### YEAR 4 – Down the Hatch





Hello, Year 4! We hope you are all continuing to enjoy your learning. We have again certainly enjoyed hearing about and seeing what you have been up to! Please continue to post pictures on Twitter @oldburypark. Did you know elephant tusks are the longest teeth in the animal kingdom? **Also**, **Toothpaste** has only existed for about 100 years. Before that people cleaned their teeth with things like chalk, charcoal and lemon juice!!! A challenge for you - What was a Penny Black and what was it used for? Have restful half term Have fun! #StaySafe

Ms Condon Mrs Screen Miss Doughty Mrs Sheppard

#### **EVERY DAY**

**Daily Maths lessons** – WEEK 4 please. <a href="https://whiterosemaths.com/homelearning/year-4/">https://whiterosemaths.com/homelearning/year-4/</a> **Mathletics** – 15-20 minutes (more if you wish).

Read for at least 15 minutes.

### Additional tasks for this week (18/5/20)

#### <u>English</u> <u>Topic</u>

#### **Monday**

https://www.literacyshed.com/teeth.html
Watch this video. Explain what happened (verbally) then write a summary of the events that day (one or two paragraphs).
Tuesday

Re-watch the story from yesterday. If both of the men were to write a diary of what happened that day, would their accounts be the same? Why not? Think about the point of view of each man – how would they be different? Choose one of the men and write his diary entry. Remember to include thoughts and feelings as well as a description of the events.

#### Wednesday

https://www.bbc.co.uk/bitesize/topics/zvwwxnb/articles/ztcp97h Complete this activity about using inverted commas to punctuate speech. How many rules for punctuating speech can you remember? Thursday

http://www.primaryresources.co.uk/english/pdfs/direct.pdf Practising speech punctuation. Please complete Task 1, Task 2 and Task 5. Parents: The rules for punctuating speech, and the correct terminology that is used in school, are explained clearly on this website.

https://www.theschoolrun.com/what-are-speech-marks Friday

https://www.literacyshed.com/teeth.htm

Re-watch the video. Write a conversation that the men may have had during their fishing trip. Remember to correctly punctuate the speech using inverted commas and to use a new line every time there is a new speaker.

This week we want you to complete at least one of the following –

Create a labelled tooth map of your mouths using a mirror.

https://www.bbc.co.uk/bitesize/topics/z27kng8/articles/zsp76yc

Explain the purpose of each tooth type below the diagram as fully as you can.

https://www.twinkl.co.uk/resource/t2-s-1339-all-about-teeth-and-their-functions-powerpoint
https://www.twinkl.co.uk/resource/t2-s-1176human-teeth-cut-and-stick-matching-activity-sheet
How can we look after our teeth? Make a list of the things we could do. Does what we eat effect the health of our teeth?

https://www.youtube.com/watch?v=3Qvo1nIkQnM Challenge: We all know how important it is to brush our teeth. But what are the real effects of food and drink on our pearly whites? Carry out a simple experiment using egg shells to represent our teeth and demonstrate the effects of water, cola and orange juice over time. Video yourself carrying out your experiment or write it up. Remember to use subheadings, instructions and labelled diagrams! https://sciencing.com/science-fair-project-tooth-decay-6085859.html

#### English Home Learning Resources

This week's English tasks are based on this video <a href="https://www.literacyshed.com/teeth.html">https://www.literacyshed.com/teeth.html</a>
If you don't have access to the video, you can complete the same activities but using the story below instead.

# The Bad Neighbours



There was once a man who went out to look for a job. As he was passing his neighbour's house, an important piece of paper fell out of the man's pocket.

His neighbour happened to be looking out the window. He saw the piece of paper fall, and he thought: "What a disgrace! That guy deliberately let that fall out of his pocket. He's trying to mess up the front of my house, and he's being sneaky about it, too!"

But instead of going out and saying something, the neighbour planned his revenge.

That night, he took his waste-paper basket and went to the man's house. The first man also happened to be looking out the window, and saw what happened. Later, when he was picking up the papers which had been dumped on his porch, he found the important piece of paper that he had lost. It was torn into dozens of pieces. He thought that his neighbour had not only picked his pocket, but had had the cheek to mess up his doorway with rubbish.

He didn't want to say anything. Instead, he started plotting his revenge. That night he phoned a farmer to make an order of ten pigs and a hundred ducks. He asked that they be delivered to his neighbour's house.

Of course, the next day, his neighbour had quite a bit of trouble trying to rid himself of so many animals and their accompanying pong.

Sure that this had been a dastardly trick pulled by his neighbour, as soon as the second man had gotten rid of the pigs and ducks, he again started planning his revenge.

#### And so it went on.

They continued trying to get their own back on each other, and each time their acts of revenge got bigger and more ridiculous. The dropping of that single piece of paper ended up invoking a rock band, a fire siren, the driving of a lorry into a garden fence, the throwing of a hail of stones at windows, the firing of a canon, and finally the dropping of a bomb which destroyed both men's houses.

Both ended up in a hospital, and had to spend quite some time sharing a room there. At first they refused to speak to each other, but, one day, tired of the silence, they got to talking. As time passed, they became friends, until one day they finally dared discuss the piece of paper incident. They realised that it had all been a misunderstanding, and that if they had talked to each other on the first occasion - instead of jumping to conclusions about bad intentions - then none of this would have happened. Even better, they would still have their houses.

Day	Suggested Activities for this Story
Monday	Read the story. Explain what happened verbally then
	write a summary (one or two paragraphs) about this
	story.
Tuesday	Think about the two men in this story. If they were to
	write a diary about their experience, on the first day of
	this story, would they both have the same viewpoint?
	Why not? Choose one of the men and write a diary
	entry from his point of view. Include thoughts and
	feelings, as well as a description of the events.
Wednesday / Thursday	See below work on speech punctuation.
Friday	Write a conversation that the two men in this story
	might have had on that first day, when one man thought
	the other had deliberately dropped litter. Remember to
	include the correct speech punctuation and that for
	each new speaker, you need to start a new line.

#### Wednesday

Look at these examples of how speech is punctuated. Can you remember the rules?

#### **Speech marks**

When you are writing, **inverted commas** or **speech marks** go before and after direct speech, surrounding what was said.

"I'm hungry," she complained.

If another character replies, use another set of inverted commas.

"What's for tea?" she asked. "Delicious ants!" her mum replied.

Punctuation, such as question marks, full stops and exclamation marks go inside the speech marks.

**Direct speech** is a sentence in which **the exact words spoken are reproduced in speech marks** (also known as quotation marks or inverted commas). For example:

"You'll never guess what I've just seen!" said Sam, excitedly.

"Our teacher has a broomstick and a black pointy hat in the back of her car. Maybe she's a witch!"

"No, silly! They're for the school play!" replied Louise, sighing.

#### The **general rules of direct speech** are:

- Each new character's speech starts on a new line.
- Speech is opened with speech marks.
- Each line of speech starts with a capital.
- The line of speech ends with a comma, exclamation mark or question mark.
- A reporting clause is used at the end (said Jane, shouted Paul, replied Mum).
- A full stop goes after the reporting clause.
- If the direct speech in the sentence is broken up by information about who
  is speaking, add in a comma or question mark or exclamation mark to end
  the first piece of speech and a full stop or another comma before the
  second piece (before the speech marks), for example: "It's lovely," she
  sighed, "but I can't afford it right now." / "I agree!" said Kate. "Let's go!"

<sup>&</sup>quot;What's that?" asked Louise.

#### **Thursday**

Direct Speech - Speech Marks

Speech marks (or inverted commas) show when someone is talking. You will see them written in books as "speech" or 'speech'.

#### **Task One**

Copy these sentences into your book and put the speech marks in the correct places. Remember: The speech marks go around what is being said. Copy all the other punctuation correctly.

- 1. Hello, said the man.
- 2. What are you doing? said Fred.
- 3. Stop! shouted the policeman.
- 4. Wait a minute, said Mark. Don't I know you from somewhere?
- 5. I know what we'll do, said Lucy. We'll go to the pictures.

#### Task Two

Put the speech marks in the correct places once again. This time, however, you will also need to add all the other punctuation that is needed as well. Watch out for any questions or exclamations.

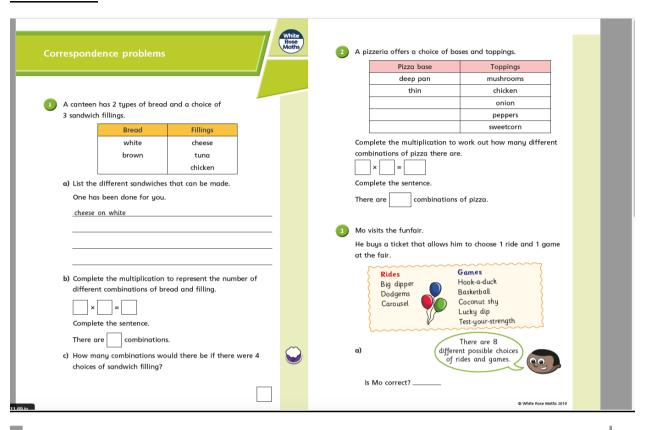
- 1. Hello said Greg
- 2. You look tired said Martin
- 3. Can I come in asked the man
- 4. No screamed the man
- 5. Come here said Grandma I want to see how much you have grown
- 6. Is that my bag asked Daniel I thought I'd lost it
- 7. Run shouted Sally The dog is after us
- 8. I know what I want for my birthday said Tina A brand new car

#### Task Five

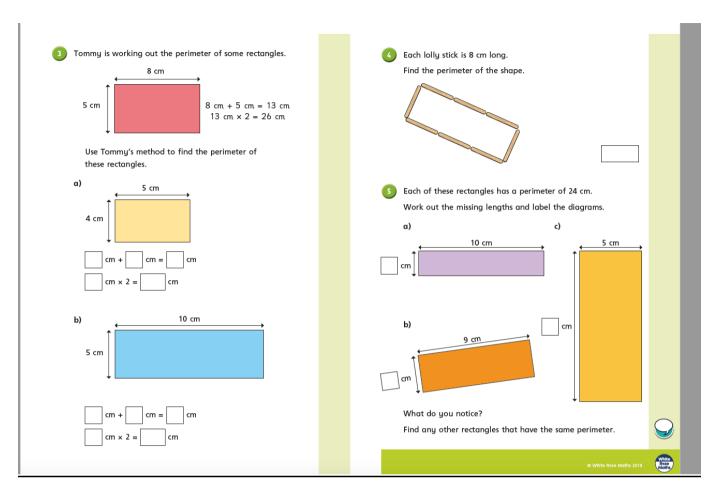
When you use speech marks you need to remember the rule – new speaker, new line. Copy out this passage into your book. I've put in all the punctuation so make sure you copy that carefully. When you copy out the passage make sure that you put each new speaker on a new line.

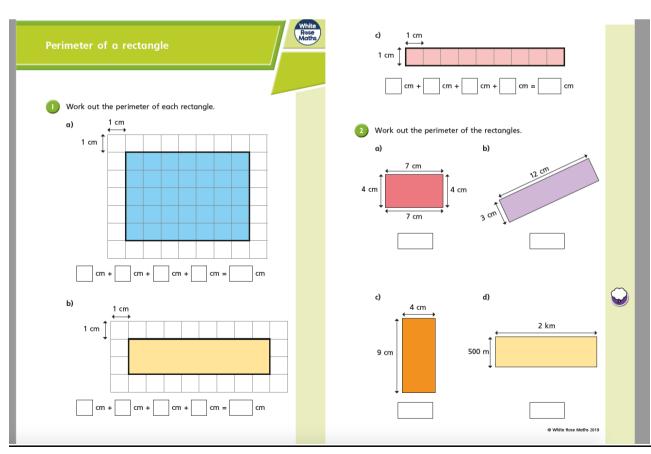
"I want to go swimming," said Matthew. "I can't stand staying in doors all day." "I thought you had homework to do," said Mum. "Oh Mum," said Matthew. "I've almost finished it. Can't I just take an hour off." "Yes you can take an hour off," said Mum. "But only when you've finished your work." "But it'll be closed if I don't go soon!" said Bob. "Then you'd better get a move on, hadn't you?" said Mum.

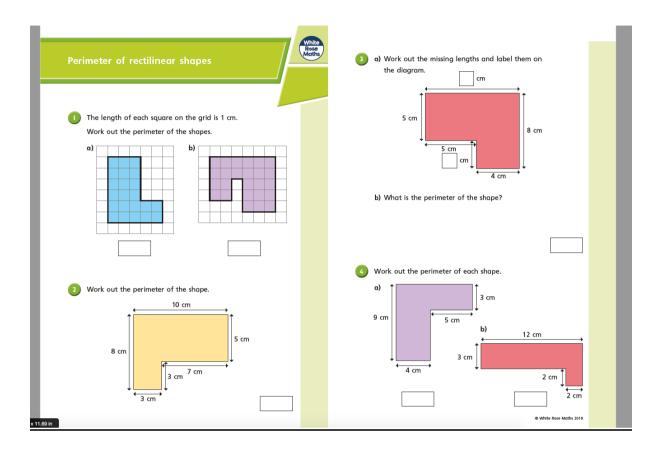
#### **Year 4 Maths**

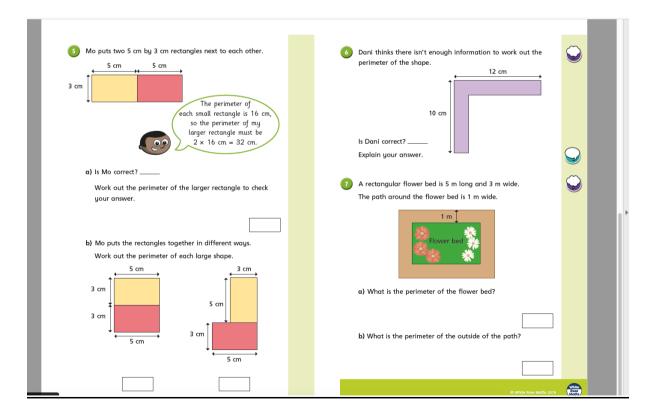


Explain your answer.			vity choices available at S	
	_	Sport	Arts and crafts	Outward bound
	_	football	painting	wall climbing
		tennis	pottery	kayaking
b) List all the different choices Mo can make.		golf	mosaics	abseiling
			origami	
	_	Each child is allo	wed to choose 3 activitie	s per day:
	_	1 sport, 1 arts ar	nd crafts and 1 outward b	oound.
		a) How many a	tivity combinations are t	here?
Mo can make different choices.  Aisha has 3 headbands and 5 hair slides.  Kim has 2 headbands and 6 hair slides.  Who has more choices of combinations for wearing one headband and 1 slide?			ded pitch, football is canonimbinations are now poss	
			are building a snowman.	
		They have a cho dress their snow	ice of 5 hats, 4 scarves ar	nd 2 pairs of gloves to
		How many diffe	rent combinations are po	ssible?
has more choices.		x   x	=	
Talk about it with a partner.		There are	combinations.	
		mere are	combinations.	





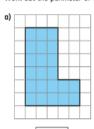




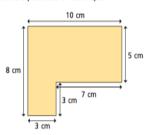
#### Perimeter of rectilinear shapes



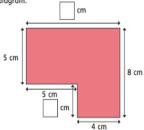
The length of each square on the grid is 1 cm. Work out the perimeter of the shapes.



Work out the perimeter of the shape.

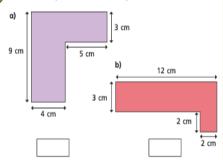


a) Work out the missing lengths and label them on the diagram.



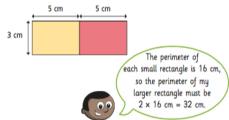
b) What is the perimeter of the shape?

Work out the perimeter of each shape.



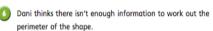
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Mo puts two 5 cm by 3 cm rectangles next to each other.

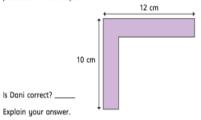


a) Is Mo correct? \_\_\_

Work out the perimeter of the larger rectangle to check

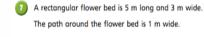








your answer.

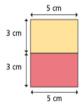


1 m

Is Dani correct? \_



b) Mo puts the rectangles together in different ways. Work out the perimeter of each large shape.



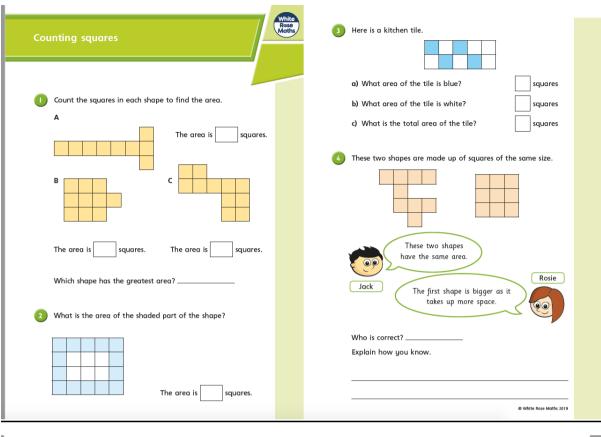
5 cm 3 cm 5 cm

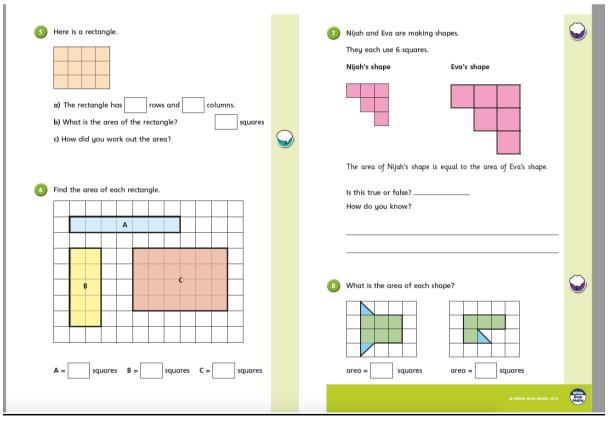


a) What is the perimeter of the flower bed?

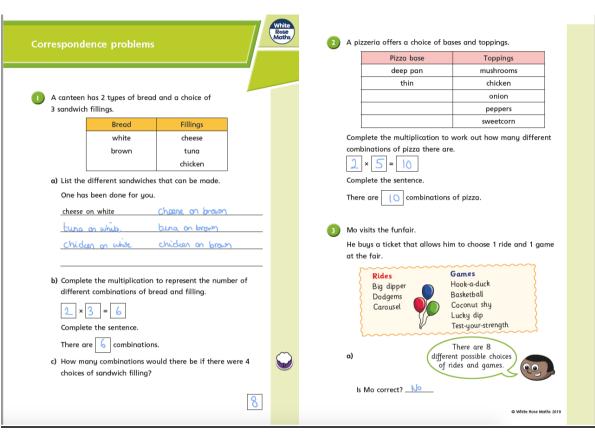


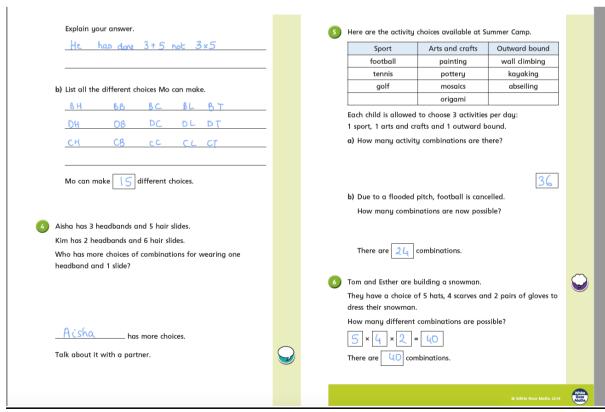


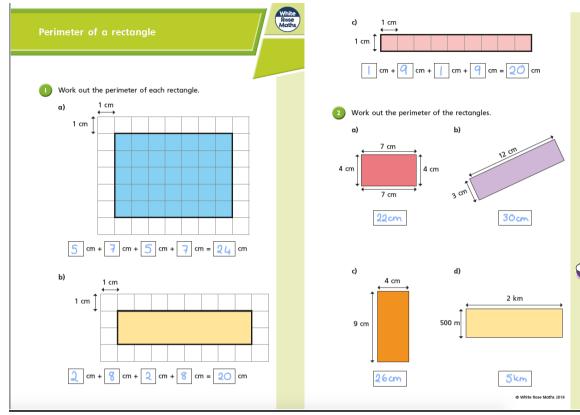


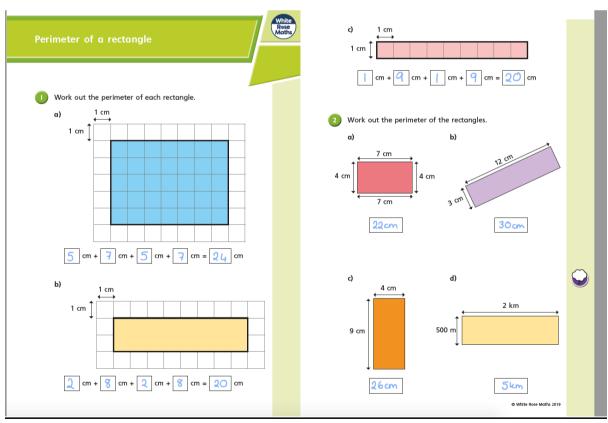


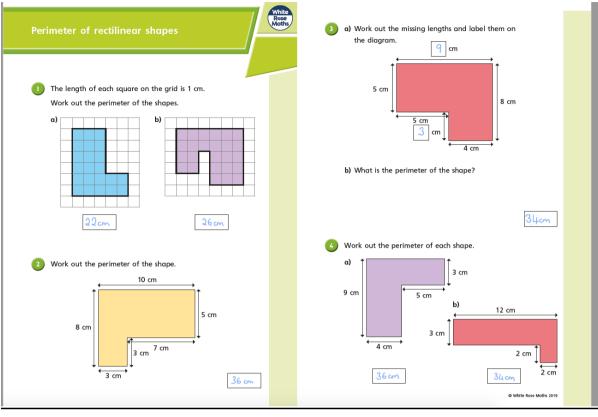
#### **Year 4 Answers**

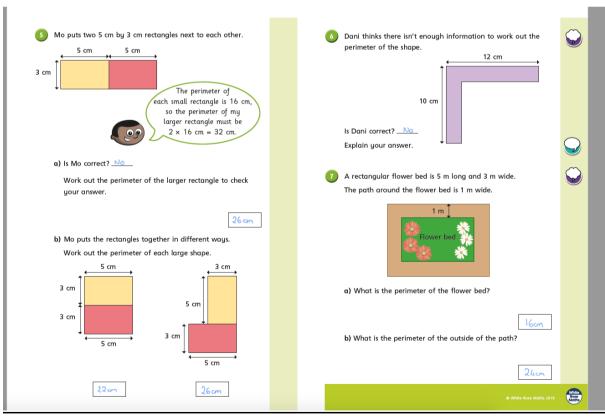


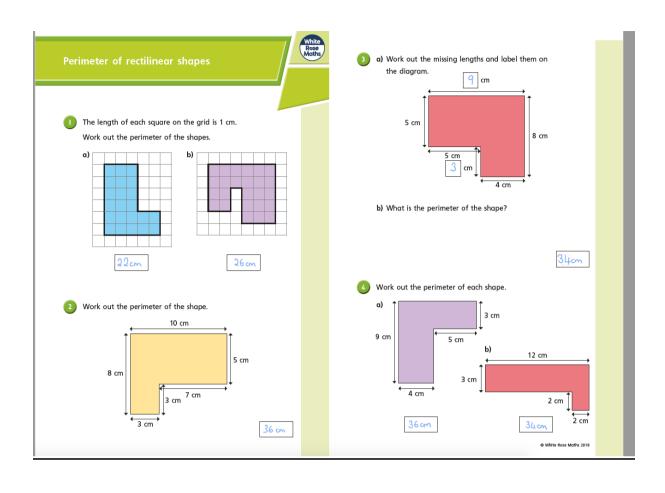




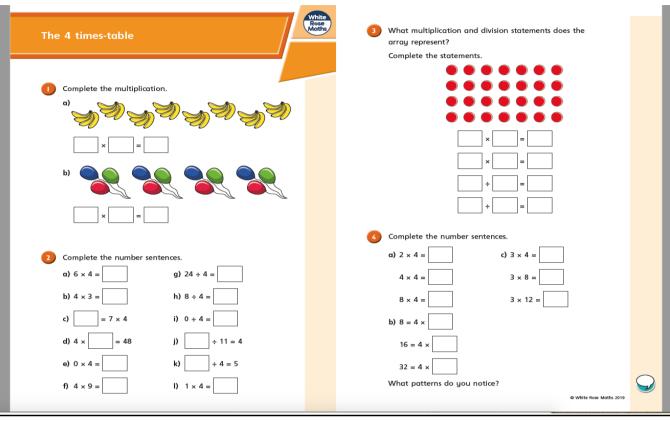


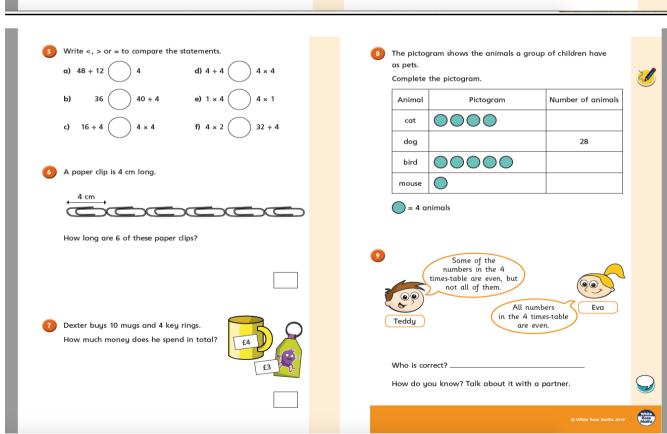


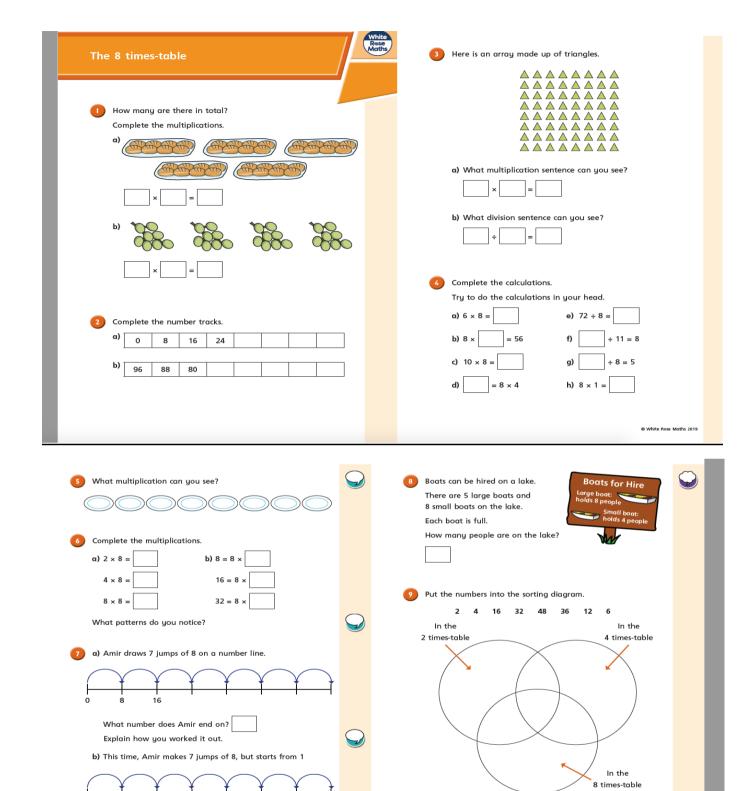




#### **Year 3 Maths**



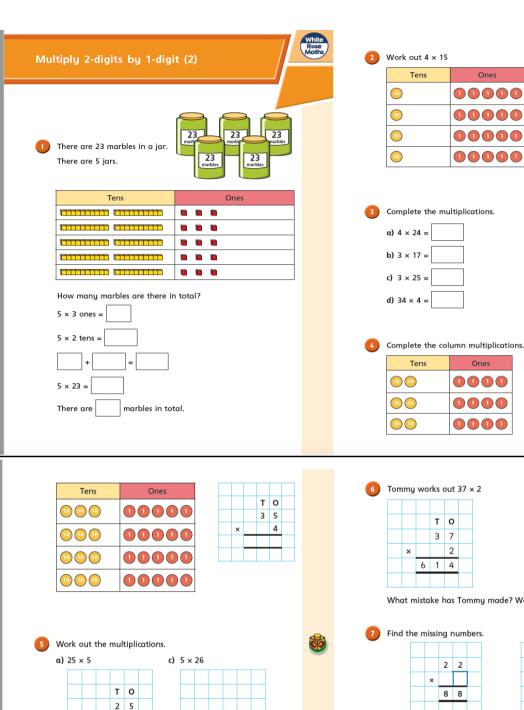




What number does Amir end on this time?

Explain how you know.

Are any of the parts empty? Why? Talk about it with a partner.



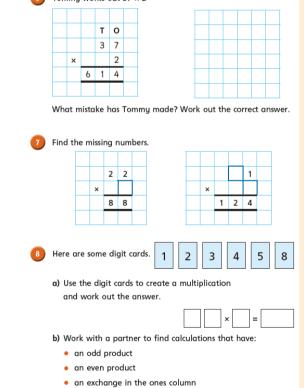
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T O 3 5

6

d) 4 × 36

**b)** 35 × 6

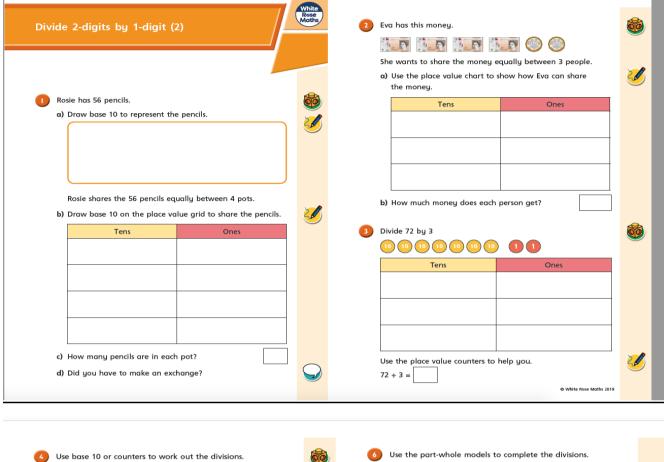


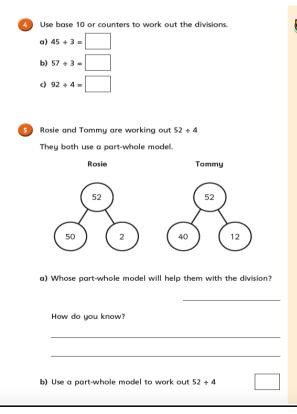
• an exchange in the ones and tens columns.

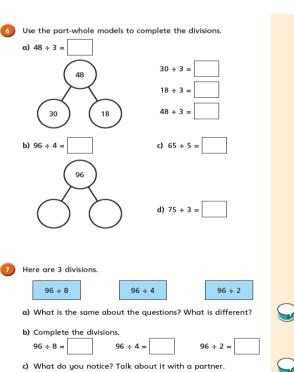
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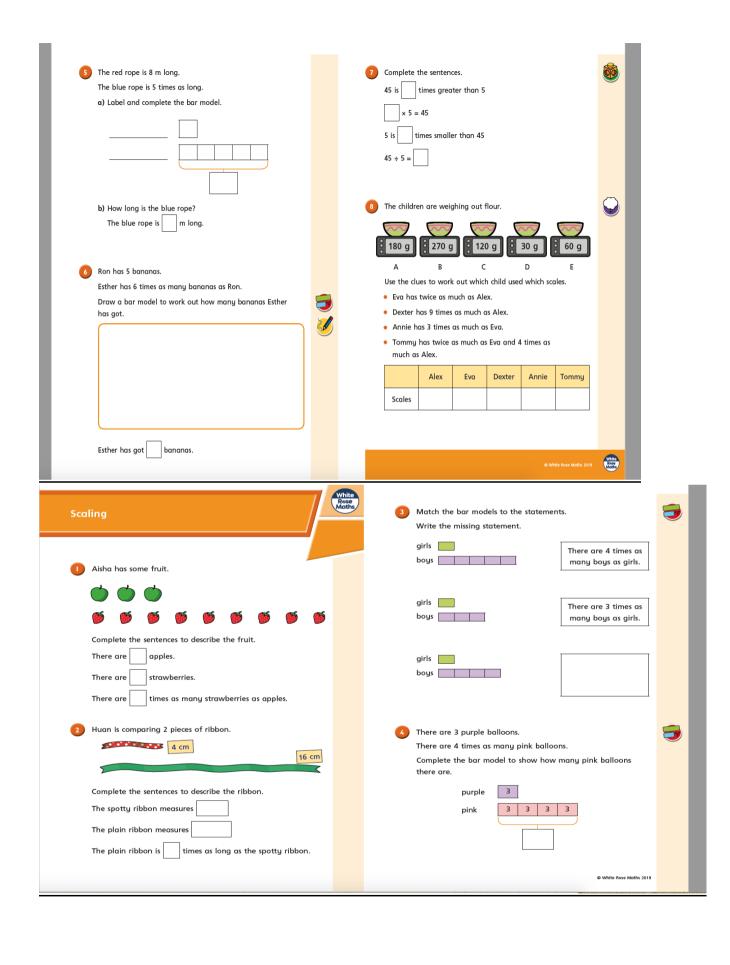
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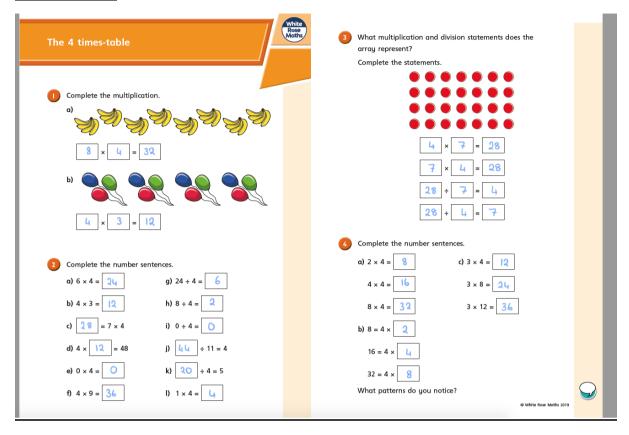


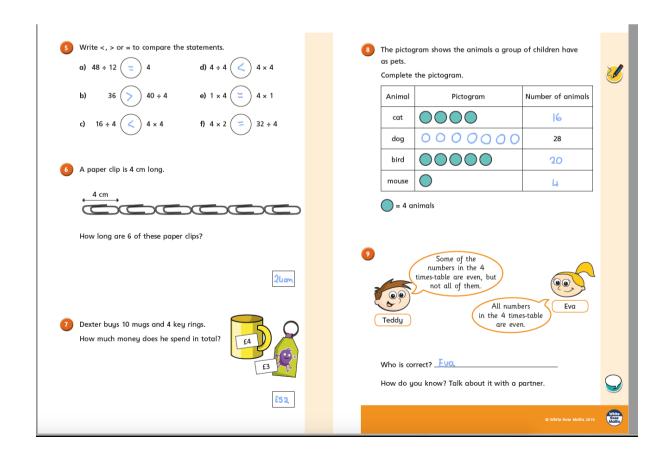


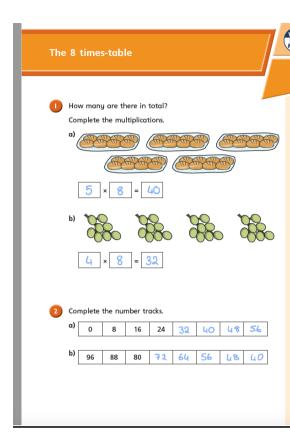


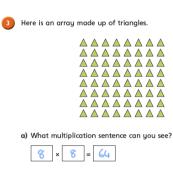


#### **Year 3 Answers**









b) What division sentence can you see?

64 ÷ 8 = 8

Complete the calculations.

Try to do the calculations in your head.

α) 6 × 8 = 4 %

e) 72 ÷ 8 = 9

b) 8 × 7 = 56

f) 86 ÷ 11 = 8

c) 10 × 8 = 80

g) 40 ÷ 8 = 5

d)  $32 = 8 \times 4$ 

h) 8 × 1 = 8

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Mhat multiplication can you see?

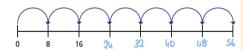


Complete the multiplications.

a) 2 × 8 = 16

What patterns do you notice?

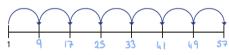
a) Amir draws 7 jumps of 8 on a number line.



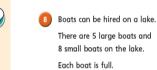
What number does Amir end on? 56

Explain how you worked it out.

b) This time, Amir makes 7 jumps of 8, but starts from 1



What number does Amir end on this time? 57

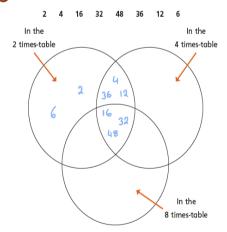


How many people are on the lake?

72

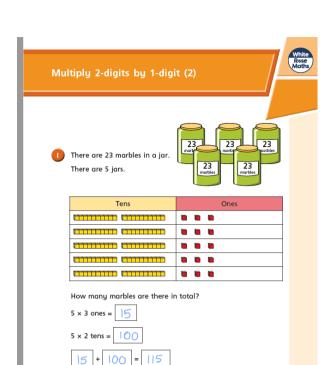


8 Put the numbers into the sorting diagram.



Are any of the parts empty? Why? Talk about it with a partner.







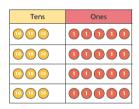
Tens	Ones
10	0000
0	00000
0	00000
100	00000

Complete the multiplications.

Complete the column multiplications.

Tens	Ones
00 00	0000
000	0000
100	0000





There are 115 marbles in total.

то 3 5

Work out the multiplications.

5 × 23 = ||5

a) 25 × 5



**b)** 35 × 6

35 X	ь				
			Т	О	
			3	5	
	×			6	
		2		0	
			9		

d) 4 × 36



Tommy works out 37 x 2



What mistake has Tommy made? Work out the correct answer.





1 2 4

Here are some digit cards. 1



 $\boldsymbol{\alpha}\boldsymbol{)}$  Use the digit cards to create a multiplication and work out the answer.



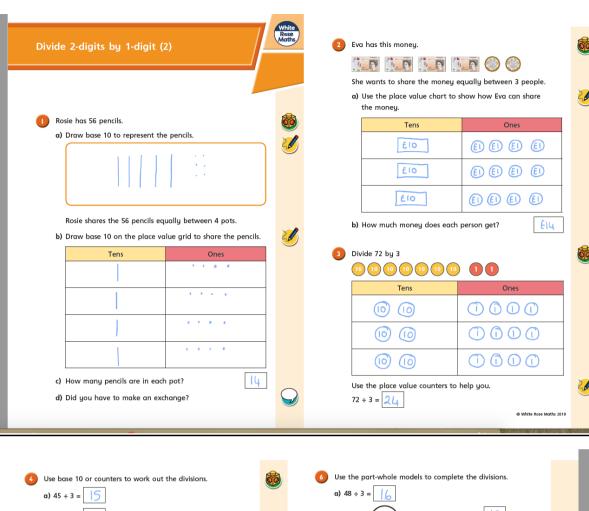
b) Work with a partner to find calculations that have:

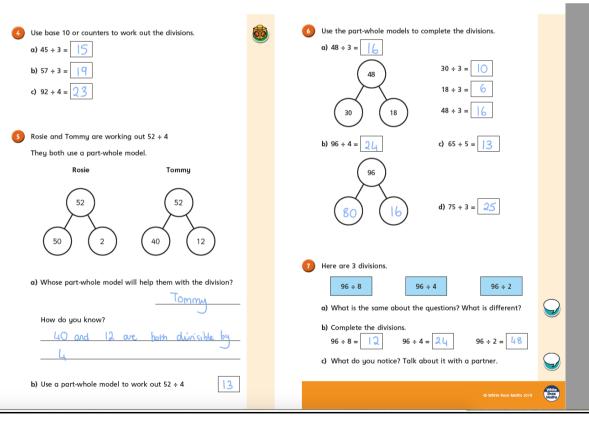
- an odd product
- an even product
- an exchange in the ones column
- an exchange in the ones and tens columns.

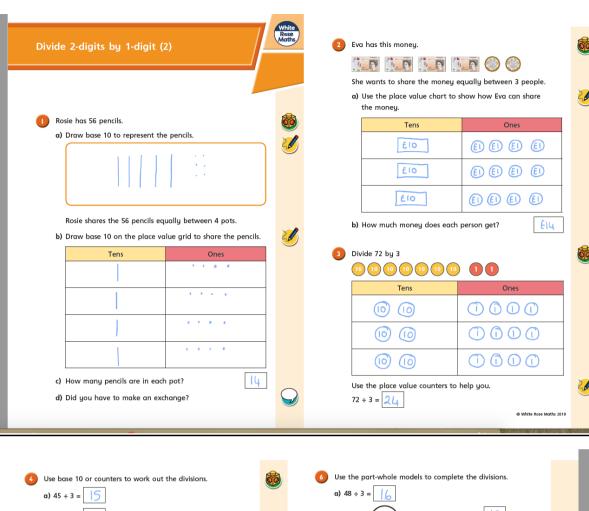


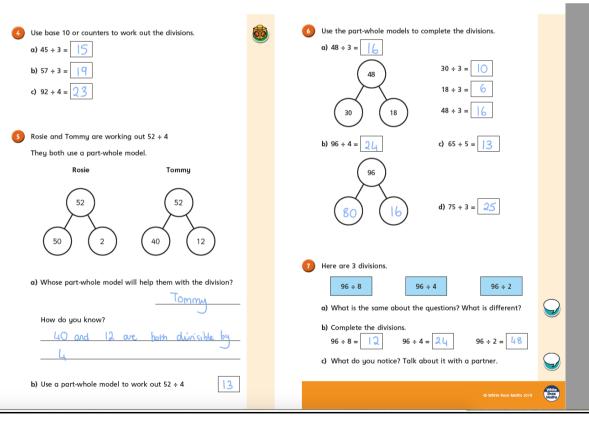
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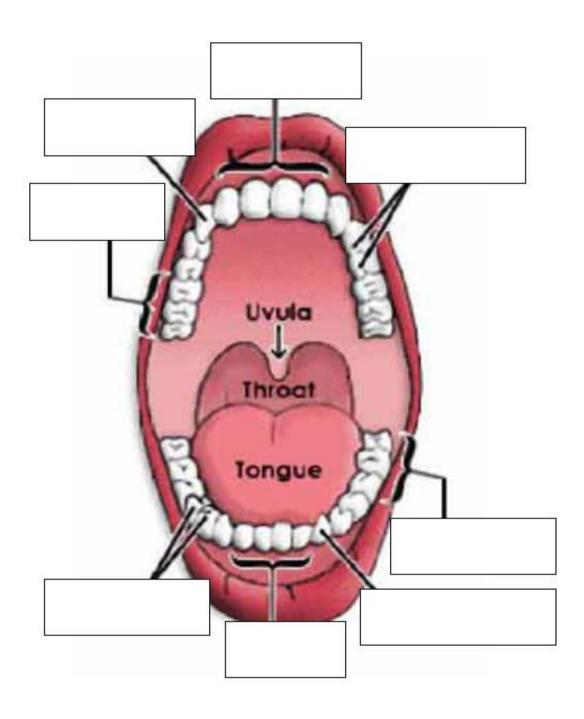








# Types of Teeth



Explain the purpose of each tooth type in the diagram as fully as you can.

How can we look after our teeth? Make a list of the things we could do. Does what we eat effect the health of our teeth?

#### Challenge:

Eggsperiment!!! To see the different effects what we drink have on our teeth

You will need 1 egg shell- remove the egg.(Try yourself-your adults will be able to help you- life skill!)

5 cups

5 different liquids that you drink

### Comparing Beverages

Compare the effects of different drinks on your teeth using eggshell as substitutes for teeth.

Choose a variety of drinks to test, such as milk, juice, coke, coffee and sports drinks. For each drink, place a piece of eggshell in a glass.

Make sure you use the same size eggshell in each glass.

Fill each glass half-full with the different drink.

Each day, remove the eggshell from each glass and examine it.

Write down what changes have occurred. Repeat this for five to seven days.

You can use the table below or make your own-remember if you run out of space continue writing on the back- it doesn't matter.

REMEMBER-WRITE YOUR PREDICTION FIRST TO SEE IF YOU WERE RIGHT AT THE END OF YOUR EXPERIMENT- GOOD LUCK OUR YOUNG SCIENTISTS.

#### The Great EGG-Speriment!!!

LO: To discover if the acid in drinks really weaken your teeth?

SC: To work scientifically.

Our Investigation:

+

F	
Focus	We are investigating
Our Question	We want to find out
I predict	I predict that
Materials	We will need
Fair Test	We will keep the test fair by
Evidence	We will measure
Method	We
Results	
Conclusion	We found out that
Evaluation	This tells us that

Diagram to show	
My results: You can either descr	ibe the effect or draw a diagram to
	ibe the effect or draw a diagram to hell (tooth enamel). Remember to
show what happened to the <u>egg</u> s write like a scientist!	
show what happened to the egg s	
show what happened to the <u>egg</u> s write like a scientist!	
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show what happened to the <u>egg</u> s write like a scientist!	

The Great EGG-Speriment!!!



# Mindfulness

Mindfulness is a really simple idea. It is about paying attention. The part of the brain that is in charge of your attention keeps you aware of what is happening inside you and around you. In mindfulness the idea is to try and focus on one thing at a time. This can sometimes be really tricky to do because we are used to having busy thoughts going around our minds. Sometimes we need to have a break from having all those thoughts whizzing around our heads and that is what mindfulness is all about.



There are many ways to practice mindfulness, but we are going to be looking at two of them.

- Breathing Exercises
- Superhero Poses

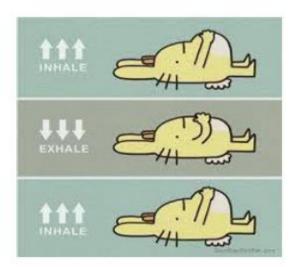
### **Breathing Exercises**

Breathing exercises are really good at getting us to focus on one thing: our breathing. It is something that happens automatically to us, we very rarely think about it, so by just focusing on your breathing, it helps us to be calm and let all other thoughts and emotions come and go.

#### Balloon Belly:

- 1) Lay down in a warm, comfortable, and quiet place.
- 2) Pretend that your belly is like a balloon.
- 3) Take in a slow, strong breath.
- 4) Notice how the balloon gets bigger as it inflates with air.
- 5) Slowly breath out.
- 6) Pay attention to how the balloon gets smaller as it deflates.
- 7) Take a few moments to practice slowly inflating and deflating your balloon.

(You could put a teddy on your belly and watch the teddy go up and down)



#### Hot: Chocolate:

- 1) In a nice quiet room stand up tall, with your shoulders down away from your ears.
- 2) Pretend you are holding a mug of hot chocolate between both of your hands.
- 3) Pretend to bring the mug up towards your face.
- Take a slow breath in for 1, 2, 3, 4, 5. Imagine you are smelling the yummy comforting chocolate smell.
- Slowly, gently, breath out for 1, 2, 3, 4, 5. Pretending to blow the steam from the hot chocolate to cool it.
- Repeat five or six times.



#### Hug Tight:

- In a nice quiet room, you can either sit tall cross legged on the floor or stand nice and tall
- Spread your arms nice and wide either side of you. Put your head up a little and take a deep breath in.
- Breathe out and put your arms around yourself. Give yourself a hug. Move your head so you are looking down and close your eyes if you would like to.
- 4) Repeat this 5 or 6 times.

(This is a really lovely one to do right now. You might be missing cuddles and hugs from people you would normally see: friends, grandparents, cousins etc.

So you can think about them whilst you are doing your Hug Tight

breathing).

### Superhero Poses

These are great for getting you to focus on what your body is doing and to have a break from our busy minds.

Have a think how you feel before you do the poses and then after.

These poses will help make you feel strong, brave and happy!

The Superman / Wonder Woman: Stand up tall with your legs slightly wider than your hips. Put your hands on your hips and head looking slightly up. Take a deep breath in for 1, 2, 3, 4, 5 and then a breath out for 1, 2, 3, 4, 5. Repeat 3 times and see how you feel.



The Spidey Senses: Get into your best Spiderman pose (make sure it is one you can stay in for a few minutes). Turn on your Spidey Senses and focus on what you hear, what you can see, what you can smell, what you can taste and what you can feel or touch. Pause on each sense and really focus on that thing before moving onto the next one.







### Dealing with Anger

We have all felt anger at some point in our lives. It is a very common emotion to feel and it is perfectly normal to feel anger in certain situations.

You may have found yourself getting angry a bit more since the schools have been closed, again this is very common. We have been spending a lot more time than usual at home and with our family members. We can often annoy each other when we spend lots of time together, especially when there is no where else to go to get away from the situation.

Here are some things that might make you angry (especially at the moment):

My brother or sister annoying me.

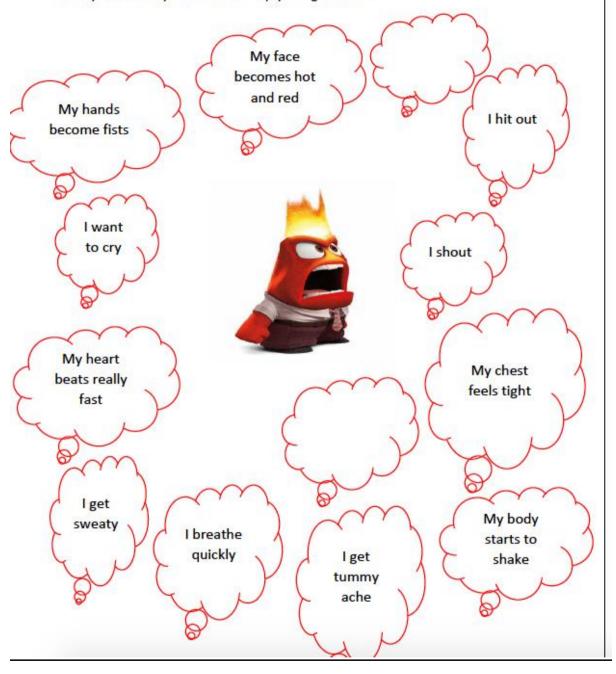


- My parents telling me off
- Being hungry
- Being tired
- Being worried about things that are happening.
- When people don't listen to me.
- · Not being able to be with my friends.

## What are your anger warning signs?

Whenever you start to get angry your body sends you warning signs. It is important to pay attention to these warning signs so that you know when to start using a calming down skills.

Colour in the warning signs that happen to you (and remember everyone is different) and add any others that you have in the empty thought bubbles.



### Ways to calm down

Everyone has different techniques they use to calm down. The way that works for you may not work for someone else. When your body gives you the warning signs that you are getting angry try to give one of these a try and see which works better for you!

1) Blowing out the candles: Have your fingers and thumbs up in front of you, these are your candles. Take a deep breath in through your nose and then slowly blow out towards one of your fingers (or candles) and put that finger down. Take another breath in and do the same with the next finger/candle. Carry on with your deep breathes in and your slow blowing out until all your fingers and thumbs are down. This should help slow down your breathing and calm you down.



2) Squeeze and stretch: Interlace your fingers and squeeze gently together (not too hard) and hold for 5 seconds. Then put your arms straight out in front of you, palms facing out, fingers still interlaced for another 5 seconds. Then stretch your arms and hands up high, going onto your tip toes if you want. Release your arms down slowly

to your side making a rainbow shape.

This helps to release the tension in your arms when you are angry and reduces that urge to hit out.

3) Exercise: Do some star jumps, kick a football against the wall outside, run around the garden or on the spot, go on a trampoline, take a walk, punch a pillow, skipping, whatever exercise you can find that helps. It can help you let off so steam and gives your body a chance to focus on something else.

4) Write it down: Write down why you are angry then scribble all over it, tear it up, and put it out for recycling! OR write down why you are angry and when you are calm come back to it and see how you feel about it then.



5) Listen to music: Get your favourite song, put on your headphones and listen. Dance like nobody is watching and let some steam out. Focus on the song and the lyrics and this will distract you from what was making you angry.



#### Below have a go at making your own Calm Wheel!

In the different sections of the wheel write ways that you know help you calm down. Fill it up as time goes on and then you will have a choice of ways to let off steam and help you relax. Make it bright and colourful and keep it somewhere handy so you can grab it when you are angry.

