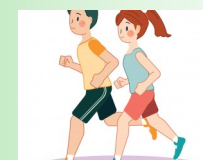




## School/Home activities Year 4 Mrs Bennett Stay Healthy, Stay Active



### Literacy

- Can you write a recipe for a healthy smoothie? **Purple Mash ( 2do)**
- Can you sort pictures to make a smoothie? **Purple Mash ( 2do)**
- Can you create a healthy menu, to include starters, main meal & dessert? **Purple Mash (2do)**
- Consider the various food groups and a healthy diet. **Purple Mash (2do)**
- My Healthy Eating Plan—consider what is needed for a healthy, balanced meal. **Purple Mash (2do)**
- Plan a healthy meal & draw a balanced meal. **Purple Mash (2do)**
- Think of a game— it could be one that you already know like rounders, netball, football etc or you could invent a new game - write instructions for someone to follow, in order for them to learn the rules of this game.
- Considering health & well being, 'A Helping Heart' can you write 3 sentences (or more) & illustrate your ideas describing things that you could do to think & feel positive. Also write 3 sentences (or more) of how you could help others think & feel positive. Record your ideas into your homework books. Think about acts of kindness, helping others, being charitable, being supportive, friendly. You could email me your

### Topic work -Stay Healthy, Stay Active

- There's a superb new PE link for you to access, this provides hours of fun activities and challenges to keep you fit & healthy. <https://home.jasmineactive.com/>  
Parent email: [Parent@stathanpri-2.com](mailto:Parent@stathanpri-2.com)  
Password : stathanpri  
Why not try to do an activity every day?
- During the Summer Term, we always have our school Sports Day. Why not try to create activities in your garden/open space? You may want to try sprinting, throwing a ball into a box ( target practise), egg & spoon! Etc HAVE FUN!
- Create your own keep fit routines and watch <https://www.bbc.co.uk/teach/supermovers> video for some ideas.
- Physical activity improves how you feel about yourself. Design a poster illustrating how physical activity helps our minds to be healthy. Ways of staying

### Numeracy

- Time yourself for one minute, how many times can you—bounce a ball, hop on one foot, jump, do star jumps, throw a ball in the air & catch it, do 'keepie uppies.' draw a chart into your homework books & record your work. Calculate how many times you could do these activities for 8 minutes. What do you need to do? What mathematical operation do you need to use?
- Learn your 8 times table and play the *Bingo* game at home with your family members. Remember - divide paper into 6 squares, in each square, write an answer from the x8 tables. Ask a parent to call out questions from x8 tables—if you have that answer, cross it out. When all numbers are crossed out, you shout BINGO! Who will win?
- Focus on your 8 times table. Play Hit The Button Games. Use strategies to recall tables & use to solve division problems.  
<https://www.topmarks.co.uk/maths-games/hit-the-button>  
Also, use **Purple Mash(2Do)** Monster multiplication  
<https://www.bbc.co.uk/bitesize/articles/zjy2xyc>
- Can you multiply 3 digit numbers by 8? Write them into your homework books please. Now can you write a 3 digit number, then divide it by 8. You may end up with remainders. Try to do 10 of each.
- Useful websites mathsisfun.com Mathsframe

### Additional information

- If you want to do any extra work linked to this topic, then please feel free to do so, either on the computer or written in your homework book. Any extra work will help!
- I'd love to see your work, you can send it to my e mail address - [sbennett@stathanps.co.uk](mailto:sbennett@stathanps.co.uk)
- Also, look out for the Head Teacher challenges that are going to be set each week.
- I look forward to seeing you all soon, as we head back to school, in