

This week's homework (22.06.20).

Monday 22nd June 2020

Handwriting:

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

Spelling:

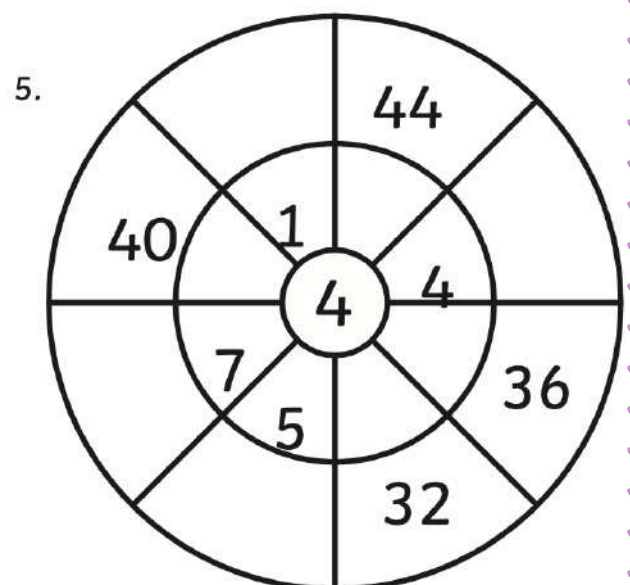
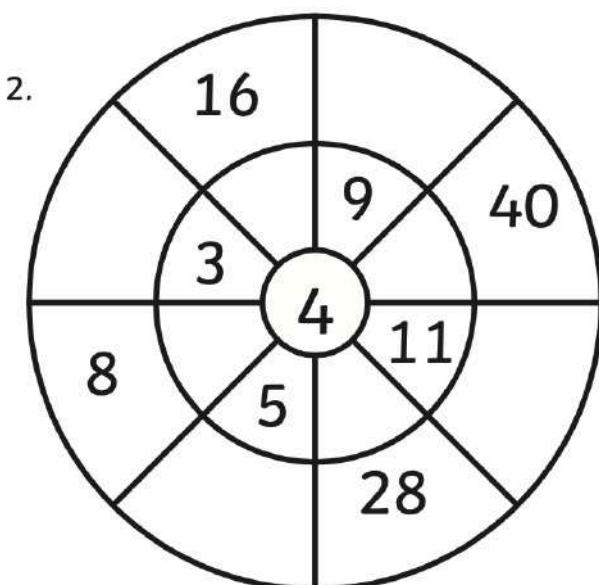
Choose 10 words from the **handwriting pack** that you are unfamiliar with. These will be your spelling words this week. Practice saying, covering and writing the words every day.

Reading:

1. **Open the Reading Comprehension booklet.** Choose **one** text and read it aloud to someone at home.
2. Answer the questions and check your answers are correct.

Maths:

1. Complete the 4 times table multiplication wheels below.



2. Complete the worksheet on the next page.

Afternoon activity:

We're going to practice our art skills this week. Today, we're focusing on bubble writing! I know lots of you enjoy bubble writing and want to get better at it so I thought this would be a really fun activity.

Once you have mastered bubble writing you should write your name on a piece of paper and decorate it. You might want to hang this on the front of your door or use it as a book mark.

1. Write out the alphabet in capital letters very lightly.
2. Draw around the capital letters with rounded edges very lightly.
3. Rub out the alphabet markings.
4. Tidy up your bubble writing and then go over it in black pen.



Tuesday 23rd June 2020

Handwriting:

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

Spelling:

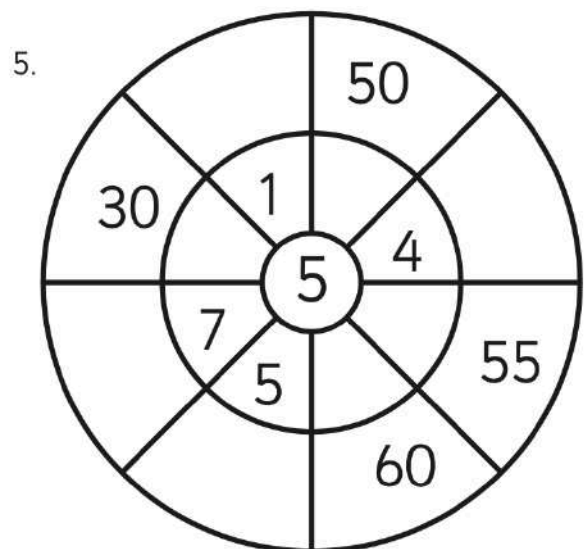
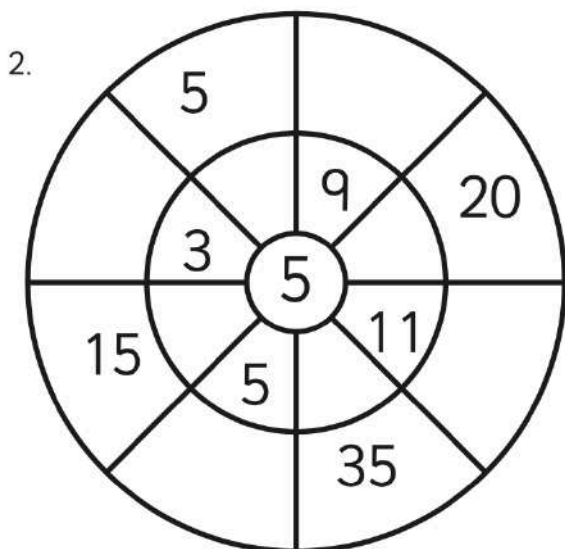
Do you remember the 10 spelling words you have chosen to learn this week? Practice saying, covering and writing these words.

Reading:

1. **Open the Reading Comprehension booklet.** Choose **one** text and read it aloud to someone at home.
2. Answer the questions and check your answers are correct.

Maths:

1. Complete the 5 times table multiplication wheels below.

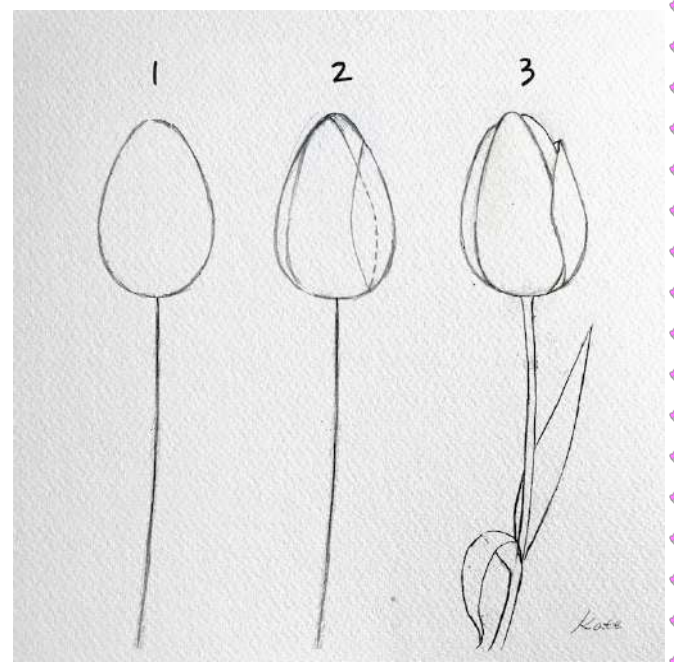
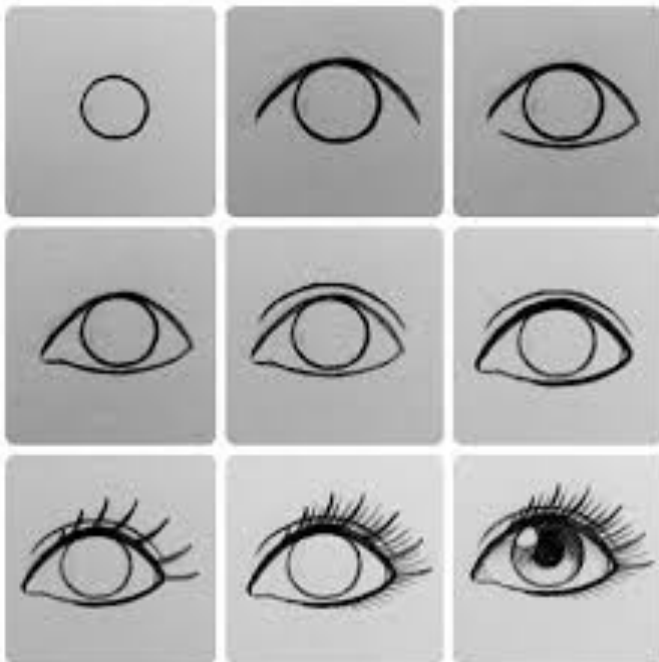
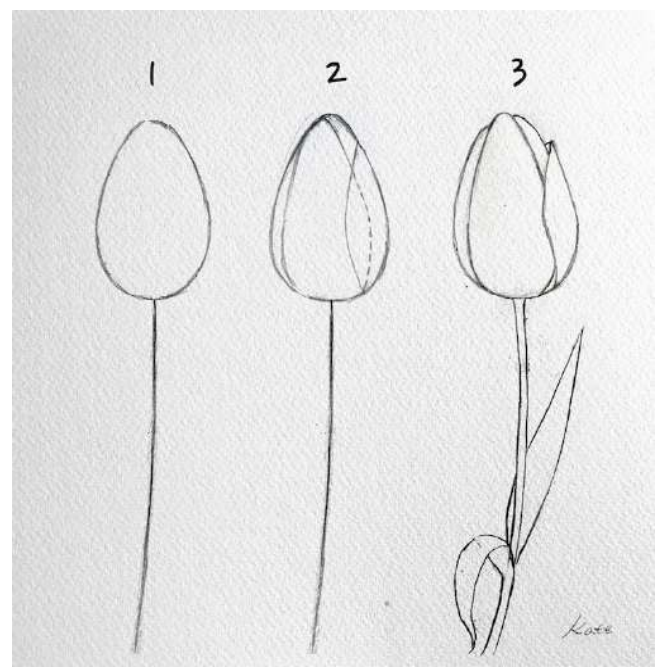
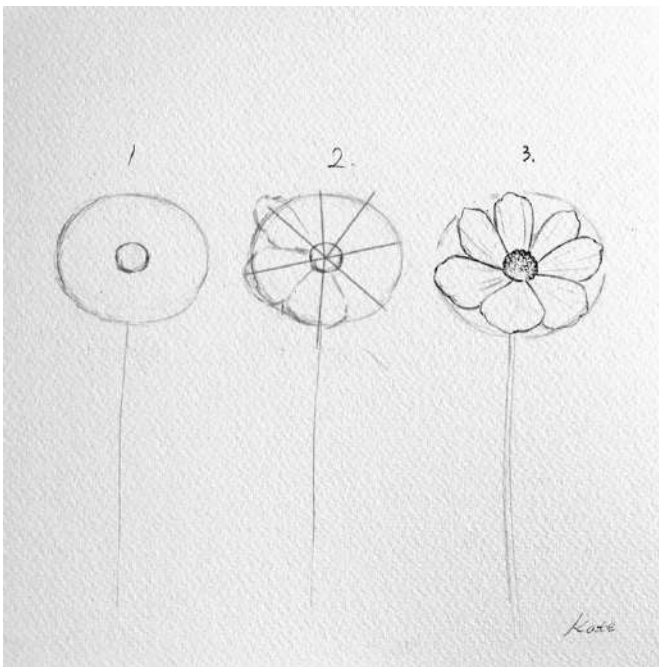


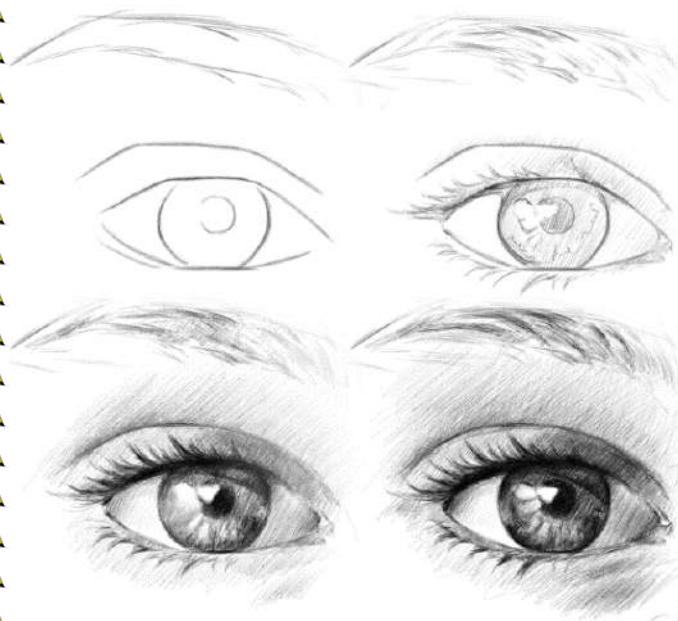
2. Complete the worksheet on the next page.

Afternoon activity:

Today, we're going to practice our sketching skills!

I want you to choose one picture below and practice sketching it to the very best of your ability. Don't rush this – take your time.





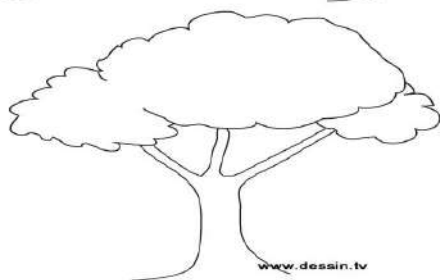
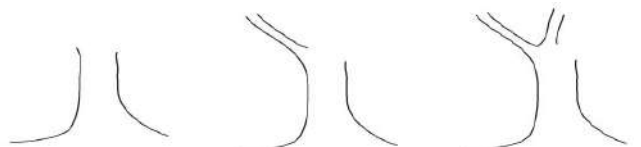
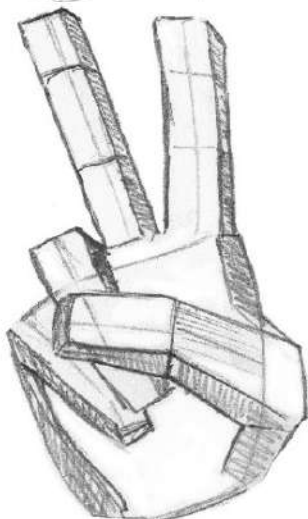
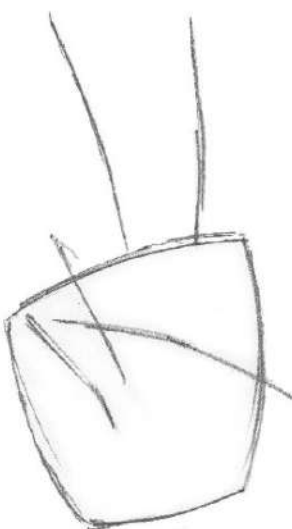
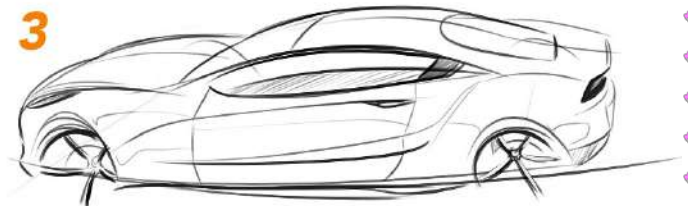
1



2



3



Wednesday 24th June 2020

Handwriting:

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

Spelling:

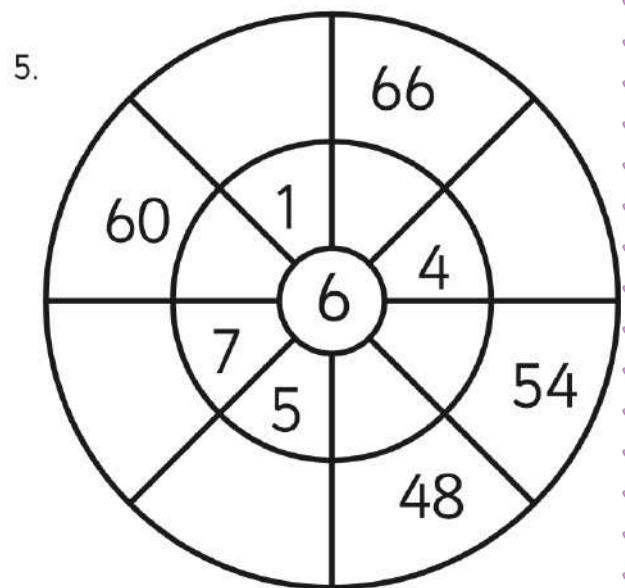
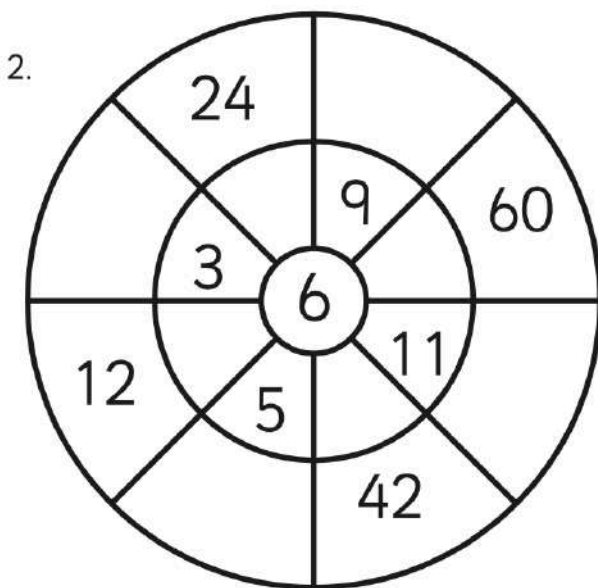
Do you remember the 10 spelling words you have chosen to learn this week? Practice saying, covering and writing these words.

Reading:

1. **Open the Reading Comprehension booklet.** Choose **one** text and read it aloud to someone at home.
2. Answer the questions and check your answers are correct.

Maths:

1. Complete the 6 times table multiplication wheels below.



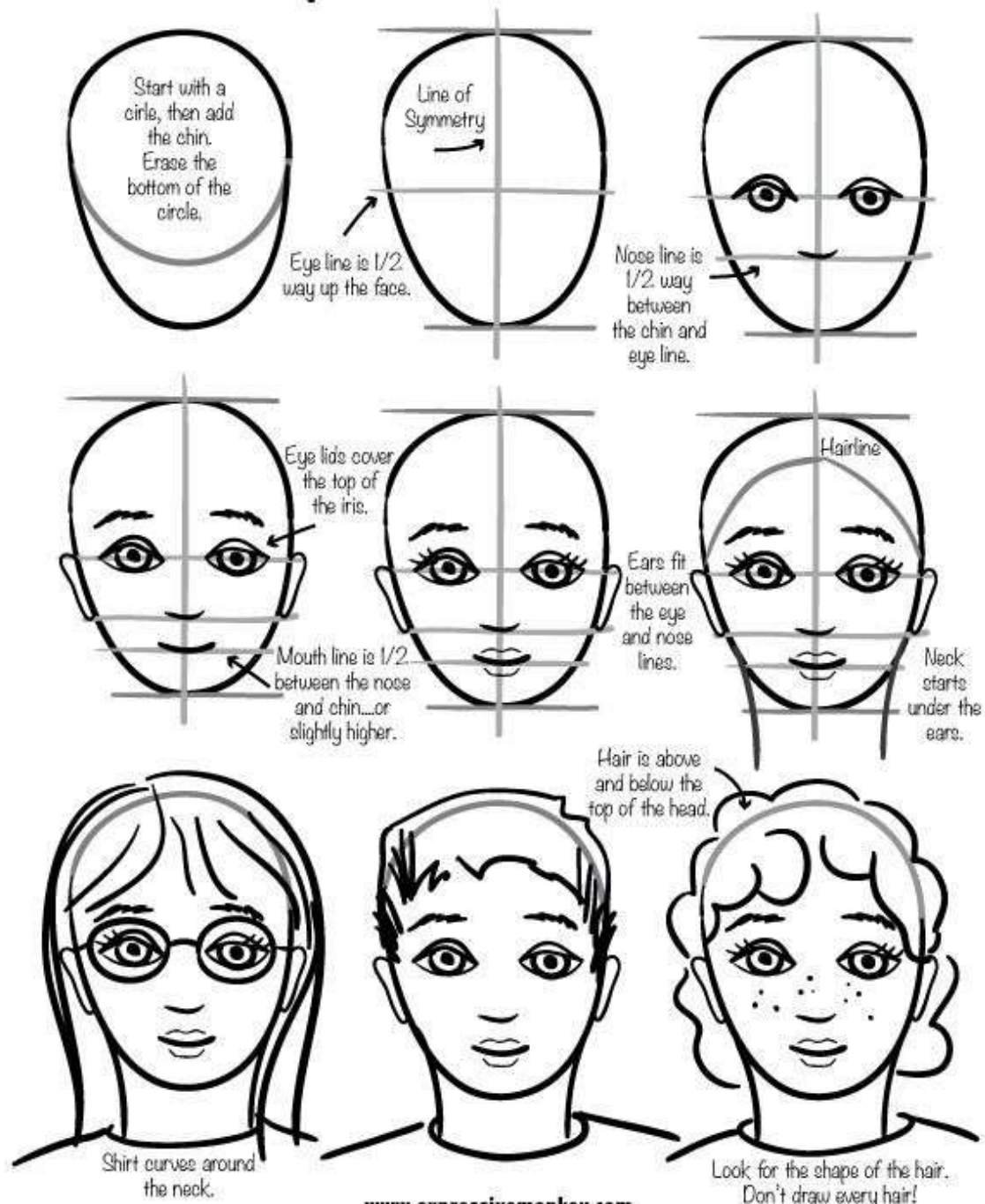
2. Complete the worksheet on the next page.

Afternoon activity:

Today, I would like you to draw a self-portrait. A self-portrait is a drawing you create of yourself. You will need to look in the mirror as you draw your self-portrait so it is as accurate as possible!

Here is a little guidance to help you draw your self-portrait:

Proportions of the Face



Thursday 25th June 2020

Handwriting:

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

Spelling:

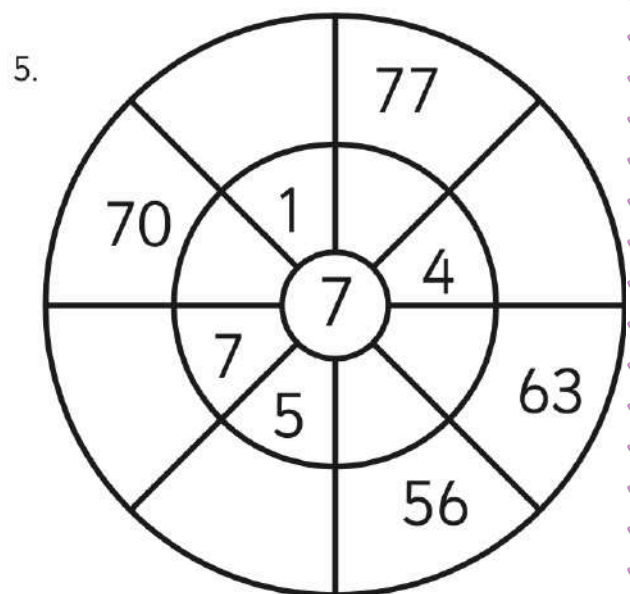
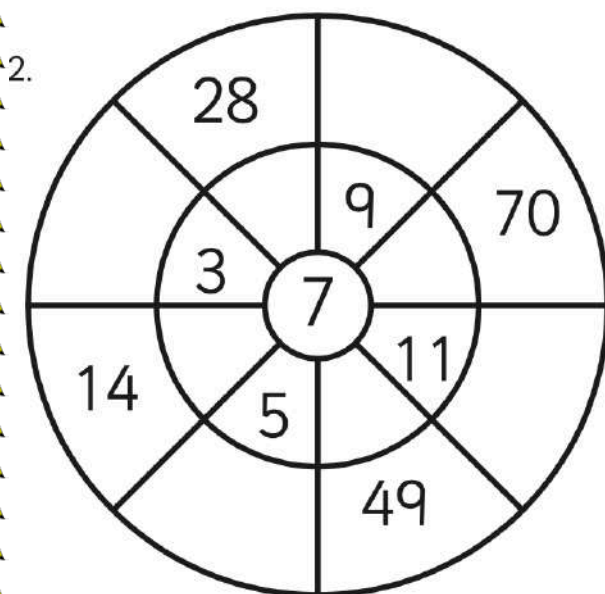
Do you remember the 10 spelling words you have chosen to learn this week? Practice saying, covering and writing these words.

Reading:

1. **Open the Reading Comprehension booklet.** Choose **one** text and read it aloud to someone at home.
2. Answer the questions and check your answers are correct.

Maths:

1. Complete the 7 times table multiplication wheels below.



2. Complete the worksheet on the next page.

Afternoon activity:



Your final art activity of the week is to design your own school uniform!

Firstly, research what your new secondary school uniform looks like. What makes up the school uniform? What colour is it? What do you like and dislike about it? What would you change?

Now, I would like you to design your dream school uniform and write a paragraph explaining why you have chosen the items you have drawn. Get creative and imaginative!

Friday 26th June 2020

Handwriting:

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

Spelling:

It's time for a spelling test! Get someone at home to test you on the 10 words you have been practicing this week.

1. **Open the Reading Comprehension booklet.** Choose **one** text and read it aloud to someone at home.
2. Answer the questions and check your answers are correct.

Maths:

1. Complete the times tables and the worksheet on the next page.

$7 \times 1 = \underline{\quad}$

$4 \times 5 = \underline{\quad}$

$10 \times 9 = \underline{\quad}$

$11 \times 3 = \underline{\quad}$

$8 \times 6 = \underline{\quad}$

$10 \times 5 = \underline{\quad}$

$6 \times 4 = \underline{\quad}$

$6 \times 8 = \underline{\quad}$

$10 \times 6 = \underline{\quad}$

$11 \times 8 = \underline{\quad}$

$10 \times 7 = \underline{\quad}$

$12 \times 10 = \underline{\quad}$

$8 \times 8 = \underline{\quad}$

$5 \times 3 = \underline{\quad}$

$9 \times 1 = \underline{\quad}$

$1 \times 9 = \underline{\quad}$

$11 \times 4 = \underline{\quad}$

$10 \times 8 = \underline{\quad}$

$12 \times 5 = \underline{\quad}$

$4 \times 3 = \underline{\quad}$

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!

Warrior II Pose

Virabhadrasana II



- Benefits**
Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.
- 1 Stand with your feet wide apart. Turn your left foot out 90°.
 - 2 Inhale, and lift your arms parallel to the floor.
 - 3 Exhale and bend your right knee. Be careful not to extend your knee past your ankle.
 - 4 Keep your torso tall, turn your head, and look out over your finger tips.
 - 5 Inhale and straighten your legs and lower your arms. Repeat on the opposite side.

Bear Pose



- Benefits**
Stretches arms, legs, sides and chest; releases tension.
- 1 Begin on your knees, then sit back on your heels.
 - 2 Spread your knees comfortably apart.
 - 3 Bend forward, lowering your chest to the floor.
 - 4 Bring your hands in front of you, locking your fingers together.
 - 5 Exhale through your mouth, warming your hands.

Crescent Moon Pose



- Benefits**
Stretches arms, abdominals, spine and chest; calms the mind.
- 1 Inhale and raise your hands over your head, pressing palms together.
 - 2 Exhale and tip your body to one side.
 - 3 Inhale and return to standing straight.
 - 4 Repeat on opposite side.
 - 5 Exhale and lower your arms.

Downward Dog Pose



- Benefits**
Stretches the shoulders, hamstrings, calves, arches and hands; calms the mind.
- 1 Start on your hands and knees, with your knees slightly apart, directly under the hips.
 - 2 Your hands should be shoulder-width apart, and slightly in front of your shoulders.
 - 3 Curl your toes under, straighten your knees and lift your hips.
 - 4 Keep your head between your arms.
 - 5 Hold this pose and breathe.

Cat Cow Pose

Marjaryasana Bitilasana



- Benefits**
Stretches torso and neck, gently massages spine and internal organs.
- 1 Start by kneeling on hands and knees. Make sure hands are below your shoulders and your knees below your hips.
 - 2 Inhale and look up to the ceiling, allow your belly to sink toward the floor.
 - 3 Exhale and round your back towards the ceiling and look at your belly.
 - 4 Repeat.

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.

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