

This week's homework (18.05.20).

Hi 6PN and 6SD! Your homework is split into 5 topics. These topics are handwriting, spellings, reading/writing, maths and afternoon activity.

Try your best to get through all of the work, but don't worry if it's too difficult. You should email the Year 6 account (**year6.year6@hovingham.org**) or phone school and ask for a print out of 6PF and 6LC's homework if this is too easy for you.

We have made a Year 6 website especially for you. There are PSHE, high school transition, reading, maths and grammar resources on there for you to use. Please spend some time looking at **www.hovinghamyear6.weebly.com** this week if you have access to the internet. Don't worry if you haven't got internet at home – we will give you a print-out of high school transition information in the next few weeks.

It was lovely to speak to so many of you on the phone this week – I miss you all so much! Please email me pictures of your homework so I can see what you are up to. Keep safe and stay at home!



Monday 18th May 2020

Handwriting:

Choose one sheet from the **Handwriting Pack** to complete and write each word three times in your neatest handwriting.

Spelling:

This week's spelling words are **appreciate, identity, lightning, persuade and vegetable**. Practise saying these words aloud with someone at home.

Reading:

1. **Open the Cows Reading Booklet.** Read the text aloud to someone at home.
2. Answer these questions about the text you have just read. You can write your answers down or tell your answers to someone at home:
 - Do you think this text is fiction, non-fiction or poetry? Why do you think this?
 - What are the textual features of this genre?
 - Did you enjoy reading this text? Why did or didn't you enjoy reading this?
3. This poem rhymes, so it almost sounds like a song when you read it out loud. To be a legendary reader, you have to read this poem with **rhythm** and **expression**. Practice reading it out loud to someone at home and ask them for some feedback.

FLUENCY CHECK

Fluency Status	Description
Legendary	Smooth and accurate. Consistently pause for all full stops and commas. Appropriate expression which reflects the feelings, events and ideas of characters.
World Class	Smooth and accurate. Consistently pause for all full stops and commas.
Professional	Accurate - Most words correct

Fluency Check
My partner thinks my reading is



professional
world class
legendary



Maths:

- Practise your 8 times tables out loud with someone at home at home and complete the multiplication wheels without looking at the answers.

$$1 \times 8 = 8$$

$$2 \times 8 = 16$$

$$3 \times 8 = 24$$

$$4 \times 8 = 32$$

$$5 \times 8 = 40$$

$$6 \times 8 = 48$$

$$7 \times 8 = 56$$

$$8 \times 8 = 64$$

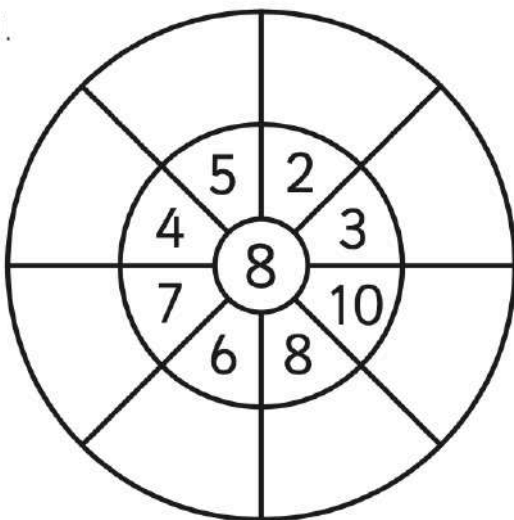
$$9 \times 8 = 72$$

$$10 \times 8 = 80$$

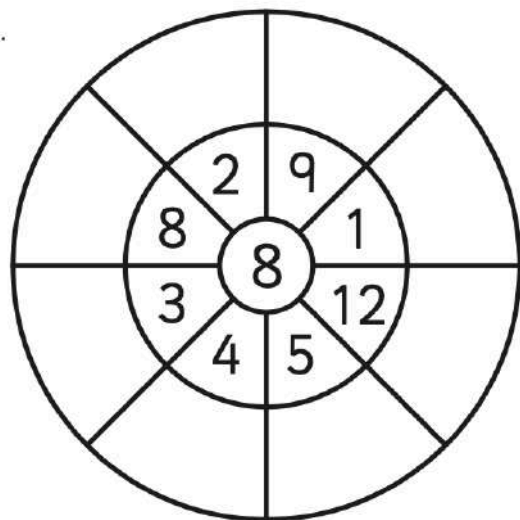
$$11 \times 8 = 88$$

$$12 \times 8 = 96$$

1.



4.



- Complete the activity mats on the next page and check your answers.

Year 4 Spring 1 Maths Activity Mat 1

Section 1

Round these numbers to the nearest 100:

930 rounds to

290 rounds to

720 rounds to

Section 2

Start at 0.

Count back 4.

What number do you reach?

Section 3

Kim's bottle of medicine holds 135ml. she takes two 10ml doses. How much medicine is left?



Section 4

Write these numbers as Roman numerals:

26

11

30

Section 5

Find a pair of numbers with a sum of 18 and a difference of two.

Section 6

Kumar has three shelves of books. There are 49 books on each shelf. How many books does he have altogether?



Section 7

Calculate:

$$3 \times 6 \times 10 = \square \times 10 = \square$$

Section 8

Estimate the answer by rounding, then solve the calculation.

$$78 + 24 =$$

Estimation

Actual

Year 4 Spring 1 Maths Activity Mat 1 - Answers

Section 1

Round these numbers to the nearest 100:

930 rounds to

290 rounds to

720 rounds to

Section 2

Start at 0.

Count back 4.

What number do you reach?

Section 3

Kim's bottle of medicine holds 135ml. she takes two 10ml doses. How much medicine is left?



Section 4

Write these numbers as Roman numerals:

26

11

30

Section 5

Find a pair of numbers with a sum of 18 and a difference of two.

Section 6

Kumar has three shelves of books. There are 49 books on each shelf. How many books does he have altogether?



Section 7

Calculate:

$$3 \times 6 \times 10 = \boxed{18} \times 10 = \boxed{180}$$

Section 8

Estimate the answer by rounding, then solve the calculation.

$$78 + 24 =$$

Estimation

Actual

Year 4 Spring 1 Maths Activity Mat 1

Section 1

Round these numbers:

	to the nearest 10	to the nearest 100
5248		
972		
2494		

Section 2

Start at 5.

Count back 10.

What number do you reach?

Section 3

Cath earns £2938 each month.

In April, her monthly pay goes up by £1000. How much does she earn now?



Section 4

Write these numbers as Roman numerals:

94

48

63

Section 5

Write a number which is a two-digit number, a multiple of 8, and where the product of its digits is 24.

Section 6

There are 2195 people in a village. 1428 of the people use the village shop at least once a week. How many people do not use the shop regularly?

Section 7

Calculate:

$$11 \times 10 \times 3 =$$

Section 8

Estimate the answer by rounding, then solve the calculation.

$$164 + 87 =$$

Estimation

Actual

Year 4 Spring 1 Maths Activity Mat 1 - Answers

Section 1

Round these numbers:

	to the nearest 10	to the nearest 100
5248	5250	5200
972	970	1000
2494	2490	2500

Section 2

Start at 5.

Count back 10.

What number do you reach?

-5

Section 3

Cath earns £2938 each month.

In April, her monthly pay goes up by £1000. How much does she earn now?

£3938

Section 4

Write these numbers as Roman numerals:

94

XCIV

48

XLVIII

63

LXIII

Section 5

Write a number which is a two-digit number, a multiple of 8, and where the product of its digits is 24.

64

Section 6

There are 2195 people in a village. 1428 of the people use the village shop at least once a week. How many people do not use the shop regularly?

767

Section 7

Calculate:

$$11 \times 10 \times 3 =$$

330

Section 8

Estimate the answer by rounding, then solve the calculation.

$$164 + 87 =$$

Estimation **varied**

Actual **251**

Year 4 Spring 1 Maths Activity Mat 1

Section 1

Round these numbers to the nearest 1000:

15 938 rounds to

12 273 rounds to

56 717 rounds to

94 354 rounds to

Section 2

Start at -3.
Count on 7.

What number do you reach?

Section 3

A crowd of 50 017 watch a football match. 100 of the spectators are guests of the home club team. How many are paying spectators?



Section 4

Write these numbers as Roman numerals:

443

580

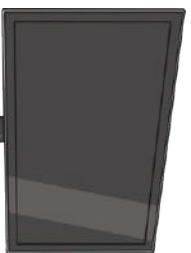
109

Section 5

Write three consecutive numbers with a total of 102.

Section 6

On the talent television show, 93 460 people voted for their favourite act. The winning act received 55 784 votes. How many votes did the other acts receive?



Section 7

Calculate:

$$9 \times 3 \times 7 =$$

$$4 \times 6 \times 40 =$$

Section 8

Estimate the answer by rounding, then solve the calculation.

$$1745 + 423 =$$

Estimation

Actual

Year 4 Spring 1 Maths Activity Mat 1 - Answers

Section 1

Round these numbers to the nearest 1000:

15 938 rounds to

12 273 rounds to

56 717 rounds to

94 354 rounds to

Section 2

Start at -3.
Count on 7.

What number do you reach?

Section 3

A crowd of 50 017 watch a football match. 100 of the spectators are guests of the home club team. How many are paying spectators?



Section 4

Write these numbers as Roman numerals:

443

580

109

Section 5

Write three consecutive numbers with a total of 102.

Section 6

On the talent television show, 93 460 people voted for their favourite act. The winning act received 55 784 votes. How many votes did the other acts receive?



Section 7

Calculate:

$$9 \times 3 \times 7 = \text{189}$$

$$4 \times 6 \times 40 = \text{960}$$

Section 8

Estimate the answer by rounding, then solve the calculation.

$$1745 + 423 =$$

Estimation

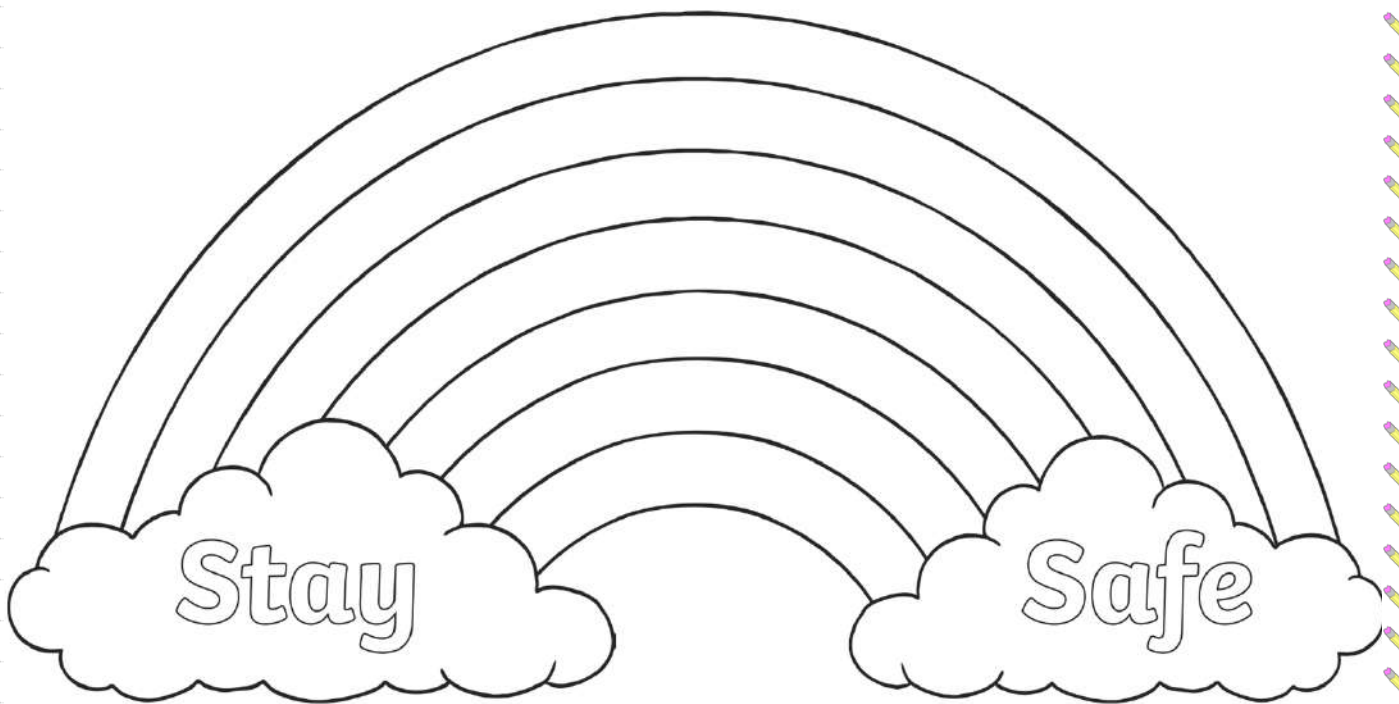
Actual

Afternoon activity:

Hi 6PN and 6SD. I truly hope that you and your families are staying at home and are safe, well and finding lots of things to smile about.

As we all know, lots of things have changed recently. We are all seeing less of our family and friends and there are many things that we can't do anymore. **However, many things have not changed: your family still loves you, your favourite meal still tastes delicious and your favourite film still makes you laugh.** We have to stay positive through the Corona Virus!

1. Colour in the picture below if you want to.



2. Look at the positivity diary on the next page. I want you to write about something positive that's happened to you today in the Monday box. Please keep it safe as I want you to write in it every day this week!

Well done! You have completed today's homework!

Think Positive - A Positive Thoughts Diary

For one whole week, you are going to record a positive thought at the end of each day. Before you go to bed, think back and reflect on the day. There may have been things that weren't so great about the day, but you can always find something that went well or that was good. Only positive thoughts are allowed in this diary!

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Tuesday 19th May 2020

Handwriting:

Choose one sheet from the **Handwriting Pack** to complete and write each word three times in your neatest handwriting.

Spelling:

This week's spelling words are **appreciate, identity, lightning, persuade and vegetable**. Say the first word out loud and spell the word on your fingers. Do this for the rest of the words.

Reading:

4. **Open the Cows Reading Booklet.** Look at the pages called **Fact Retrieval Questions**. Use the text to help you answer the questions. Remember, when we retrieve information, we lift our answers straight from the text.
5. This poem rhymes, so it almost sounds like a song when you read it out loud. To be a legendary reader, you have to read this poem with **rhythm** and **expression**. Practice reading it out loud to someone at home and ask them for some feedback.

FLUENCY CHECK

<u>Fluency Status</u>	<u>Description</u>
Legendary	Smooth and accurate. Consistently pause for all full stops and commas. Appropriate expression which reflects the feelings, events and ideas of characters.
World Class	Smooth and accurate. Consistently pause for all full stops and commas.
Professional	Accurate - Most words correct

Fluency Check

My partner thinks my reading is



professional
world class
legendary



Maths:

1. Practise your 9 times tables out loud with someone at home and complete the multiplication wheels.

$$1 \times 9 = 9$$

$$2 \times 9 = 18$$

$$3 \times 9 = 27$$

$$4 \times 9 = 36$$

$$5 \times 9 = 45$$

$$6 \times 9 = 54$$

$$7 \times 9 = 63$$

$$8 \times 9 = 72$$

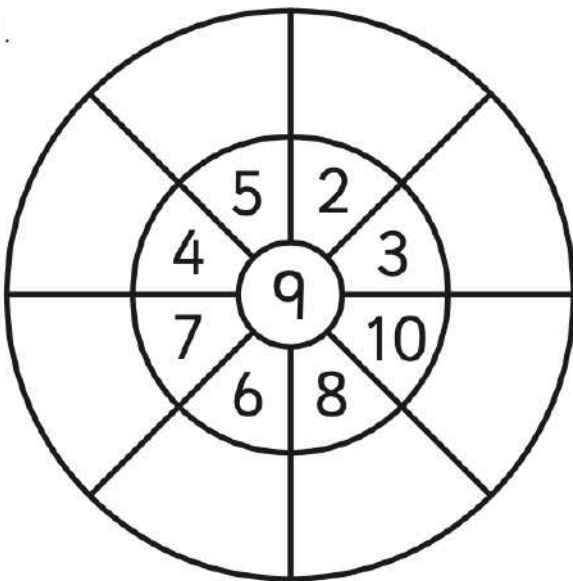
$$9 \times 9 = 81$$

$$10 \times 9 = 90$$

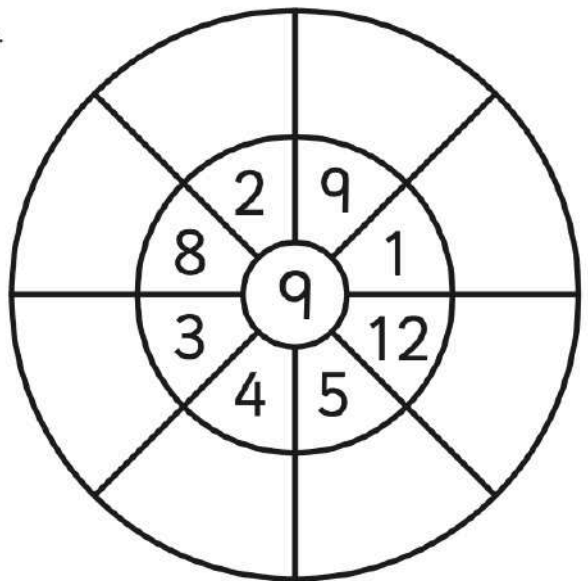
$$11 \times 9 = 99$$

$$12 \times 9 = 108$$

1.



4.



2. Complete the activity mats on the next page and check your answers are correct.

Year 4 Spring 1 Maths Activity Mat 2

Section 1

Complete the calculation.

$$\begin{array}{r} 583 \\ - 256 \\ \hline \\ \hline \end{array}$$

Section 2

A newspaper sells 272 papers in the morning and 155 papers in the afternoon. How many papers were sold altogether?

Section 3

Calculate

$69 \div 10 =$

$4 \div 10 =$

$52 \div 10 =$

Section 4

Multiply 3, 6 and 10.

Write a number statement.

Section 5

Circle the larger number of each pair of decimals.

14.1

1.4

5.2

25.0

3.6

6.0

Section 6

There are 100 people at a party. Half are adults. There are 24 girls. How many boys are there at the party?

Section 7

List the six factors of 18.

Section 8

Calculate:

$9 \times 6 =$

$27 \div 9 =$

$42 \div 6 =$

$4 \times 8 =$

Year 4 Spring 1 Maths Activity Mat 2 - Answers

Section 1

Complete the calculation.

$$\begin{array}{r} 583 \\ - 256 \\ \hline 327 \end{array}$$

Section 2

A newspaper sells 272 papers in the morning and 155 papers in the afternoon. How many papers were sold altogether?

427

Section 3

Calculate

$69 \div 10 =$

6.9

$4 \div 10 =$

0.4

$52 \div 10 =$

5.2

Section 4

Multiply 3, 6 and 10.

Write a number statement.

$3 \times 6 \times 10 = 180$

Section 5

Circle the larger number of each pair of decimals.

14.1

1.4

5.2

25.0

3.6

6.0

Section 6

There are 100 people at a party. Half are adults. There are 24 girls. How many boys are there at the party?

26

Section 7

List the six factors of 18.

1, 2, 3, 6, 9, 18

Section 8

Calculate:

$9 \times 6 =$

54

$27 \div 9 =$

3

$42 \div 6 =$

7

$4 \times 8 =$

32

Year 4 Spring 1 Maths Activity Mat 2

Section 1

Complete the calculation.

$$\begin{array}{r} 9065 \\ -2829 \\ \hline \\ \hline \end{array}$$

Section 2

The mileage of a car is 7479 miles. In the next month, it is driven a further 1962 miles. What is the mileage now?

Section 3

Calculate

$35 \div 10 =$

$78 \div 100 =$

$42 \div 10 =$

$40 \div 100 =$

Section 4

Multiply 7, 3 and 4.

Write a number statement.

Section 5

Circle the larger number of each pair of decimals.

5.42 5.27

1.18 0.81

1.35 1.53

Section 6

A school orders 200 pencils. 168 are given out. The remaining pencils are placed into two boxes of equal amount. How many pencils are in each box?

Section 7

List all the factors of these numbers. The number of factors is in brackets.

20 (6)

16 (5)

22 (4)

Section 8

Calculate:

$\square \times 8 = 56$

$\square \div 9 = 4$

$3 \times 70 =$

$90 \times 9 =$

Year 4 Spring 1 Maths Activity Mat 2 - Answers

Section 1

Complete the calculation.

$$\begin{array}{r} 9065 \\ -2829 \\ \hline 6236 \end{array}$$

Section 2

The mileage of a car is 7479 miles. In the next month, it is driven a further 1962 miles. What is the mileage now?

9441

Section 3

Calculate

$35 \div 10 =$

3.5

$78 \div 100 =$

0.78

$42 \div 10 =$

4.2

$40 \div 100 =$

0.4

Section 4

Multiply 7, 3 and 4.

Write a number statement.

$7 \times 3 \times 4 = 84$

Section 5

Circle the larger number of each pair of decimals.

5.42

5.27

1.18

0.81

1.35

1.53

Section 6

A school orders 200 pencils. 168 are given out. The remaining pencils are placed into two boxes of equal amount. How many pencils are in each box?

16

Section 7

List all the factors of these numbers. The number of factors is in brackets.

20 (6) 1, 2, 4, 5, 10, 20

16 (5) 1, 2, 4, 8, 16

22 (4) 1, 2, 11, 22

Section 8

Calculate:

7

$\times = 8 = 56$

36

$\div 9 = 4$

$3 \times 70 =$

210

$90 \times 9 =$

810

Year 4 Spring 1 Maths Activity Mat 2

Section 1

Complete the calculation.

$$\begin{array}{r} 23742 \\ - 9619 \\ \hline \end{array}$$

Section 2

The winning candidate in an election polls 46 915 votes. The other three candidates poll 37 396 altogether. How many people voted in the election?

Section 3

Calculate

$364 \div 10 =$

$1607 \div 10 =$

$5195 \div 100 =$

$1801 \div 100 =$

Section 4

Multiply 3, 9 and 4

Write a number statement.

Section 5

Write these decimals in order, smallest first.

6.6, 6.02, 6.26, 2.66, 6.2

5.08, 5.8, 0.85, 5.5, 5.55

Section 6

Polly has saved £28.

For the next eight weeks, she saves the same amount. She now has £80. How much has she saved each week?

Section 7

List all the factors of these numbers. The number of factors is in brackets.

24 (8)

21 (4)

45 (6)

36 (9)

Section 8

Calculate:

$\times 5 = 300$

$\times 6 = 480$

$\div 8 = 40$

$\div 90 = 5$

Section 1

Complete the calculation.

$$\begin{array}{r} 23742 \\ - 9619 \\ \hline 14123 \end{array}$$

Section 2

The winning candidate in an election polls 46 915 votes. The other three candidates poll 37 396 altogether. How many people voted in the election?

84 311

Section 3

Calculate

$364 \div 10 =$

36.4

$1607 \div 10 =$

160.7

$5195 \div 100 =$

51.95

$1801 \div 100 =$

18.01

Section 4

Multiply 3, 9 and 4

Write a number statement.

$3 \times 4 \times 9 = 108$

Section 5

Write these decimals in order, smallest first.

6.6, 6.02, 6.26, 2.66, 6.2

2.66

6.02

6.2

6.26

6.6

5.08, 5.8, 0.85, 5.5, 5.55

0.85

5.08

5.5

5.55

5.8

Section 6

Polly has saved £28. For the next eight weeks, she saves the same amount. She now has £80. How much has she saved each week?

£6.50

Section 7

List all the factors of these numbers. The number of factors is in brackets.

24 (8) 1, 2, 3, 4, 6, 8, 12, 24

21 (4) 1, 3, 7, 21

45 (6) 1, 3, 5, 9, 15, 45

36 (9) 1, 2, 3, 4, 6, 9, 12, 18, 36

Section 8

Calculate:

60

$\times 5 = 300$

80

$\times 6 = 480$

320

$\div 8 = 40$

450

$\div 90 = 5$

Afternoon activity:



Remember to fill in your positivity diary!

To prepare you for high school I would like you to create an 'All About Me' fact file. If it is safe, you may get to visit your high school and meet your new teachers before you leave Year 6. They would love to read your fact file and learn things about you!

A fact file is a creative way of displaying who you are, what you like, what you dislike and everything that makes you unique.

You might want to include:

- Who you live with.
- If you have any pets.
- Where you like to go on holiday.
- What your favourite places, things, foods, drinks and activities are.
- A drawing of something that represents you.
- What you like to do with your family.
- What your dream job is.
- How you feel about high school and why.

You can also include much more – be as creative as you can!

You can use the fact file template on the next page, or you can create one yourself! I would love to see a picture of your finished product so please email it to me when you are finished.

Remember, there are lots of transition resources on the Year 6 Hovingham website. So please look at these if you have access to the internet.

Well done! You have completed today's homework!

All About Me!

Name: _____

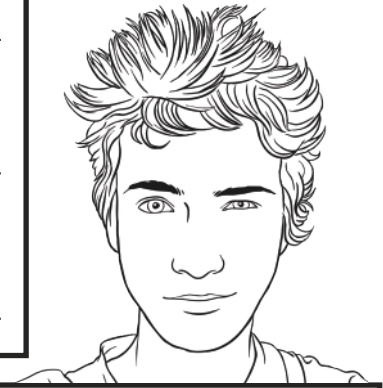
Age: _____

Birthday: _____

I would like to be a _____
when I grow up.

My teacher is: _____

Write your superhero name here!



My favourite things.

Food: _____

TV show: _____

Film: _____

Book: _____

Sport: _____

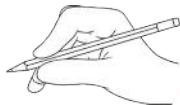
Holiday: _____

Animal: _____

Place: _____



This is me!



My family!

I like school because:

My hobbies are:

Wednesday 20th May 2020

Handwriting:

Choose one sheet from the **Handwriting Pack** to complete and write each word three times in your neatest handwriting.

Spelling:


This week's spelling words are **appreciate, identity, lightning, persuade and vegetable**. It's time for a practise spelling test. Get someone at home to read each of the spellings words to you and write them down on a piece of paper. No peeking!

Reading:


1. **Open the Cow Reading Booklet.** Look at the page called **Inference Questions**. Use the text to help you answer the questions. Remember, when we infer information, we use evidence from the text to make logical conclusions.
2. This poem rhymes, so it almost sounds like a song when you read it out loud. To be a legendary reader, you have to read this poem with **rhythm** and **expression**. Practice reading it out loud to someone at home and ask them for some feedback.

FLUENCY CHECK	
Fluency Status	Description
Legendary	Smooth and accurate. Consistently pause for all full stops and commas. Appropriate expression which reflects the feelings, events and ideas of characters.
World Class	Smooth and accurate. Consistently pause for all full stops and commas.
Professional	Accurate - Most words correct

Fluency Check
My partner thinks my reading is: _____



**professional
world class
legendary**



Maths:

1. Practise your 10 times table out loud with someone at home and complete the multiplication wheels.

$$1 \times 10 = 10$$

$$2 \times 10 = 20$$

$$3 \times 10 = 30$$

$$4 \times 10 = 40$$

$$5 \times 10 = 50$$

$$6 \times 10 = 60$$

$$7 \times 10 = 70$$

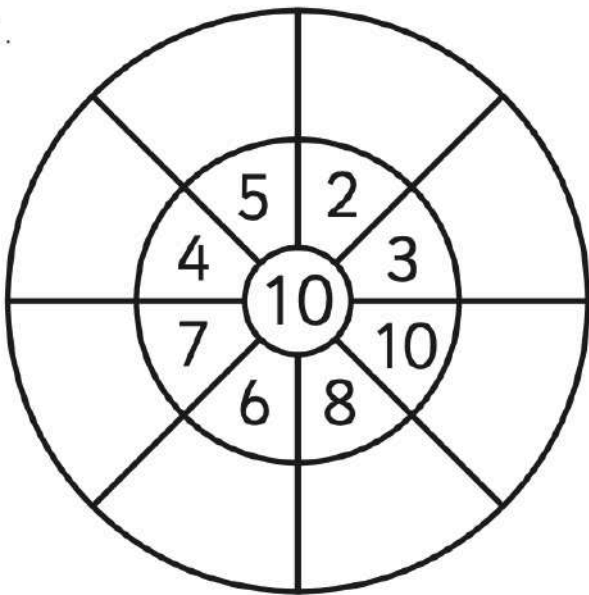
$$8 \times 10 = 80$$

$$9 \times 10 = 90$$

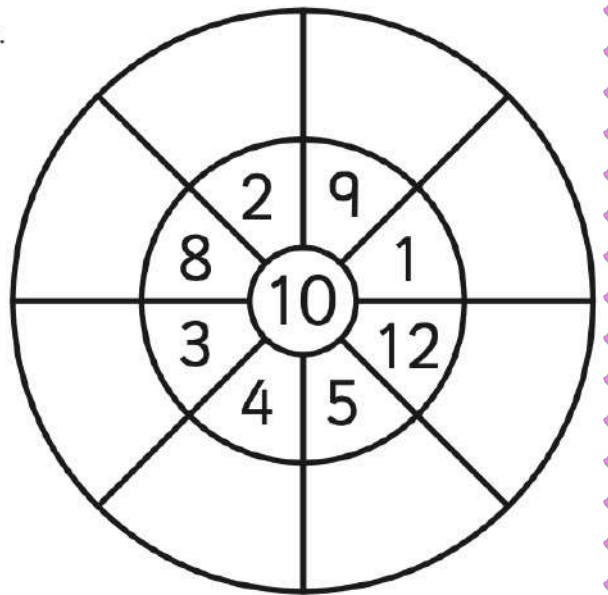
$$10 \times 10 = 100$$

$$11 \times 10 = 110$$

$$12 \times 10 = 120$$



4.



2. Complete the activity mats on the next page and check your answers are correct.

Year 4 Spring 1 Maths Activity Mat 3

Section 1

Find two consecutive numbers with a sum of:

11

27

Section 2

Eight train tickets cost £112. What does one ticket cost?

Section 3

What do you add to these numbers to make 100?

15

65

25

Section 4

Use these three numbers to write three related facts. $25 + 18 = 43$

Section 5

Calculate:

$$\div 10 = 5.9$$

$$\div 10 = 0.3$$

$$\div 100 = 9.4$$

$$\div 100 = 0.1$$

Section 6

A coach has travelled 376 miles. There are still 149 miles to travel. How far is the coach journey?

Section 7

Round to the nearest pound.

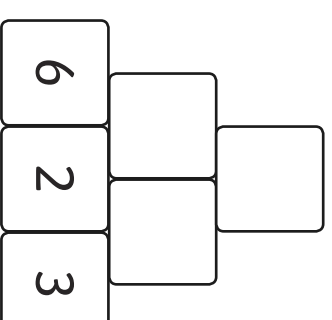
£6.50

£8.80

£5.10

Section 8

Multiply to find the missing numbers.



Year 4 Spring 1 Maths Activity Mat 3 - Answers

Section 1

Find two consecutive numbers with a sum of:

11

5, 6

27

13, 14

Section 2

Eight train tickets cost £112. What does one ticket cost?

£14

Section 3

What do you add to these numbers to make 100?

15

85

65

35

25

75

Section 4

Use these three numbers to write three related facts. $25 + 18 = 43$

$$18 + 25 = 43$$

$$43 - 25 = 18$$

$$43 - 18 = 25$$

Section 5

Calculate:

59

$$\div 10 = 5.9$$

3

$$\div 10 = 0.3$$

940

$$\div 100 = 9.4$$

10

$$\div 100 = 0.1$$

Section 6

A coach has travelled 376 miles. There are still 149 miles to travel. How far is the coach journey?

525 miles

Section 7

Round to the nearest pound.

£6.50

£7

£8.80

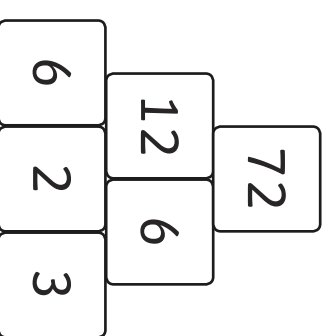
£9

£5.10

£5

Section 8

Multiply to find the missing numbers.



Year 4 Spring 1 Maths Activity Mat 3

Section 1

Find three consecutive numbers with a sum of:

21

36

93

Section 2

The total weight of six bags of cement is 150kg. How much does one bag weigh?

Section 3

What do you add to these numbers to make 100?

54

26

What do you add to these numbers to make 1000?

150

50

Section 4

Use these three numbers to write three related facts. $36 + 19 = 55$

Section 5

Calculate:

$$14 \div \square = 1.4$$

$$\square \div 10 = 0.8$$

$$\square \div 100 = 0.7$$

$$61 \div \square = 0.61$$

Section 6

Sales of programmes at a theatre raise £825. Programmes cost £3 each. How many programmes are sold?

Section 7

Round to the nearest 1000.

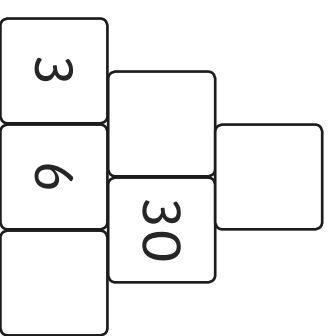
6592

9415

4163

Section 8

Multiply to find the missing numbers.



Year 4 Spring 1 Maths Activity Mat 3 - Answers

Section 1

Find three consecutive numbers with a sum of:

$$21 \quad \boxed{6, 7, 8}$$

$$36 \quad \boxed{11, 12, 13}$$

$$93 \quad \boxed{30, 31, 32}$$

Section 2

The total weight of six bags of cement is 150kg. How much does one bag weigh?

$$\boxed{25\text{kg}}$$

Section 3

What do you add to these numbers to make 100?

$$54 \quad \boxed{46} \quad 26 \quad \boxed{74}$$

What do you add to these numbers to make 1000?

$$150 \quad \boxed{850} \quad 50 \quad \boxed{950}$$

Section 4

Use these three numbers to write three related facts. $36 + 19 = 55$

$$19 + 36 = 55$$

$$55 - 19 = 36$$

$$55 - 36 = 19$$

Section 5

Calculate:

$$14 \div \boxed{10} = 1.4$$

$$\boxed{8} \div 10 = 0.8$$

$$\boxed{70} \div 100 = 0.7$$

$$61 \div \boxed{100} = 0.61$$

Section 6

Sales of programmes at a theatre raise £825. Programmes cost £3 each. How many programmes are sold?

$$\boxed{275}$$

Section 7

Round to the nearest 1000.

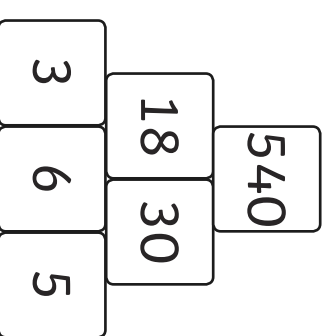
$$6592 \quad \boxed{7000}$$

$$9415 \quad \boxed{9000}$$

$$4163 \quad \boxed{4000}$$

Section 8

Multiply to find the missing numbers.



Year 4 Spring 1 Maths Activity Mat 3 - Answers

Section 1

Find two 1-digit numbers with a product of:

21

7, 3

36

9, 4

72

9, 8

Section 2

The perimeter of a square field is 1324m. How long is one side of the field?

331m

Section 3

What do you add to these numbers to make 1000?

388

612

762

238

907

93

811

189

Section 4

For each set of numbers, write four related facts.

500, 220, 280

88, 134, 46

$220 + 280 = 500$

$88 + 46 = 134$

$280 + 220 = 500$

$46 + 88 = 134$

$500 - 280 = 220$

$134 - 88 = 46$

$500 - 220 = 280$

$134 - 46 = 88$

Section 5

Calculate:

$8\text{mm} = 0.8\text{ cm}$

$71\text{mm} = 7.1\text{ cm}$

$2.63\text{m} = 263\text{ cm}$

$4.7\text{ cm} = 47\text{ mm}$

Section 6

Margaret realises she was born 1000 months ago. How old is she in years and months?

83 years 4 months

Section 7

Round to the nearest 1000.

104 286

104 000

53 472

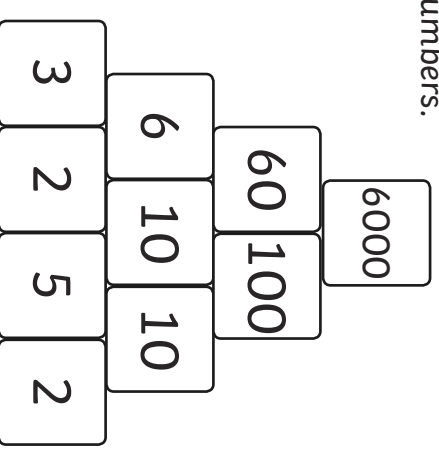
53 000

215 625

216 000

Section 8

Multiply to find the missing numbers.



Afternoon activity:

Hi 6PN and 6SD. You've done some fantastic work this week so I thought we could have some fun!

Today, we're going to do a science experiment and make our own rainbow! Rainbows have become a symbol of hope and positivity during the Corona Virus so I thought this would be a nice activity to do with your family – **please ask your parents if you can do this experiment before you start!** The instructions are on the next page.

If you cannot do the science experiment on the next page have a go at making a rainbow fruit salad kabob – again, please ask your parents if you can do this.

Please email me a picture of your kabob or rainbow if you can!



Ingredients

Pineapple
Apples
Strawberries
Bananas
Watermelon

Equipment

Chopping boards
Sharp knife (adult use only)
Child-safe knives
Star-shaped cookie cutters
Wooden kabob skewers
(blunt-ended if possible)

Method

1. Before the activity, prepare the wooden skewers by boiling them in hot water. This will stop them from splintering.
2. Wash your hands and put on an apron.
3. Next, wash the fruit.
4. Then, an adult should remove the skin from the pineapple, watermelon, and apple (optional).
5. Cut the apple, pineapple, and banana into chunks, and the strawberries into halves. Children can use child-safe knives to cut the soft fruit like the bananas, pineapple, and strawberries.
6. Cut the watermelon into slices.
7. Use the cookie cutters to cut star shapes out of the slices of watermelon.
8. Lay out the fruit pieces and carefully place onto the skewers. Children should be closely supervised for this activity, as the skewers can be very sharp. Model how to push the fruit onto the skewers without putting their hands behind the fruit where the skewer will come through it.
9. A star-shaped piece of watermelon can be the final piece of fruit placed onto the top of the skewer to finish the magic wand fruit kabob.

**Well done! You
have completed
today's
homework!**

How to Grow a Rainbow

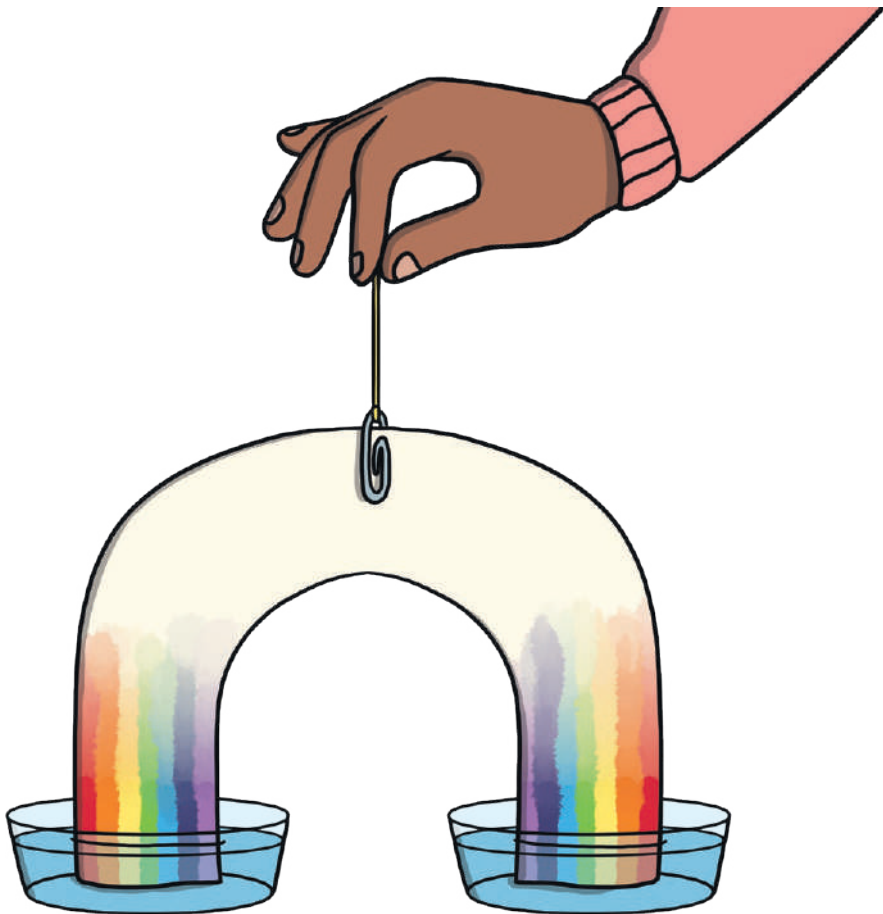
Science Experiment

Did you know that you can grow your own rainbow?

You will need a scientific process called the **capillary action**. This action happens when a liquid moves up through a hollow tube or into a spongy, solid material. It happens when three forces work together: **cohesion**, **adhesion** and **surface tension**.

Water molecules like to stick to each other - this is called **cohesion**. They also like to stick to solids in a process called **adhesion**.

In this experiment, you are going to use kitchen roll. The fibres in kitchen roll have lots of little holes. Water is **absorbed** through the kitchen roll because when the first water molecule **adheres** to it and begins to move upward, it pulls the next water molecule up with it, like a chain.



Words To Learn:

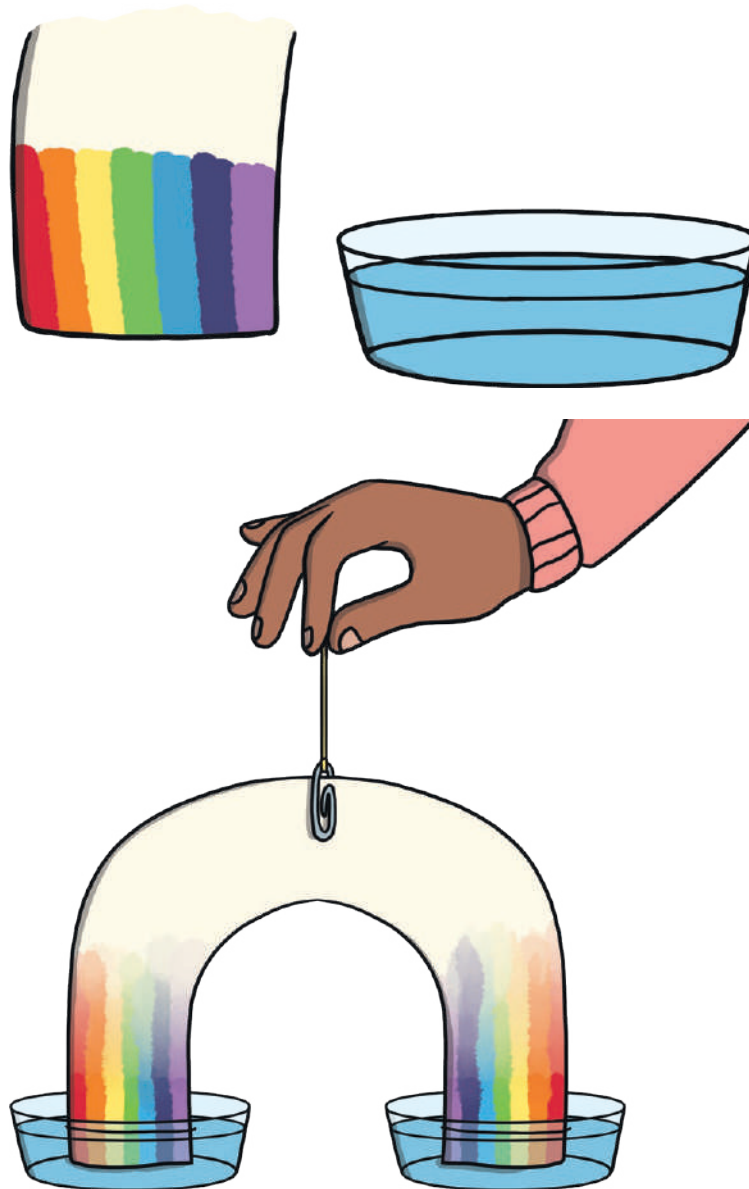
- capillary action
- adhesion
- cohesion
- absorbed

You will need:

- Kitchen roll/paper towel
- Felt-tip pens
- Two small bowls of water
- Paperclip
- Thread

What To Do:

1. Cut the kitchen roll into the shape of a rainbow.
2. At each end, use the felt-tip pens to colour a rainbow about 2cm up from the bottom. Remember the order of the colours: red, orange, yellow, green, blue, indigo, violet.
3. Attach the paperclip to the top of the rainbow and tie a piece of thread to it. This will allow you to hold your rainbow.
4. Add water to the two bowls.
5. Hold the rainbow with both ends slightly submerged into each bowl of water and watch your rainbow grow.



Thursday 21st May 2020

Handwriting:

Choose one sheet from the **Handwriting Pack** to complete and write each word three times in your neatest handwriting.


Spelling:

This week's spelling words are **appreciate, identity, lightning, persuade and vegetable**. It's time for another practice spelling test. Get someone at home to read each of the spellings words to you and write them down on a piece of paper. No peeking!



Reading:

1. **Open the Cow Reading Booklet.** Look at the pages called **Word Meaning Questions**. Use the text to help you answer the questions. Remember to ask yourself if your answer makes sense!
2. This poem rhymes, so it almost sounds like a song when you read it out loud. To be a legendary reader, you have to read this poem with **rhythm** and **expression**. Practice reading it out loud to someone at home and ask them for some feedback.

FLUENCY CHECK	
Fluency Status	Description
Legendary	Smooth and accurate. Consistently pause for all full stops and commas. Appropriate expression which reflects the feelings, events and ideas of characters.
World Class	Smooth and accurate. Consistently pause for all full stops and commas.
Professional	Accurate - Most words correct

Fluency Check
My partner thinks my reading is: 

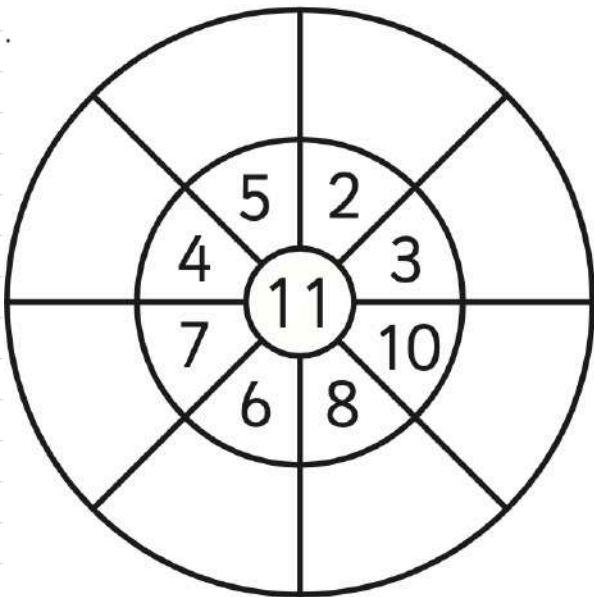
**professional
world class
legendary**

EXPLAIN AND ELABORATE  TEACH AND SUPPORT 

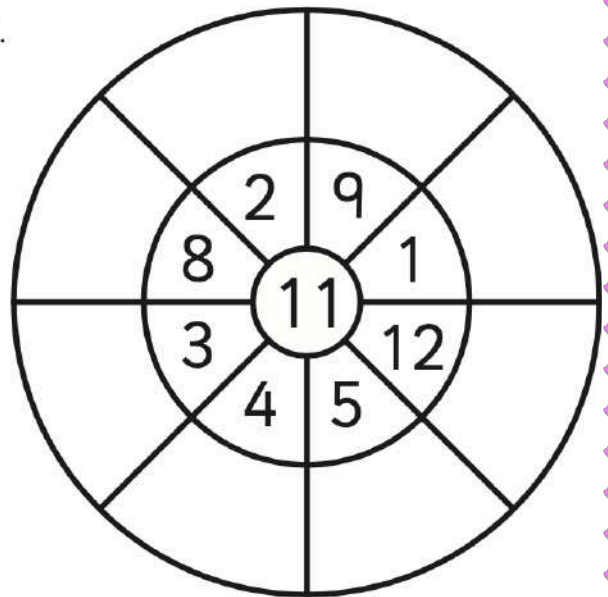
Maths:

1. Practise your 11 times tables out loud with someone at home and complete the multiplication wheel.

$1 \times 11 = 11$	$7 \times 11 = 77$
$2 \times 11 = 22$	$8 \times 11 = 88$
$3 \times 11 = 33$	$9 \times 11 = 99$
$4 \times 11 = 44$	$10 \times 11 = 110$
$5 \times 11 = 55$	$11 \times 11 = 121$
$6 \times 11 = 66$	$12 \times 11 = 132$



4.



2. Complete the activity mats on the next page and check your answers are correct.

Year 4 Spring 1 Maths Activity Mat 4

Section 1

Count on.

124, 132, , ,

Section 2

Calculate:

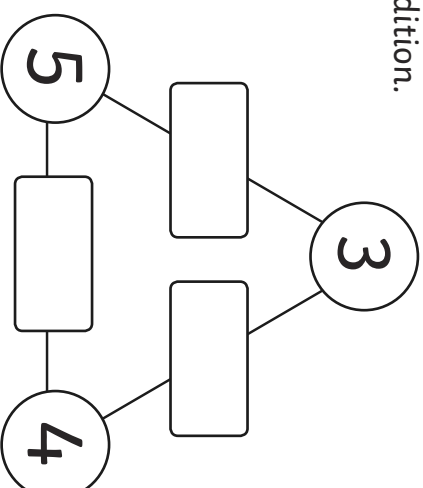
$56 \div 7 = \boxed{}$

$12 \div 1 = \boxed{}$

$24 \div 4 = \boxed{}$

Section 3

Find the missing numbers through addition.



Section 4

There are 240g of coffee in a container. 107g are used. How many grams of coffee are left?

Section 5

Fill in the missing numbers.

$$\frac{3}{4} = \frac{\boxed{}}{8}$$
$$\frac{2}{3} = \frac{4}{\boxed{}}$$

Section 6

What is the value of the underlined digit as a fraction?

0.4
0.75

Section 7

Count on four steps from $\frac{1}{4}$:

Section 8

Round these decimals to the nearest whole number.

5.3
12.9

Year 4 Spring 1 Maths Activity Mat 4 - Answers

Section 1

Count on.

124, 132, , ,

Section 2

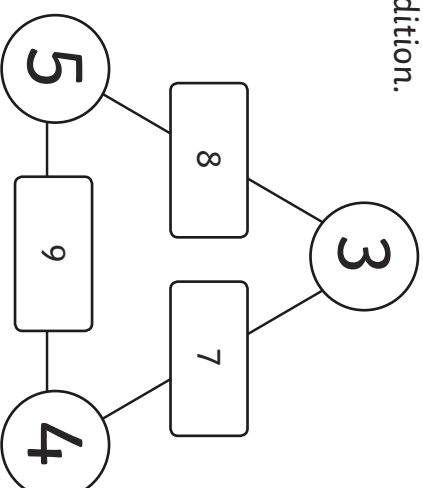
Calculate:

$56 \div 7 =$ $12 \div 1 =$

$24 \div 4 =$

Section 3

Find the missing numbers through addition.



Section 4

There are 240g of coffee in a container. 107g are used. How many grams of coffee are left?

Section 5

Fill in the missing numbers.

$\frac{3}{4} = \frac{6}{8}$
 $\frac{2}{3} = \frac{4}{6}$

Section 6

What is the value of the underlined digit as a fraction?

0.4
0.75

Section 7

Count on four steps from $\frac{1}{4}$:

Section 8

Round these decimals to the nearest whole number.

5.3
12.9

Year 4 Spring 1 Maths Activity Mat 4

Section 1

Count on.

7320, 6320, , ,

Section 2

Calculate:

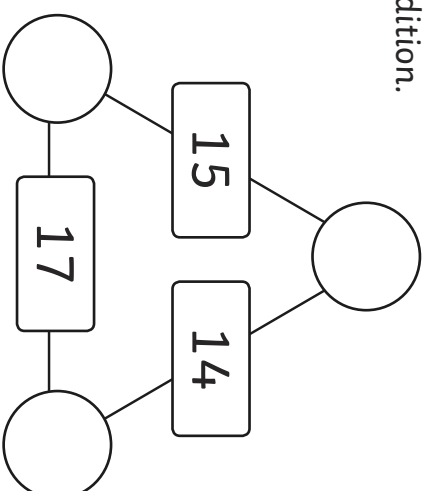
$240 \div 8 =$

$350 \div 5 =$

$630 \div 7 =$

Section 3

Find the missing numbers through addition.



Section 4

In the first week of December, 1371 cards are sold in a card shop. In the second week, 2108 cards are sold. How many more are sold in the second week than the first week?

Section 5

Fill in the missing numbers to make fractions that are equivalent to $\frac{1}{2}$.

$$\frac{1}{2} = \frac{\square}{4} = \frac{\square}{16}$$
$$\frac{\square}{8} = \frac{\square}{16}$$

Section 6

What is the value of the underlined digit as a fraction?

0.61

0.8

0.39

Section 7

Count on from 0 to 1 in steps of thirds.

<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------

Section 8

Round these decimals to the nearest whole number.

151.4

34.7

Year 4 Spring 1 Maths Activity Mat 4 - Answers

Section 1

Count on.

7320, 6320,

5320

, 4320

, 3320

Section 2

Calculate:

$240 \div 8 =$

30

$350 \div 5 =$

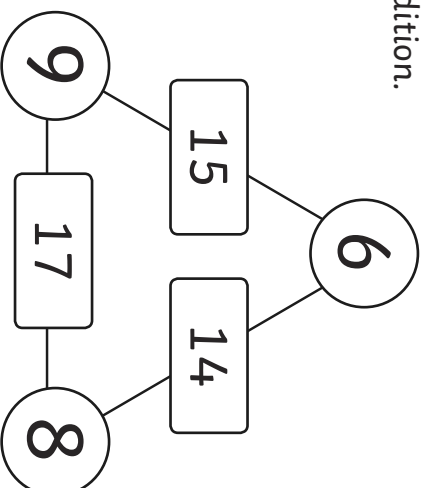
70

$630 \div 7 =$

90

Section 3

Find the missing numbers through addition.



Section 4

In the first week of December, 1371 cards are sold in a card shop. In the second week, 2108 cards are sold. How many more are sold in the second week than the first week?

737

Section 5

Fill in the missing numbers to make fractions equivalent to $\frac{1}{2}$.

$$\frac{1}{2} = \frac{2}{4}$$
$$\frac{4}{8} = \frac{8}{16}$$

Section 6

What is the value of the underlined digit as a fraction?

0. <u>6</u> 1	<input type="text" value="6/10"/>
0. <u>8</u>	<input type="text" value="8/10"/>
0. <u>3</u> 9	<input type="text" value="3/10"/>

Section 7

Count on from 0 to 1 in steps of thirds.

<input type="text" value="1/3"/>	<input type="text" value="2/3"/>	<input type="text" value="1"/>
----------------------------------	----------------------------------	--------------------------------

Section 8

Round these decimals to the nearest whole number.

151.4	<input type="text" value="151"/>
34.7	<input type="text" value="35"/>

Year 4 Spring 1 Maths Activity Mat 4

Section 1

Count on.

1175, 1200, 1225, , ,

Section 2

Calculate:

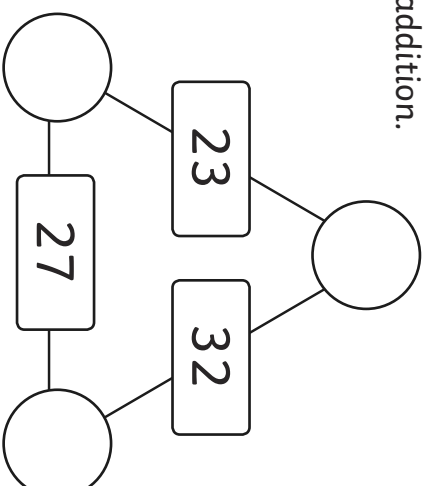
$2100 \div 3 =$

$6400 \div 8 =$

$4200 \div 6 =$

Section 3

Find the missing numbers through addition.



Section 4

In January, Kye has £17 585 in his savings account. By December, he has £21 349. By how much have his savings increased?

Section 5

Continue these fraction chains for another four fractions.

$\frac{3}{10}, \frac{6}{20}, \frac{9}{30}$

$\frac{7}{8}, \frac{14}{16}, \frac{21}{24}$

Section 6

What is the value of the underlined digit as a fraction?

15.23

1.8

7.15

Section 7

Count on four steps from $\frac{2}{9}$.

Section 8

Round these decimals to the nearest tenth.

3.57

9.29

17.45

Year 4 Spring 1 Maths Activity Mat 4 - Answers

Section 1

Count on.

1175, 1200, 1225,

1250

, 1275

, 1300

Section 2

Calculate:

$2100 \div 3 =$

700

$6400 \div 8 =$

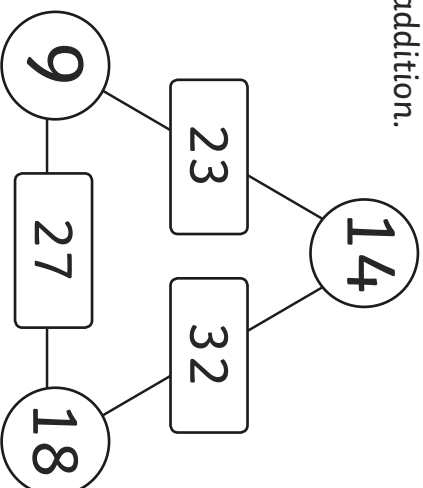
800

$4200 \div 6 =$

700

Section 3

Find the missing numbers through addition.



Section 4

In January, Kye has £17 585 in his savings account. By December, he has £21 349. By how much have his savings increased?

£3764

Section 5

Continue these fraction chains for another four fractions.

$\frac{3}{10}, \frac{6}{20}, \frac{9}{30}$

$\frac{12}{40}$

$\frac{15}{50}$

$\frac{18}{60}$

$\frac{21}{70}$

$\frac{7}{8}, \frac{14}{16}, \frac{21}{24}$

$\frac{28}{32}$

$\frac{35}{40}$

$\frac{42}{48}$

$\frac{49}{56}$

Section 6

What is the value of the underlined digit as a fraction?

15.23

$\frac{3}{100}$

1.8

1

7.15

$\frac{1}{10}$

Section 7

Count on four steps from $\frac{2}{9}$.

$\frac{3}{9}$

$\frac{4}{9}$

$\frac{5}{9}$

$\frac{6}{9}$

Section 8

Round these decimals to the nearest tenth.

3.57

3.6

9.29

9.3

17.45

17.5

Afternoon activity:

You learned about Ancient Greece earlier on in the school year. Some of you will be familiar with the story Pandora's Box. Pandora's Box is a classic Greek myth (an old, traditional, fictional story) that is still relevant to modern day.

Firstly, please look at the next page and read the story of Pandora's Box. You may want to underline or highlight any important words in the story to help you understand the key comes. **Read the story first and then come back to this page.**

Brilliant, you've read Pandora's Box! As Pandora opened the box, **hope** and **fear** entered the world. In the table below, I would like you to list all of the things that make you hopeful and fearful. Once you have finished writing your list, I want you to finish the sentence stem below and say whether you think Pandora should have or should not have opened the box and why.

Things that make me hopeful	Things that make me scared

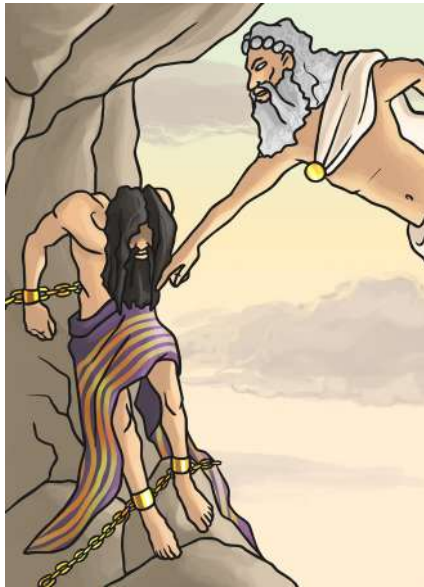
In conclusion, I think Pandora _____ opened the box because

Well done! You have completed today's homework!

Pandora's Box

A long time ago in Ancient Greece, there lived two brothers named Epimetheus and Prometheus. They were good gods with very kind hearts. Zeus, the most powerful of all gods, had hidden fire from mankind, never allowing them to make tools or cook their food. Prometheus, with his kind heart, thought this was unfair.

Prometheus was clever and knew that on the Isle of Lemnos lived Hephaestus, who was a blacksmith. Zeus allowed Hephaestus to use fire to make things for the gods. Prometheus travelled to Lemnos and stole the fire from Hephaestus and gave it to man. He also taught humans civilizing arts such as writing, medicine, mathematics and science.



Zeus was furious at Prometheus and as punishment, chained him to the side of a cliff for many years. Zeus decided that the humans also needed to be punished for their lack of respect. Zeus was creative when it came to revenge and therefore came up with a very cunning plan.

With the help of Hephaestus, he sculpted a woman out of clay. The goddess Athena breathed life into the clay and the woman came to life. Aphrodite made her beautiful and Hermes taught her how to be both charming and deceitful. Zeus called her Pandora and sent her to Epimetheus, as he knew that he was lonely.

Epimetheus went to visit his brother and Prometheus warned him not to accept any gifts from the gods. However, Epimetheus was so charmed by Pandora that he thought she could never cause any harm. Zeus was pleased that his plan was working and as a wedding gift, gave Pandora a small box.



Pandora's Box



When Pandora was given the box, she instantly became curious. The box was locked, but had a small key and a note attached to it that said 'DO NOT OPEN!' Pandora had promised that she would not open the box, but all she could think about was its contents. Why would someone send her a box and not allow her to open it? Pandora could no longer stand the torture of not knowing what was in the beautiful box.

When she knew that Epimetheus was out of sight, Pandora placed the box on the floor and took the small gold key. She closed her eyes and took a deep breath as she unlocked the box. She opened her eyes and pulled the box open, expecting to see fine silk dresses and jewellery. But there was not one gold bracelet or fine silk dress in sight! Instead, Zeus had packed terrible evils into the box and out poured sickness, death, poverty and sadness in the form of a horrible black mass.



Pandora slammed the lid shut, but it was too late; the evils had already escaped into the world. Epimetheus heard her weeping and ran into the room to console her. Pandora could still hear a tiny voice inside the box, pleading to be released. Epimetheus and Pandora thought that nothing could be worse than the horrors that had already been released, so together they opened the box. Out fluttered hope in the form of a beautiful gold dragonfly, healing some of the sickness and sorrow.

Even though Pandora had released suffering and sadness upon the world, she had also released hope and this made all the difference in the world.

Friday 22nd May 2020

Handwriting:

Choose one sheet from the **Handwriting Pack** to complete and write each word three times in your neatest handwriting.

Spelling:

It's spelling test day! Get someone at home to read each of the spelling words to you and write them down on a piece of paper. If you have got 5/5 give yourself a disco cheer!

Writing:

The poem we studied this week is a rhyming poem. You should have read this poem aloud quite a lot this week – hopefully you can clearly hear the rhyming words when you speak.

I would like you to try and write a rhyming poem about how you feel about going to high school! There are worksheets to help you with this on the next page. This task is tricky, so I've written a few lines of my own rhyming poem to inspire you.

The time has come for me to say **goodbye**,
To my school, teachers and friends who have helped me **fly**.
My Hovingham uniform feels tight and **small**,
I have grown out of the classrooms, the playground and the **hall**.
But inside my head my emotions are **churning**,
I feel fear and excitement and my stomach is **hurting**.
I worry about the new subjects and making new **friends**,
Will I still see my friends from Hovingham on the **weekends**?

Planning Sheet

Before you begin writing your poem, consider the theme you would like to write about. It may be based on a person or object, or something you can relate to.

Chosen Theme:

Interesting information about my chosen theme:

Adjectives to include:

Rhyming pairs that I might include:

Maths:

1. Practise your 12 times tables with someone at home and complete the times table wheels.

$$1 \times 12 = 12$$

$$2 \times 12 = 24$$

$$3 \times 12 = 36$$

$$4 \times 12 = 48$$

$$5 \times 12 = 60$$

$$6 \times 12 = 72$$

$$7 \times 12 = 84$$

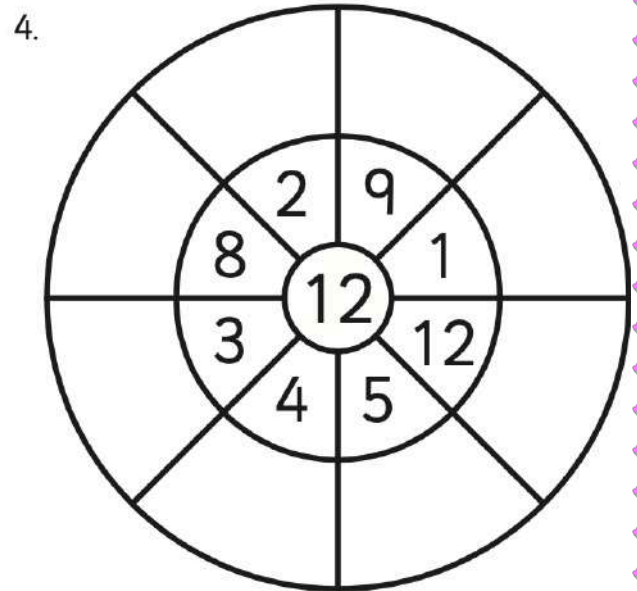
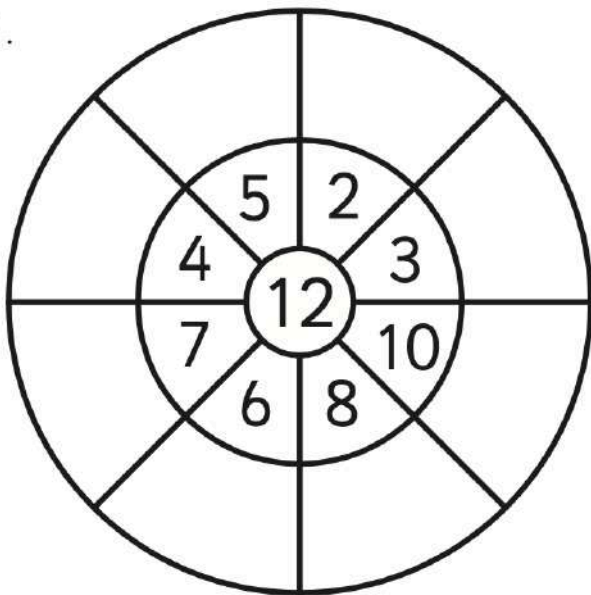
$$8 \times 12 = 96$$

$$9 \times 12 = 108$$

$$10 \times 12 = 120$$

$$11 \times 12 = 132$$

$$12 \times 12 = 144$$



2. Complete the activity mats on the next page and check your answers are correct.

Year 4 Spring 1 Maths Activity Mat 5

Section 1

Mentally, solve these calculations:

$530 - 300 =$

$179 + 600 =$

$245 + 20 =$

$904 - 700 =$

Section 2

There are 55 people at a conference meeting. If the chairs are organised into five rows, how many chairs are in each row?

Section 3

Calculate

$4 \times 12 =$

$12 \times 6 =$

$96 \div 12 =$

$84 \div 12 =$

Section 4

A cake is cut into 15 slices. If one third is eaten, how many slices would that be?

Section 5

Complete the calculation.

Change these amounts to pounds and pence.

148p

32p

709p

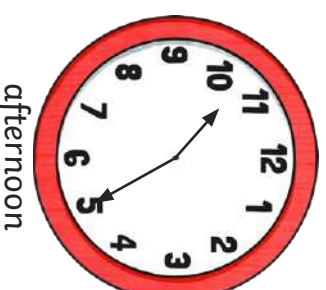
Section 6

Complete the calculation.

$$\begin{array}{r} \text{£}9.54 \\ + \text{£}2.37 \\ \hline \end{array}$$

Section 7

Write the time in 12-hour digital notation.



Section 8

Fill in the missing word.

A has four equal sides and no right angle.

Year 4 Spring 1 Maths Activity Mat 5 - Answers

Section 1

Mentally, solve these calculations:

$$530 - 300 = \boxed{230}$$

$$179 + 600 = \boxed{779}$$

$$245 + 20 = \boxed{265}$$

$$904 - 700 = \boxed{204}$$

Section 2

There are 55 people at a conference meeting. If the chairs are organised into five rows, how many chairs are in each row?

Section 3

Calculate

$$4 \times 12 = \boxed{48}$$

$$12 \times 6 = \boxed{72}$$

$$96 \div 12 = \boxed{8}$$

$$84 \div 12 = \boxed{7}$$

Section 4

A cake is cut into 15 slices. If one third is eaten, how many slices would that be?

Section 5

Complete the calculation.

Change these amounts to pounds and pence.

$$148\text{p} = \boxed{£1.48}$$

$$32\text{p} = \boxed{£0.32}$$

$$709\text{p} = \boxed{£7.09}$$

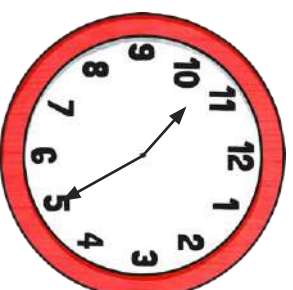
Section 6

Complete the calculation.

$$\begin{array}{r} £9.54 \\ + £2.37 \\ \hline \underline{£11.91} \end{array}$$

Section 7

Write the time in 12-hour digital notation.



afternoon

Section 8

Fill in the missing word.

A has four equal sides and no right angle.

Year 4 Spring 1 Maths Activity Mat 5

Section 1

Mentally, solve these calculations:

$$4580 + 700 = \boxed{}$$

$$5438 + 900 = \boxed{}$$

$$3652 - 3050 = \boxed{}$$

$$2126 - 120 = \boxed{}$$

Section 2

There are 121 cakes at a cake sale. There are 11 trays to lay the cakes on. If the cakes are shared equally between the trays, how many cakes are on each tray?

Section 3

Calculate

$$\times 12 = 0$$

$$\times 12 = 132$$

$$\div 12 = 10$$

$$\div 12 = 6$$

Section 4

There are 27 children in a class. Eight ninths are at school. How many children are at school?

Section 5

Write the next four terms in these sequences.

£0.10, £0.20, £0.30, £0.40...

£0.04, £0.08, £0.12, £0.16...

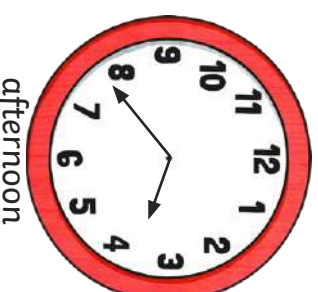
Section 6

Complete the calculation.

$$\begin{array}{r} £27.08 \\ + £23.56 \\ \hline \end{array}$$

Section 7

Write the time in 24-hour digital notation.



Section 8

rectangle rhombus kite parallelogram

Write the name of the above shapes which have:

Two lines of symmetry only

One pair of equal angles

Two pairs of equal sides

Year 4 Spring 1 Maths Activity Mat 5 - Answers

Section 1

Mentally, solve these calculations:

$$4580 + 700 = 5280$$

$$5438 + 900 = 6338$$

$$3652 - 3050 = 602$$

$$2126 - 120 = 2006$$

Section 2

There are 121 cakes at a cake sale. There are 11 trays to lay the cakes on. If the cakes are shared equally between the trays, how many cakes are on each tray?

11

Section 3

Calculate

$$0 \times 12 = 0$$

$$11 \times 12 = 132$$

$$120 \div 12 = 10$$

$$72 \div 12 = 6$$

Section 4

There are 27 children in a class. Eight ninths are at school. How many children are at school?

24

Section 5

Write the next four terms in these sequences.

£0.10, £0.20, £0.30, £0.40...

£0.50

£0.60

£0.70

£0.80

£0.04, £0.08, £0.12, £0.16...

£0.20

£0.24

£0.28

£0.32

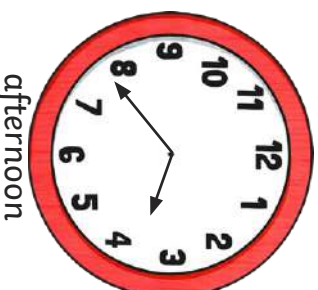
Section 6

Complete the calculation.

$$\begin{array}{r} £27.08 \\ + £23.56 \\ \hline £50.64 \end{array}$$

Section 7

Write the time in 24-hour digital notation.



afternoon

15.38

Section 8

rectangle rhombus kite parallelogram

Write the name of the above shapes which have:

Two lines of symmetry only

rectangle and rhombus

One pair of equal angles

kite

Two pairs of equal sides

rectangle, parallelogram, kite

Year 4 Spring 1 Maths Activity Mat 5

Section 1

Mentally, solve these calculations:

$19\,999 + 8000 =$

$3864 + 200\,000 =$

$65\,372 - 400 =$

$124\,088 - 90\,000 =$

Section 2

Sixteen 11-a-side football teams are playing on the eight pitches in a park. How many footballers are playing at the same time?

Section 3

Using the 12 times table, work these out and explain your method.

$6 \times 24 =$

$9 \times 24 =$

$12 \times 24 =$

Section 4

There are 420g of potatoes. Two sevenths of the potatoes are peeled. What is the weight of the unpeeled potatoes?

Section 5

Give the value of the underlined number.

3.15km

0.62km

7.5 litres

29.04 litres

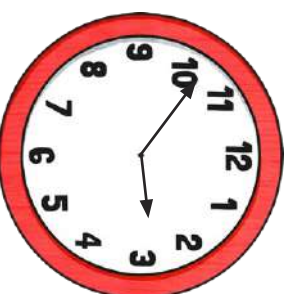
Section 6

Complete the calculation.

$$\begin{array}{r} \text{£}270.95 \\ + \text{£}124.27 \\ \hline \end{array}$$

Section 7

Write the time shown in 12-hour digital notation, and in 24-hour digital notation.



afternoon

Section 8

Draw a trapezium that is not symmetrical.

Year 4 Spring 1 Maths Activity Mat 5 - Answers

Section 1

Mentally, solve these calculations:

$19\,999 + 8000 =$

27 999

$3864 + 200\,000 =$

203 972

$65\,372 - 400 =$

64 972

$124\,088 - 90\,000 =$

34 088

Section 2

Sixteen 11-a-side football teams are playing on the eight pitches in a park. How many footballers are playing at the same time?

176

Section 3

Using the 12 times table, work these out and explain your method.

$6 \times 24 =$

144

$9 \times 24 =$

216

$12 \times 24 =$

288

Multiply by 12 and double the answer.

Section 4

There are 420g of potatoes. Two sevenths of the potatoes are peeled. What is the weight of the unpeeled potatoes?

300g

Section 5

Give the value of the underlined number.

3.15km

100m

0.62km

20m

7.5 litres

500ml

29.04 litres

9l

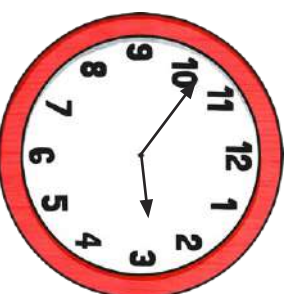
Section 6

Complete the calculation.

$$\begin{array}{r} £270.95 \\ + £124.27 \\ \hline £395.22 \end{array}$$

Section 7

Write the time shown in 12-hour digital notation, and in 24-hour digital notation.



afternoon

2:52pm

14:52

Section 8

Draw a trapezium that is not symmetrical.

Correctly drawn trapezium with no symmetry.

Afternoon activity:

1. It's time to stand up and get active! You should go for a walk (if you can and it's safe), do some exercise in your house or do some yoga. Here are some yoga poses you might want to try!

Elephant Pose



- Benefits**
Stretches legs and back, relieves stress and calms the mind.
- 1 Bend at the hips.
 - 2 Let arms hang low then clasp fingers together.
 - 3 Swing arms from side to side like a trunk. Swing whole body from side to side to walk like an elephant.

Rainbow Pose



- Benefits**
Stretches arms, abdominals, spine and chest; calms the mind.
- 1 Start on your knees. Raise both hands over your head.
 - 2 Drop one hand by your side, exhale and arch your arm over your body.
 - 3 Hold this position.
 - 4 As you bring your dropped arm back over your head, straighten your body.
 - 5 Repeat on other side.

Tree Pose

Vrikshasana



- Benefits**
Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.
- 1 Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)
 - 2 Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.
 - 3 Press your hands together.
 - 4 Raise your arms over head and look up to your hands if possible.
 - 5 Return hands to your chest and lower your right leg.
 - 6 Repeat with left leg.

Chair Pose

Utkatasana



- Benefits**
Strengthens legs, stretches shoulders and chest.
- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side.)
 - 2 Exhale, and bend your knees as if you were sitting in a chair.
 - 3 Reach your arms towards the ceiling with your palms facing each other.
 - 4 Hold this pose and breathe.

Cobra Pose

Bhujangasana



- Benefits**
Strengthens spine, backs of arms and legs; stretches shoulders, chest and belly, improves posture, helps relieve stress.
- 1 Begin by lying on your tummy.
 - 2 While exhaling, lift your head and upper torso off the floor.
 - 3 Gaze forward or slightly upward.
 - 4 Hold this position, then release.

Butterfly Pose

Baddha Konasana



- Benefits**
Calms the body and mind, helps relieve stress, headaches and fatigue
- 1 Begin by sitting with the soles of your feet together.
 - 2 Wrap your hands around your feet, keep your back straight.
 - 3 Gently bounce your knees to flap your butterfly wings.

Well done! You have completed this week's homework!