

## Year 4 Curriculum Summer 2 Week 4

### To do throughout the week...

<b>Wellbeing</b>	<p><b>How to deal with stress</b> - How are you feeling?- Look at the thermometer to help you</p> <p><b>Story:</b> <a href="#">Coronavirus for children</a></p> <p><b>Activity:</b> Target- Write down your stresses and list all the things to help you feel relaxed.</p>
<b>Daily Exercise</b>	Keep active! Make sure you do something active each day. Maybe do the exercises <a href="#">here</a> .
	<b>The Great 8</b> are fun challenges suitable for the whole family. See below.

Here are the curriculum activities for the week. You can do in any order you choose.  
Try to do these this week as next week's activity will follow on in each subject.

<b>Science</b>	<p><b>Understanding reversible change</b></p> <p>In our States of Matter learning, we found out how states of matter change from solids, liquids and to gases. Have you ever wondered about those states of matter that once changed, can go back to their original state? We call this a reversible change.</p> <ul style="list-style-type: none"> <li>Have a look at this <a href="#">video</a> showing how chocolate goes through a reversible change.</li> <li>Create a recipe using chocolate that goes through a reversible change. If you have time and the ingredients, have a go at making your recipe to see what happens to the chocolate. Rice crispie cakes are a great example of how the chocolate goes through a reversible change.</li> </ul>	
<b>History</b>	<p><b>Discoveries from the Stone and Iron Age</b></p> <ul style="list-style-type: none"> <li>Look at the following artefacts in this <a href="#">link</a>.</li> <li>Design a museum leaflet that explains about one object from each time period and share it with someone in your house.</li> </ul>	
<b>Geography</b>	<p><b>How has population changed in the US?</b></p> <ul style="list-style-type: none"> <li>Watch this animated map of the USA <a href="#">here</a>. What do you think this is showing? What did you notice?</li> <li>There are many reasons why the population of the US started in the West and moved to the East. You can find a list of them below.</li> <li>Decide what you think were the 3 most important influences on Westward Expansion in USA and give reasons for your choices.</li> </ul>	You will need Support
<b>PE</b>	<p><b>Athletic training- flexibility</b></p> <ul style="list-style-type: none"> <li>See below for some example <b>dynamic stretches</b> to increase your flexibility</li> <li>See below for some <b>static stretches</b> to increase your flexibility</li> <li>Try these <b>active stretches</b> below to increase your flexibility</li> </ul> <p>Try the strengthening &amp; flexibility exercises every day to become a strong, flexible athlete!</p>	You will need- An adult to check you do the stretch accurately & safely
<b>Languages</b>	<p><b>Body Parts</b></p> <ul style="list-style-type: none"> <li><b>Create</b> your French mini book</li> <li><b>Write</b> sentences to say which part of the body hurts</li> <li><b>Illustrate</b> your sentences.</li> </ul>	You will need Paper, colouring pencils *Support
<b>Design Technology</b>	<p><b>Seurat and Pointillism</b></p> <p>This is a style of painting that uses dots or dashes of colour to create the images. It was pioneered by French artist George Seurat</p> <ul style="list-style-type: none"> <li>Have a look at the information – support 1- below.</li> <li>Why do you think the images look different when they are looked at close up compared to how they look at a distance?</li> <li>Create your own Pointillism artwork – if you are stuck for ideas, the wonderful blossom on the trees at the moment can be very inspirational!</li> </ul>	You will need: Paper cotton bud  *Support
<b>Music</b>	<p><b>Hall of the Mountain king</b></p> <ul style="list-style-type: none"> <li>Carry Out some research on the <b>Hall of the Mountain king</b>.</li> <li>Why did Edward Grieg write this music? Was it written to tell a story? If so, find out what was the story about. Has this music been used in famous films or TV ads?</li> <li>Present your information as a brochure/ leaflet or report your information onto a video device.</li> </ul>	You will need: Internet Paper pens

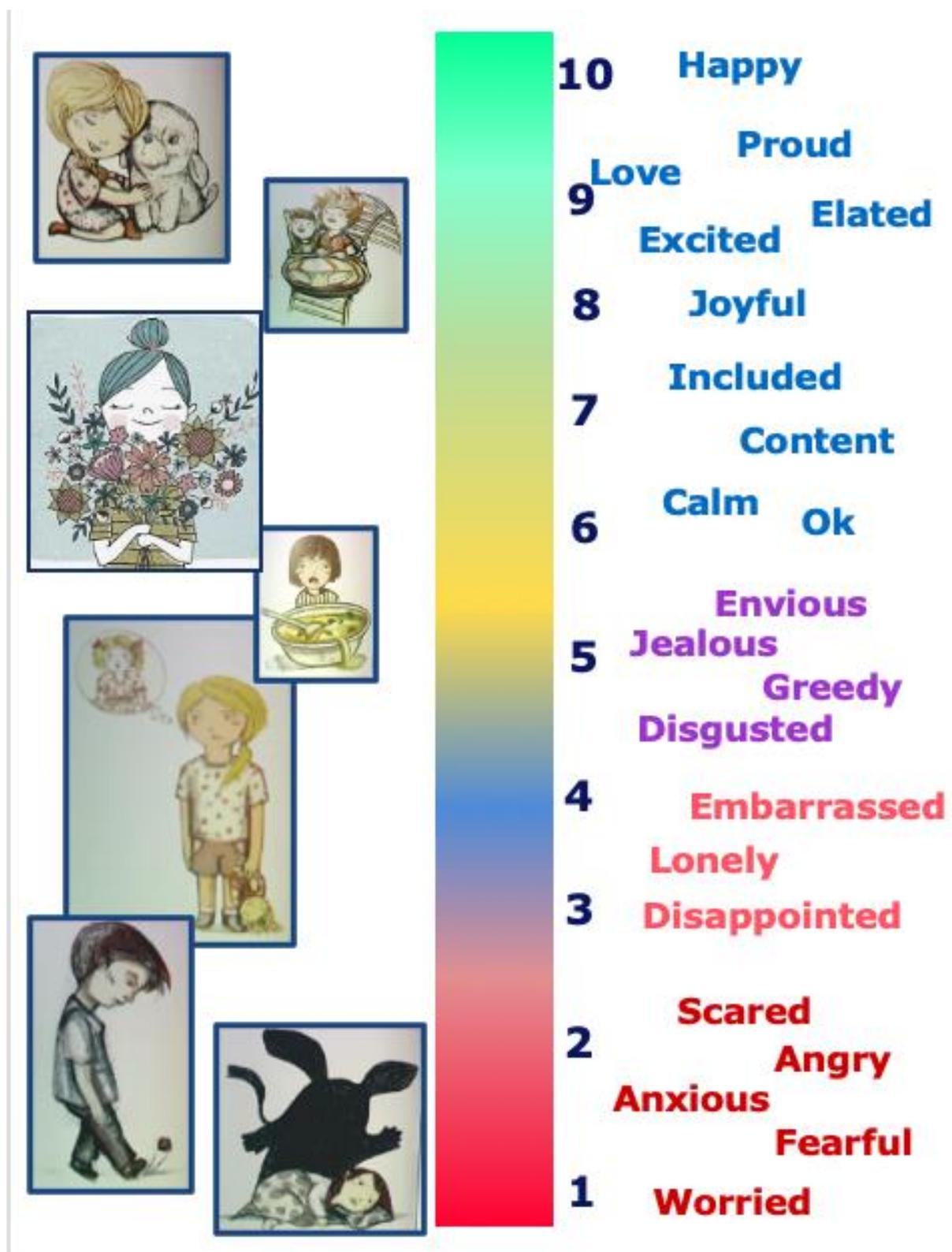


Here are some fun challenges suitable for the whole family.

## Summer 2 Week 4

1. To talk about	Why do different people like different food?
2. To do	How many hops can you do in 10 seconds? Can you beat your score each time?
3. To investigate	Why do different countries have different time zones?
4. To find out more about	Someone who helped changed a law for many others
5. To design	A playground for aliens
6. To learn	How to do the Macarena dance
7. To draw	Where you live
8. To create	A hat from items around your house

# Wellbeing – Feelings Thermometer



# Wellbeing – Target



# Science – Support

Recipe for:

Ingredients:



Equipment:

Instructions:



# Geography -- Support

## Reasons for why population in the US started in the East and spread to West (Westward Expansion)

-low price of land in West



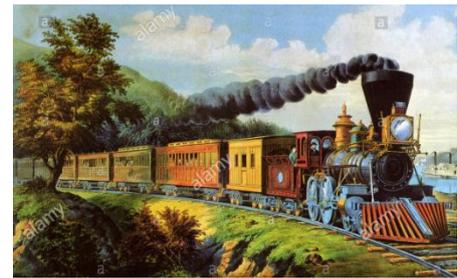
-pioneering (adventure) spirit

-job opportunities



- farming (explain much of Great Plains is now farm land)

-technology advances (railways) meaning transport was quicker and costs were lower



-limited land available in the East

-people searching for Gold (the Gold Rush) and mining opportunities



-the need for more land to fit the growing population



## Task 1 - dynamic stretches for flexibility

### **Side to Side Leg Swings**

Put your hands against a wall with your chest facing the wall. Swing your left leg side to side without turning your body. You should feel a stretch in your inner thigh and outer glute. Repeat ten times and repeat on the other side.

### **Forward Leg Swings**

Stand side-on to a wall and hold the wall for balance. Swing your inner leg forward and back ten times so that you feel a stretch in your hip and glute. Try to keep your hips tucked under you with each leg swing. Repeat ten times on each side.

### **Side to Side Arm Swings**

Stand tall and swing your arms outwards as far as you can. Immediately swing them across each other so that you're hugging yourself. Perform ten swings in each direction, and each time you cross your arms change the arm on top.

### **Walking Lunges**

Put your hands on your hips and take a big step forward. Touch your back knee to the ground without bending your torso. You should feel a stretch in your back hip. Repeat five times on each side.

### **Toe Touch to Reach**

Bend over and touch your toes. Immediately stretch your hands over your head until you feel a stretch in your upper back. Repeat ten times in each direction.

## Task 2- static stretches for flexibility

### Straddle:



**1 Do a straddle stretch.** Sit on your bottom on the ground. Stretch your legs long and open them up as wide as they will go. Point your feet and place your hands on the ground in front of you to balance yourself. You should feel this stretch in your hips and your inner thighs.<sup>[1]</sup>

- Stay in this stretch for fifteen seconds.
- Try to open your legs wider each time you do this stretch. The goal is to eventually be able to do a split.

### Pike:



**2 Practice a pike stretch.** Sit on your bottom with your legs extended in front of you and your arms lifted straight overhead. Fold at your waist and reach your arms towards your toes.<sup>[2]</sup>

- Stay in this stretch for fifteen seconds.
- You may not be able to reach your toes right away. Keep trying and as you get more flexible, you'll get closer and closer to touching them.

### Lunge:



**3 Try a lunge stretch.** Stand with your left leg in front of you and your right leg behind you. Bend your left leg at a 90 degree angle, and rest your right leg on the ground to support yourself. Rest your hands on your left leg and use them to push your left leg even deeper into the stretch.<sup>[3]</sup>

- Stay in your left lunge for 15 seconds.
- After 15 seconds, switch and do the same thing on your right side.

### Superman:



**4 Try the Superman.** Lie on the ground on your stomach with your arms stretched out in front of you (your body should be in one straight line). Lift your arms and feet off the ground; your arms should be in line with your ears and your feet should be lifted a little higher than your hips.<sup>[6]</sup>

- Stay in this stretch for fifteen seconds.
- As you get more flexible, try to lift your feet a little higher.

### Downward dog:



**5 Try downward facing dog.** From a standing position, fold your body over at the waist and allow your hands to touch the floor. Walk your hands forward until your body resembles that of an upside down letter V.<sup>[11]</sup>

- Your hands should be shoulder-width apart.
- Your fingers should be spread wide.
- Keep your feet hip-width distance apart.
- Try to touch your heels to the floor.

## Task3 -Active stretches for flexibility

### Quad pulls



**1** Try quad pulls. Bend your left knee and pull your left leg behind your body, using your left hand to support it. Reach your right arm toward the ceiling, as far as it will go. After your arm is lifted, raise up onto your right toes and balance there.<sup>[10]</sup>

- When you've got a good stretch on your left side, switch and do the same thing on your right side.
- Alternate back and forth. Do ten rounds on each side.

### Tree pose:



**2** Stand in tree pose. Stand straight up with your feet together. Lift your right foot and tuck it into the space right above your left knee, with your right knee facing out. Put your palms together in front of your heart.<sup>[12]</sup>

- Stand in this position for ten seconds, then switch sides.
- When your feet are together, your big toes should be touching, and your heels should be slightly apart.
- Make sure your weight is evenly balanced.
- Don't let your foot rest on your knee, it can damage your joints.

### Bow pose:



**3** Experiment with bow pose. Lie on your stomach with your arms running beside your body – make sure to keep your palms face up. Bend your knees and grab your ankles with your hands.<sup>[13]</sup>

- When you breathe in, try to lift your knees and thighs even further away from the floor.
- Stay here for five seconds. Take a break, then try this pose two more times.

# French

## Activity 1 / 2 Make your own mini book in French

Write a sentence to say which part of the body hurts and illustrate it.

<p>J'ai mal au cou.</p> 	<p>J'ai mal au bras.</p> 	<p>J'ai mal aux dents.</p> 	<p>J'ai mal au dos.</p> 
 <p>J'ai mal à la tête.</p>	 <p>J'ai mal au ventre.</p>	 <p>J'ai mal au pied.</p>	<p>Mon livre de français:</p> <p>J'ai mal...</p> <p>Par Mme Lambert</p>

# 8 Page Mini Book Template

Use this easy to make A4 mini book to make your own books – great for lapbook type projects or anything you do that you want to present as a book.

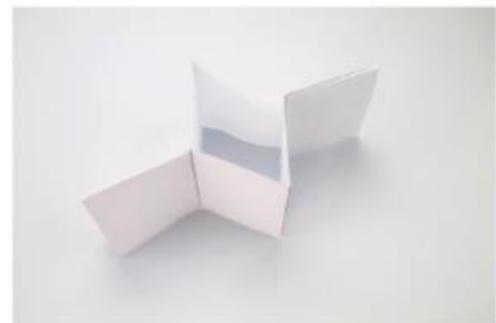
1. Start by folding along all the lines on the A4 template. Or use a sheet of paper of your choice and follow the fold pattern. Press each fold down flat with a ruler or your fingernail.



2. Fold the sheet in half widthways and then cut along the dotted line to the centre. Open the paper out and you should see that you have cut along the whole length of the dotted line.



3. Now fold the paper in half lengthways so that you see a diamond shaped hole from above.



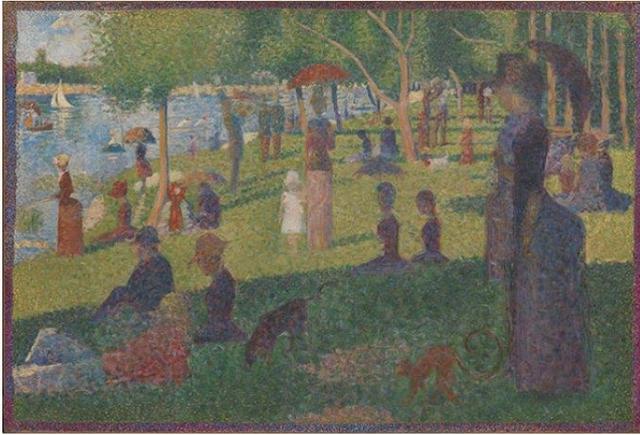
4. Push the opposite corners of the diamond shaped hole together to form the pages of your book.



5. Fold and flatten your book. Use any way you wish!

# Design Technology - Seurat and Pointillism

Pointillism was a style of painting invented by George Seurat, during which you apply small strokes or dots of colour to a surface so that when looked at from a distance they seem to blend in together.



George Seurat  
Close up showing  
detailing



*Un Dimanche après-midi à l'île de la Grande Jatte 1884-86*

When using paint in this style, you can use a cotton wool bud instead of a paintbrush to apply the dots of paint. If you don't have a cotton wool bud, the lid of a pen or the tip of a small stick or dowel would also work.

You can use felt tips – the tips of these are already circular. The same applies to wax crayons.

Experiment with different colour combinations – if you use blue and yellow dots, does the work appear green from a distance?

Using pointillism to create your artwork – this is an example of a beautiful blossom tree using this technique. What else do you think would work well?

