

## Exercise:



Start your morning with something active...

Have you checked this out yet?

If you would like to try something different this week:

The PE teacher from Hayle Academy Secondary School has started his own morning workout lessons (a bit like Joe Wicks). The videos are fun but effective (and he dresses as different characters such as Mario and different superheroes).

[https://www.youtube.com/channel/UCWCoUPfttJNC3ch2O2\\_xVKw?fbclid=IwAR11QA-los\\_gdHOFZpUAL3P3c9X80fAgbbVYgHWK7NSCXGpiBLYWphxrJok](https://www.youtube.com/channel/UCWCoUPfttJNC3ch2O2_xVKw?fbclid=IwAR11QA-los_gdHOFZpUAL3P3c9X80fAgbbVYgHWK7NSCXGpiBLYWphxrJok)

Otherwise - keep going with what exercise/routine works for you!

## Reading:



**This week's reading is ...**  
All about superheroes!



**Monday:** Ratman  
**Tuesday:** Lizard Lad  
**Wednesday:** Water Woman  
**Thursday:** Grizzly Girl  
**Friday:** Kangaroo Kid

There are three different levels for each activity - choose your starting point 1, 2 or 3 stars!

## English:



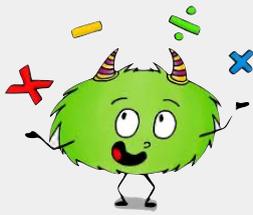
Don't forget to log on to Spelling Shed (and Nessy) to practise your spellings!

Your tasks this week:

Refer to this week's English plan for details but to summarise:

**Monday:** Design your own superhero and create a fact file  
**Tuesday:** Create a superhero comic strip  
**Wednesday:** Writing a wanted poster for your hero's enemy  
**Thursday:** Designing a recipe for a superhero  
**Friday:** Thinking about real life heroes!

# Maths:



Keep Using Reflex maths to help master your times tables!

Your tasks this week: From White Rose Maths

Week 9 - w/c 22 June

	Year 3	Year 4
<b>Monday</b>	Right Angles in Shapes	Pounds and Pence
<b>Tuesday</b>	Compare Angles	Ordering Money
<b>Wednesday</b>	Horizontal and Vertical	Estimating Money
<b>Thursday</b>	Parallel and Perpendicular	Four Operations
<b>Friday</b>	Arithmetic Paper	Arithmetic Paper

Don't forget the teaching videos for each session on the White Roe Website!

This week our theme is SUPERHEROES!

There is a PDF file with some presentation slides to take you through the tasks for these subjects. Spread these activities out through the week and don't feel you need to finish them all at the same time. They are there for you to choose from.

Your Tasks this week:



### Superhero Topic: (MONDAY/TUESDAY)

- Fill in your superhero profile or make your own poster
- Create a sidekick poster
- PSHE - what makes a superhero? Who are our real life superheroes?
- Create a film trailer for your superhero and then add audio narration
- Create a photographic comic strip of you as your superhero in action.



### French: (WEDNESDAY)

Although our theme is Superheroes, we would like you to continue with what we need to be covering in the curriculum now. So this week we would like you to look at Pets and Animals in French.



### Art: (THURSDAY/FRIDAY)

- Design a gadget for your superhero.
- Design a superhero board game
- Design a costume for your superhero and label it.
- Make your own superhero cuffs
- Make a bottle jet pack

## Exercise:



Don't forget to end your day with some relaxing exercise. There are lots of ideas on the internet or perhaps you could end your day with a walk with your family?

Or finish the day with some relaxing Yoga:

[https://www.youtube.com/results?search\\_query=cosmic+yoga](https://www.youtube.com/results?search_query=cosmic+yoga)



**We don't expect for you to complete everything on the weekly activities sheet, as a guide please aim for:**

20 mins reading activity each day

45 mins writing activity each day

45 mins maths activity each day

Time spent on Spelling Shed and Reflex (until you get a green light) at least three times per week; and as much or as little of the other subjects as you can manage. Some days this might be more than others but don't worry!

Just remember to send us a message and a photo of your learning on Showbie!