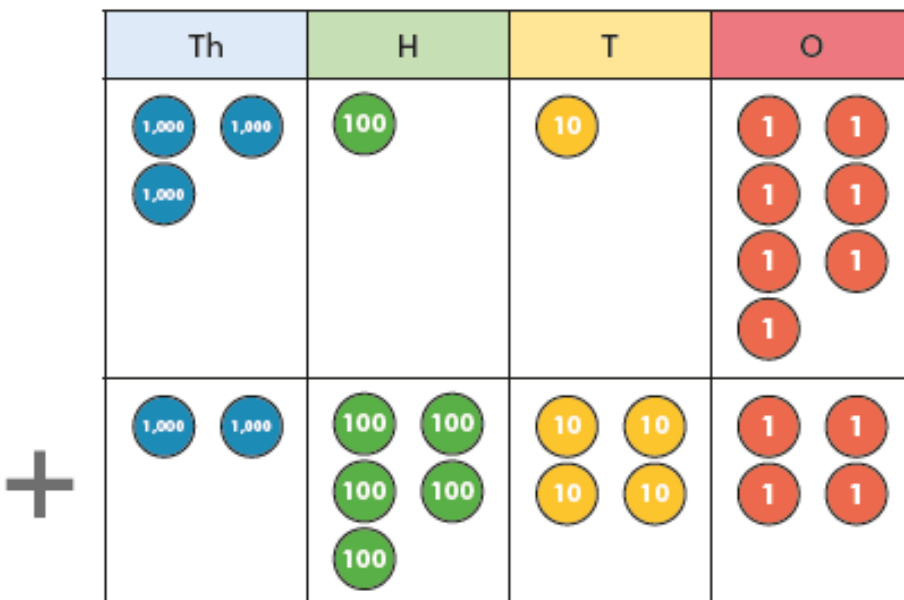
1 Complete the calculations.

Use the place value charts to help you.

a)  $3,117 + 2,542 =$



b)  $3,117 + 2,544 =$





c) What do you notice about the calculations in part a) and part b)?

Which did you find easier and why?

d) What happens when you have more than 10 counters in one column?

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2 Complete the calculations.

a)  $4,365 + 2,617 =$

b)  $1,907 + 5,068 =$

c)  $6,792 + 163 =$

d)  $3,247 + 1,930 =$



3 Complete the calculations.

a)

		Th	H	T	O		
		5	1	6	3		
	+	2	4	5	1		
		_____					
		_____					

b)

		Th	H	T	O		
		7	2	6	1		
	+	1	0	2	9		
		_____					
		_____					

c)

		Th	H	T	O		
			7	0	3		
	+	2	5	8	0		
		<hr/>					
		<hr/>					

d)

		Th	H	T	O		
		3	5	0	8		
	+	2	7	3	1		
		<hr/>					
		<hr/>					

4

Four children have calculated  $4,635 + 183$ 

Rosie's method

		Th	H	T	O		
		4	6	3	5		
	+		1	8	3		
		<hr/>					
		4	7	11	8		
		<hr/>					

$$4,635 + 183 = 47,118$$

Jack's method

		Th	H	T	O		
		4	6	3	5		
	+		1	8	3		
		<hr/>					
		4	7	1	8		
		<hr/>					

$$4,635 + 183 = 4,718$$

Alex's method

		Th	H	T	O		
		4	6	3	5		
	+		1	8	3		
		<hr/>					
		4	8	1	8		
		<hr/>					
			1				

$$4,635 + 183 = 4,818$$

Teddy's method

		Th	H	T	O		
		4	6	3	5		
	+	1	8	3			
		<hr/>					
		6	4	6	5		
		<hr/>					
		1					

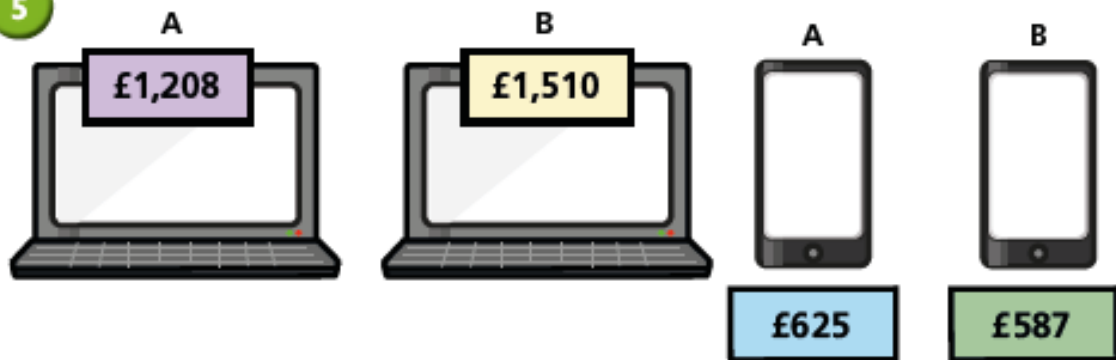
$$4,635 + 183 = 6,465$$

Whose method is correct? \_\_\_\_\_

Talk about the mistakes the other children have made.



5



Mr Robson has £2,100 to spend on a mobile phone and a laptop.

Which combinations of laptops and phones can he afford to buy?

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6

Fill in the missing digits.

a)

		Th	H	T	O
		3		2	
	+		4		6
		8	7	9	1

b)

		Th	H	T	O
	+	3	8	2	1
		8	7	9	1

# Add two 4-digit numbers – more than one exchange

1 Complete the calculation.

Th	H	T	O
1,000 1,000	100	10 10 10 10 10 10 10	1 1 1 1 1 1
+			
1,000 1,000 1,000	100 100 100 100	10 10 10 10 10	1 1 1 1 1 1 1 1

	Th	H	T	O
	2	1	7	6
+	3	4	5	8
<hr/>				
<hr/>				

2 Who has got each question correct? Tick your answer.

a) Nijah

	H	T	O
	4	4	5
+	3	4	8
<hr/>			
	78	1	3

Scott

	H	T	O
	4	4	5
+	3	4	8
<hr/>			
	7	9	3
<hr/>			
		1	

b) Nijah

		Th	H	T	O	
		4	8	2	6	
	+	1	7	8		
		6	6	0	6	
		1	1			

Scott

		Th	H	T	O	
		4	8	2	6	
	+		1	7	8	
		5	0	0	4	
		1	1	1		

What mistake has the other person made in each calculation?

Talk about it with a partner.



3 Complete the additions.

a)

		Th	H	T	O	
		4	7	1	2	
	+	3	4	9	2	

c)  $3,784 + 2,526$


b)

		Th	H	T	O	
		6	0	7	5	
	+		9	4	8	

d)  $79 + 654 + 1,312$




b) He needs 8,000 by the end of Round 3 to win the game.

Does Dexter win the game? \_\_\_\_\_

Show your working.


**6** Work out the missing digits.

a)

		Th	H	T	O
		3	7		9
	+			8	
		6	9	2	5

b)

		Th	H	T	O
				8	1
	+		9	8	
		4	2		8

c) Find two possible answers.

		Th	H	T	O
		2		1	
	+	3		6	
		6	1	8	2

		Th	H	T	O
		2		1	
	+	3		6	
		6	1	8	2

How did you work this out? Talk about it with a partner.

Are there any more answers?



# Estimate it! #MathsEveryoneCanAtHome

Did you know that the world record for the most kick ups in a minute is 339? How many do you think you could do?



Choose an activity and estimate how many times you think you could do it in a minute. Set a minute timer and complete the activity. How close was your estimate?



Use the internet to investigate some minute world records and see how close you can get!

Don't forget to share your photos/videos with us!





## Topic Resources

# The Earth

1. Label the cross-sectional diagram of the Earth shown below. [4]



2. Which metals does the Earth's core contain? Circle your answers below [1]

iron

copper

cobalt

quartz

nickel

3. Put these four components of the Earth's crust in order of size, starting with the smallest. [3]

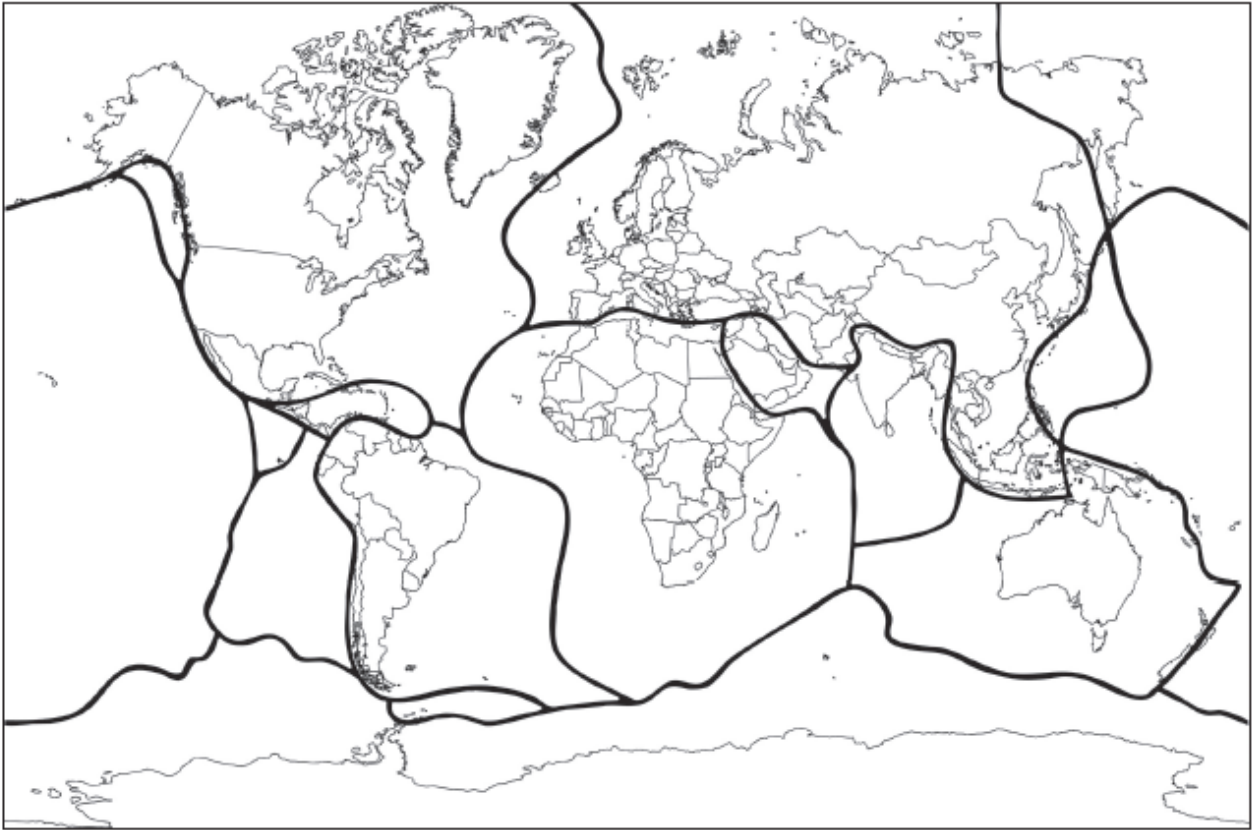
A minerals            1. \_\_\_\_\_

B compounds        2. \_\_\_\_\_

C elements           3. \_\_\_\_\_

D rocks                4. \_\_\_\_\_

4. The diagram below shows how the Earth's crust is divided.



a. What is the name given to the parts that the Earth's crust is divided into, as shown in the diagram? [1]

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b. Circle all the events/features below that can be caused by the movement of the Earth's crust. [2]

tidal flow

canyons

volcanoes

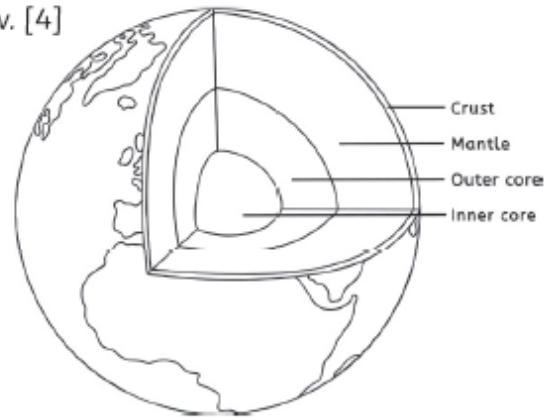
sinkholes

earthquakes

mountains

# The Earth Answers

1. Label the cross-sectional diagram of the Earth shown below. [4]



2. Which metals does the Earth's core contain? Circle your answers below [1]

iron	copper	cobalt	quartz	nickel
------	--------	--------	--------	--------

3. Put these four components of the Earth's crust in order of size, starting with the smallest. [3]

- |             |      |
|-------------|------|
| A minerals  | 1. C |
| B compounds | 2. B |
| C elements  | 3. A |
| D rocks     | 4. D |

(1 mark each: C before B, B before A, A before D)

4. a. What is the name given to the parts that the Earth's crust is divided into, as shown in the diagram? [1]

**Tectonic plates**

b. Circle all the events/features below that can be caused by the movement of the Earth's crust. [2]

tidal flow

canyons

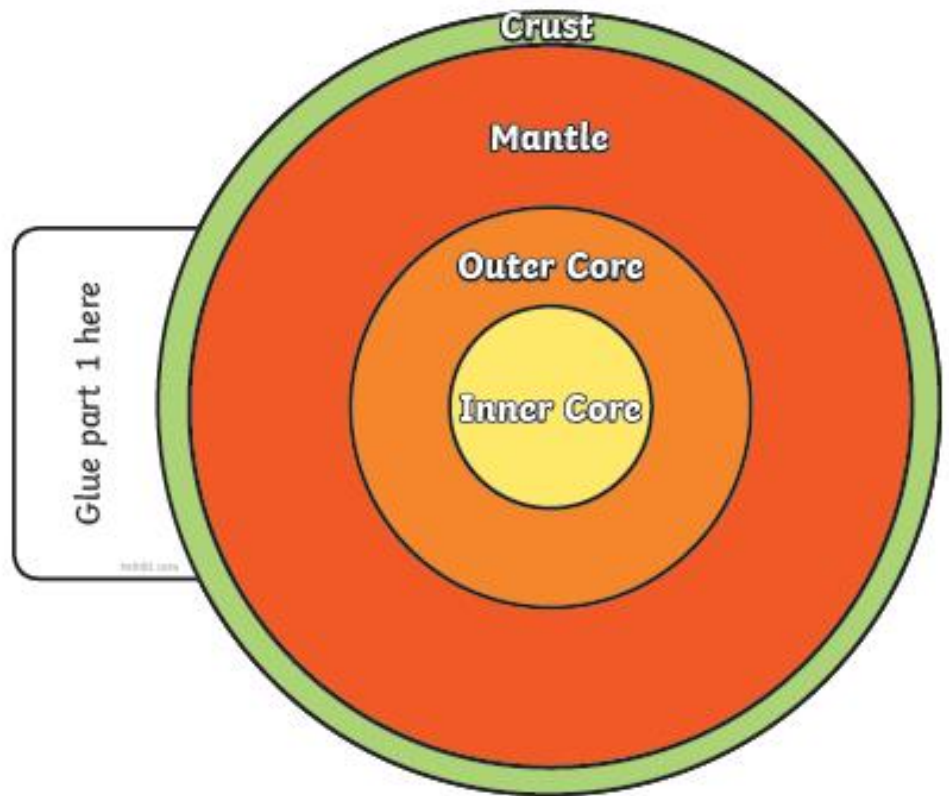
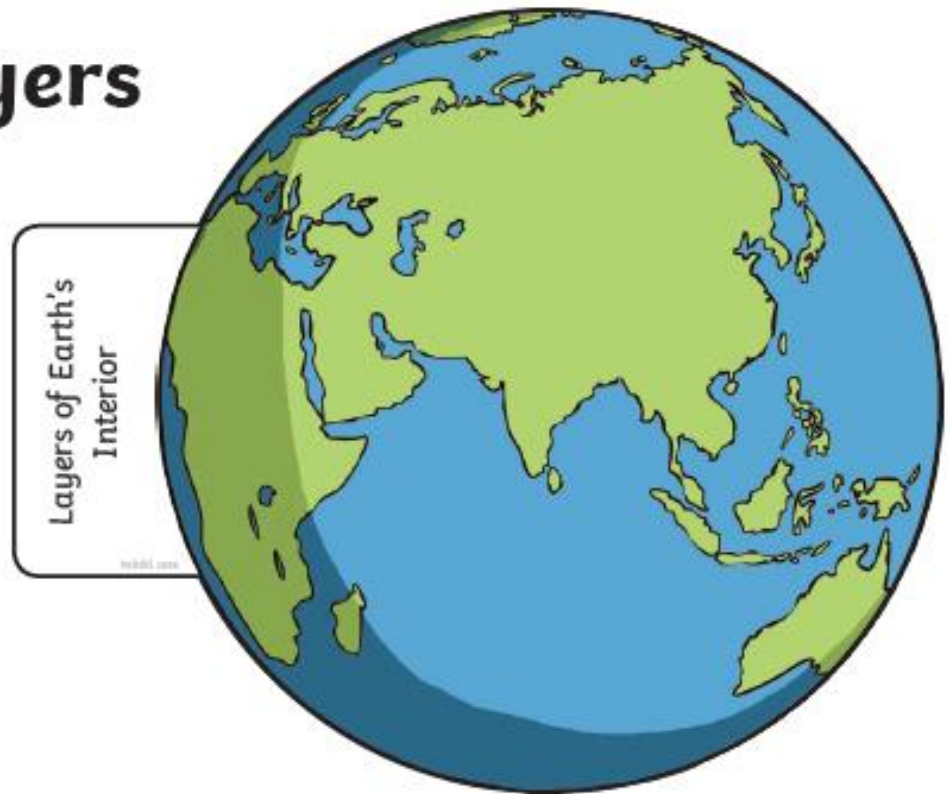
volcanoes

sinkholes

earthquakes

mountains

# Earth Layers



# Sam's Evening

Fill in the blanks using time conjunctions:

when	before	until	after	while
------	--------	-------	-------	-------

It was eight o' clock at night and Sam just couldn't relax. He couldn't go to bed \_\_\_\_\_ he had all his things ready for school the next day.

He frantically gathered together his trainers, shorts and PE T-shirt \_\_\_\_\_ stuffing them all into a bag so that the next morning, \_\_\_\_\_ he had eaten breakfast, he could set off quickly.

\_\_\_\_\_ he was finally ready for bed, he brushed his teeth \_\_\_\_\_ he thought about all the things he needed to do the next day. Then, maybe, he could finally relax and get to sleep!



# Sam's Evening Answers

It was eight o' clock at night and Sam just couldn't relax. He couldn't go to bed until he had all his things ready for school the next day.

He frantically gathered together his trainers, shorts and PE T-shirt before stuffing them all into a bag so that the next morning, after he had eaten breakfast, he could set off quickly.

When he was finally ready for bed, he brushed his teeth while he thought about all the things he needed to do the next day. Then, maybe, he could finally relax and get to sleep!

# Emma's Journey

Fill in the blanks using time conjunctions.

Everything was going quite smoothly for Emma \_\_\_\_\_ she arrived at the station to find out her train had been delayed.

\_\_\_\_\_ she had waited on the station platform for what felt like ages, the train finally arrived. \_\_\_\_\_ the train doors opened, a flurry of passengers rushed off to start their busy day.

Emma waited for the rush of people to pass her \_\_\_\_\_ she boarded herself.

Eventually, she was able to get on the train and find her seat. With a sigh of relief, she put her bags on the luggage rack \_\_\_\_\_ the train pulled away from the station.

# Emma's Journey **Answers**

Everything was going quite smoothly for Emma until she arrived at the station to find out her train had been delayed.

After she had waited on the station platform for what felt like ages, the train finally arrived. When the train doors opened, a flurry of passengers rushed off to start their busy day.

Emma waited for the rush of people to pass her before she boarded herself.

Eventually, she was able to get on the train and find her seat. With a sigh of relief, she put her bags on the luggage rack while the train pulled away from the station.







# Year 3 and 4 Correct the Spelling Mistake (1) Answers

The spelling mistakes in these sentences have been circled. Write the correct spelling for each circled word in the box.

1. The three little pigs began to bild their houses.
2. I can't disside whether to have the pepperoni or ham pizza.
3. My brother thought it was too earlie to get up for school.
4. "Get into a groop of four," said my teacher.
5. Dad rode his bicickle to work.
6. The letter did not have the right adress on it.
7. Jane lives in the house oposite Harry.
8. Ben thort it was time to go to bed.

build
decide
early
group
bicycle
address
opposite
thought

Each sentence below has one word that is incorrect. Write the correct spelling of the word in the box.

1. Lily's birthday is in Februry.
2. The doctor gave the girl some medicin to make her feel better.
3. The class really enjoyed the science experimint.
4. What hight is Dad compared to Mike?
5. 100 years is the same as a sentuary.
6. That scarf is diferent to that one!
7. Kim went to the libarie and got four books out.

February
medicine
experiment
height
century
different
library

# Year 3 and 4 Correct the Spelling Mistake (2) Answers

The spelling mistakes in these sentences have been circled. Write the correct spelling for each circled word in the box.

- Put a full stop at the end of a sentents.
- Jim managed to complet the game.
- My favrite pie is apple and raspberry.
- My gran is a very speshial person.
- Perrhaps there was no one in when I knocked at the door.
- The match will continyou in an hour.
- Pete said he has had enouff now.
- I got the anzer right!

sentence
complete
favourite
special
Perhaps
continue
enough
answer

Each sentence below has one word that is incorrect. Write the correct spelling of the word in the box.

- The dog had been very norty.
- In a minit, the film will start.
- The dentist asked me a questshun while he looked at my teeth.
- The wimen were sitting at the bus stop chatting.
- I was out of breaf after running up that hill.
- The nurse delivered an inportant message.
- The fairy godmother made the golden coach disapear in a puff of smoke.
- I don't suppose there are any more cakes left?

naughty
minute
question
women
breath
important
disappear
suppose



# Physical Activity Bingo



YOUTH  
SPORT  
TRUST



Believing in  
every child's  
future

**Jump** on the spot 50 times

**Play** musical statues

**Ride** a bike or scooter

**Balance** on 1 leg for 60 seconds

**Jump** over a pillow 40 times

**Play** hide and seek

**Hop** on the spot for 60 seconds (swipe legs)

**Balance** in a plank position for 60 seconds

**Pass** a ball around your waist 25 times

**Balance** an object on your head

**Keep** a balloon in the air for 60 seconds

**Perform** 50 star jumps

**Complete** 20 shuttle runs

**Skip** for 2 minutes

**Dribble** a ball with your hands in and out of objects

**Perform** 40 squat jumps

**Create** and complete an obstacle course

**Throw** an object into a target 10 times in a row

**Dribble** a ball with your feet in and out of objects

**Perform** 40 squat jumps

**Throw** and catch a ball against a wall or with a sibling

**Walk** up and down 250 steps

**Perform** 30 burpees

**Play** a sport with a sibling, parent or carer

**Perform** 30 push ups

**Create** and perform a dance routine

**Perform** a 5 minute fitness workout

**Perform** 40 sit ups

**Create** and perform a gymnastics routine

**Invent** and play a new sport

## How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue circles in less than 60 seconds?
- If you are finding some of the activities hard, have a rest and then continue.
- When performing the activities make sure that you are **honest**.

### Achieve Gold

Complete all the activities on the card



### Achieve Silver

Complete a horizontal or vertical line of activities



### Achieve Bronze

Complete one activity from each line

