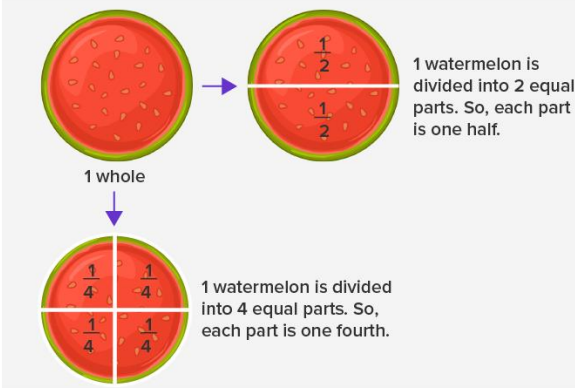


# Gordon Primary School

## Remote Learning Grid

### Year 4

Week beginning 07.12.20.

| Day | English                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Maths                                                                                                                                                                                                                                                                                                                                                                                   | Topic/Science                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | <p><u>Wellbeing</u></p> <p>This week I would like you to think about your wellbeing and what it means?</p>  <p>There are 5 keys to a positive wellbeing they are:</p> <ol style="list-style-type: none"> <li>1. Social – Connecting with others</li> <li>2. Physical – Being active</li> <li>3. Intellectual – Keep learning</li> <li>4. Emotional – Take notice of yours and others feelings</li> <li>5. Spirituality – Giving back to your community</li> </ol> | <p>Fractions</p> <p>This week in class we have been focusing on fractions. When we divide a whole into equal parts, each part is a fraction of the whole.</p> <p>For example,</p>  <p>Use this diagram to help you draw out the circles below and color the fraction of circle it has asked for:</p> | <p><u>Musical Features</u></p> <p>Music is made of lots of different elements that make up how it sounds.</p> <p>These features can be described using key words like loud and quiet, high and low, fast and slow, long and short.</p> <p>We can use these words and many more to describe the elements of a piece of music.</p> <p>Click this link to watch a really fun video about the features of Music:</p> <p><a href="https://www.bbc.co.uk/bitesize/topics/zk86qfr/articles/z8x796f">https://www.bbc.co.uk/bitesize/topics/zk86qfr/articles/z8x796f</a></p> <p>The festive period is getting closer and we are slowly getting into the spirit and what better way to do that than by singing carols?</p> <p>Click the link and sing along to Let it Snow:</p> <p><a href="https://www.youtube.com/watch?v=wsB1_UGiVoU">https://www.youtube.com/watch?v=wsB1_UGiVoU</a></p> <p>Memorize the lyrics.</p> |

Create a mind map of the 5 keys to wellbeing and what you can do to promote these in your life.

Each day this week I would like you to write a diary entry on how you improved your wellbeing using these 5 keys. You could write about a different key every day or you could just write the ones that you feel you have achieved.

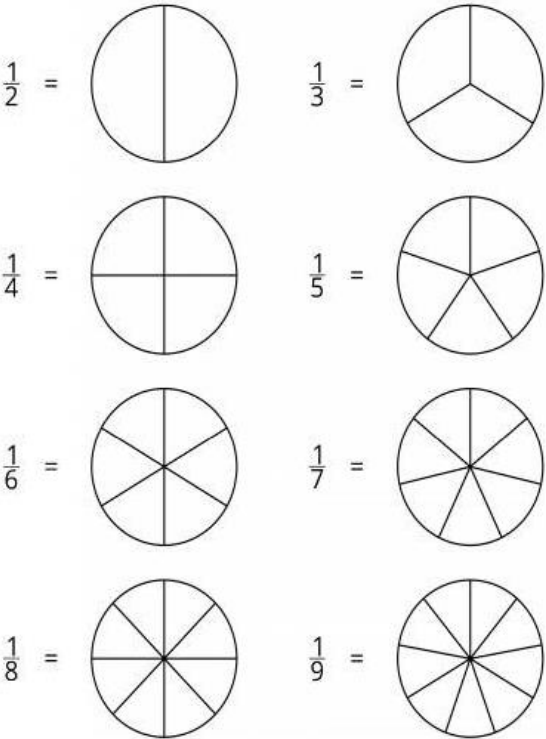
Remember you can discuss or write this in your home language if you would prefer.

Example:

Dear Diary,

Today I focused on my physical wellbeing by taking a walk in the park with my family. The birds were tweeting up high in the trees and it made me feel calm and peaceful.

Color the fraction circle



|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| 2 | <p>Wellbeing</p> <p>This week I would like you to think about your wellbeing and what it means?</p> <p>There are 5 keys to a positive wellbeing they are:</p> <ol style="list-style-type: none"> <li>1. Social – Connecting with others</li> <li>2. Physical – Being active</li> <li>3. Intellectual – Keep learning</li> <li>4. Emotional – Take notice of yours and others feelings</li> <li>5. Spirituality – Giving back to your Community</li> </ol> <p>Each day this week I would like you to write a diary entry on how you improved your wellbeing using these 5 keys. You could write about a different key every day or you could just write the ones that you feel you have achieved.</p> <p>Remember you can discuss or write this in your home language if you would prefer.</p> | <div data-bbox="817 223 1321 399"> <p>1 ← Numerator, tells the number of equal parts taken.</p> <p>2 ← Denominator, tells the total number of equal parts in a whole or collection.</p> </div> <p>Therefore <math>2/2 = 1</math> whole.</p> <p>Fractions can be represented on a number line, as shown below.</p> <div data-bbox="795 614 1355 845"> </div> <p>Draw 3 more number lines.</p> <p>On your number line count up in fractions:</p> <p><math>1/5</math></p> <p><math>1/6</math></p> <p><math>1/8</math></p> <p>For example:</p> <div data-bbox="784 1332 1209 1396"> </div> | <p>In connection with your focus on wellbeing this week in English. I would also like you to think about the word 'resilience' and what it means to you.</p> <p>Resilience can be two things:</p> <ol style="list-style-type: none"> <li>1. A materials ability to spring back into shape.</li> <li>2. The ability of a person to come back from difficulties.</li> </ol> <p>For some people the current pandemic can be a very difficult time and they can find it very hard to get back to 'normal' after it is all over.</p> <p>This week I want you to think about a difficult time for you and how you overcame it or are still overcoming it. I would like you to discuss this with your family members. It may be that the current pandemic is the most difficult time that you have experienced.</p> <p>Think about:</p> <p>What you can do to make things better?</p> <p>Will you need help to make things better?</p> <p>Are you going to come out of your struggle a stronger and more resilient person?</p> <p>Use your wellbeing in English to help you with this.</p> |
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|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------|-----------|-------------|--------|-----------|-------------|--|--|--|--|--|--|--|--|
|           | <p>Example:</p> <p>Dear Diary,</p> <p>This afternoon I and my family video called my grandparents as we were feeling sad about not seeing them for so long. Their beaming smiles through the phone and soft voices made me instantly feel better. I feel that this improved my social wellbeing and I will remember how my mood improved next time I feel down.</p>                                                                                                                                                                            | <p>Challenge:</p> <p>1/10   1/16   1/20</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |          |           |             |        |           |             |  |  |  |  |  |  |  |  |
| 3         | <p>Wellbeing</p> <p>This week I would like you to think about your wellbeing and what it means?</p> <p>There are 5 keys to a positive wellbeing they are:</p> <ol style="list-style-type: none"><li>1. Social – Connecting with others</li><li>2. Physical – Being active</li><li>3. Intellectual – Keep learning</li><li>4. Emotional – Take notice of yours and others feelings</li><li>5. Spirituality – Giving back to your community</li></ol> <p>Each day this week I would like you to write a diary entry on how you improved your</p> | <p><u>Tenths and Hundreths.</u></p> <p>Fractions also have decimal and percentage equivalents.</p> <p>Today lets focus on tenths and hundreths and how we convert decimals to fractions.</p> <p>⊗   <b>DECIMAL PLACE VALUE CHART</b>   ⊙ ⊙</p> <p>THOUSANDS TO THOUSANDTHS</p> <table><tr><td>Thousands</td><td>Hundreds</td><td>Tens</td><td>Ones</td><td>Tenths</td><td>Hundreths</td><td>Thousandths</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table> <p>↑</p> <p>This is a decimal point it does not move!</p> | Thousands | Hundreds | Tens      | Ones        | Tenths | Hundreths | Thousandths |  |  |  |  |  |  |  |  |
| Thousands | Hundreds                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Tens                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Ones      | Tenths   | Hundreths | Thousandths |        |           |             |  |  |  |  |  |  |  |  |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |          |           |             |        |           |             |  |  |  |  |  |  |  |  |

wellbeing using these 5 keys. You could write about a different key every day or you could just write the ones that you feel you have achieved.

Remember you can discuss or write this in your home language if you would prefer.

Example:

Dear Diary,

Today I focused on my emotional wellbeing through talking about what makes me sad and what makes me happy with my family. We made a list of the two different things, this helped me to reflect and look back on what makes me happy in my life so that I can focus on these things more.

| Decimal | Words                | Fraction         |
|---------|----------------------|------------------|
| 0.1     | $\frac{9}{10}$ tenth | $\frac{1}{10}$   |
| 0.01    | 1 hundredth          | $\frac{1}{100}$  |
| 0.001   | 1 thousandth         | $\frac{1}{1000}$ |

For example:

$$9 \div 10 = 0.9 =$$

$$9 \div 100 = 0.09 = \frac{9}{100}$$

Divide these numbers by 10 and 100 and then convert the decimal to a fraction.

$$2 \div 10 = \underline{\quad} = \underline{\quad}$$

$$2 \div 100 = \underline{\quad} = \underline{\quad}$$

$$3 \div 10 = \underline{\quad} = \underline{\quad}$$

$$3 \div 100 = \underline{\quad} = \underline{\quad}$$

$$4 \div 10 = \underline{\quad} = \underline{\quad}$$

$$4 \div 100 =$$

$$5 \div 10 =$$

$$5 \div 100 =$$

## Positivity Jar

Today I would like you to look around your house to find something that you can put little pieces of paper into. This could be an old jar from your cupboard, a small box, or container.

I would like you to focus on positive thoughts. Make a list of all the things that you can't wait to do when you get out of lockdown.

Some ideas might be:

- Going swimming
- Going out for dinner
- Visiting museums and zoos

Once you feel you have enough things on your list you can make your positive thoughts jar/box/container.

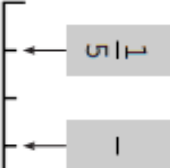
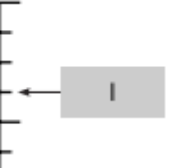
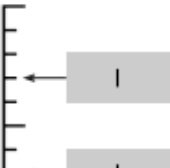
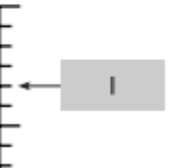
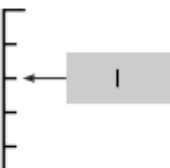
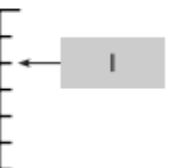
You can decorate your jar/box/container however you want, this is yours so make it your own. Write your positive thoughts on different colored paper you could even cut them out in different shapes.

Keep your thoughts for a sad day, take one out and read it imagining all the positive things you will be doing soon.

You can add to your jar whenever you want, add the date you wrote each little thought so when you look back in years to come you can remember this time.

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|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | $6 \div 10 =$<br>$6 \div 100 =$<br><br>$7 \div 10 =$<br>$7 \div 100 =$ |                                                                                                                                                                                                                                                                                            |
| 4 | <p>Wellbeing</p> <p>This week I would like you to think about your wellbeing and what it means?</p> <p>There are 5 keys to a positive wellbeing they are:</p> <ol style="list-style-type: none"> <li>1. Social – Connecting with others</li> <li>2. Physical – Being active</li> </ol> <p>We live in a non-rural area which means we are surrounded by more buildings and houses than trees and grass. Have a read of these pictures to gather information about animals whose habitats could be endangered due to things that we do in our shared environment.</p> <ol style="list-style-type: none"> <li>3. Intellectual – Keep learning</li> <li>4. Emotional – Take notice of yours and others feelings</li> </ol> |                                                                        | <p>PSHE – Online Safety</p> <p>This week I would like you to think about how we should behave online. As you know being at home means we are using the internet a lot more, so it is important that we remember how to stay safe whilst doing so.</p> <p>Important things to remember:</p> |

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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|   | <p>5. Spirituality – Giving back to your community</p> <p>Each day this week I would like you to write a diary entry on how you improved your wellbeing using these 5 keys. You could write about a different key every day or you could just write the ones that you feel you have achieved.</p> <p>Remember you can discuss or write this in your home language if you would prefer.</p> <p>Example:</p> <p>Dear Diary,</p> <p>Every morning this week I have been doing 20 minutes of yoga. I start with a few minutes of meditation. For me this is lying down in a comfortable position, focusing on my breathing and thinking positive thoughts. This helps me to focus on my spiritual wellbeing and start the day positive.</p> |                                                                     |  <p><b>Social Networks</b></p> <ul style="list-style-type: none"> <li>• Never share your personal information with anyone online. This includes your name, address, phone number and any school information. Get your privacy settings right!</li> <li>• Remember that anyone can be anybody online. An internet friend that you may think you have known for ages is still a complete stranger in real life.</li> <li>• Use a nickname instead of your real name and put up an avatar of yourself on your profile rather than a real one.</li> <li>• Keep your passwords safe by changing it regularly. It will be much more difficult to guess if you do.</li> </ul> <p>Discuss these important points with your family. Think! Are you abiding by these rules? What could you do to make sure that you are?</p> |
| 5 | <p><u>Wellbeing</u></p> <p>This week I would like you to think about your wellbeing and what it means?</p> <p>There are 5 keys to a positive wellbeing they are:</p> <p>1. Social – Connecting with others</p> <p>2. Physical – Being active</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p>To complete these you can draw out the number line on paper.</p> | <p>What is cyberbullying?</p> <p>Watch this video to help you refresh your mind and discuss with your family.</p> <p><a href="https://www.bbc.co.uk/cbbc/watch/what-is-cyberbullying">https://www.bbc.co.uk/cbbc/watch/what-is-cyberbullying</a></p> <p>Think! Has there been a time when you have experienced cyberbullying?</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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| <p>3. Intellectual – Keep learning</p> <p>4. Emotional – Take notice of yours and others feelings</p> <p>5. Spirituality – Giving back to your community</p> <p>Each day this week I would like you to write a diary entry on how you improved your wellbeing using these 5 keys. You could write about a different key every day or you could just write the ones that you feel you have achieved.</p> <p>Remember you can discuss or write this in your home language if you would prefer.</p> <p>Example:</p> <p>Dear Diary,</p> <p>Last week I ordered a new book online, it is called Fantastic Mr Fox, by Roald Dahl. All week I have been checking the post to see if there was a little package just for me, I have been bursting with excitement. Today it finally came! I can't wait to sit in a quiet corner of my house and bury my nose deep inside the new pages. I found out that reading</p> | <p>Write each fraction shown in the box.</p> <div> <div>17</div>  <div>18</div>  </div> <div> <div>19</div>  <div>20</div>  </div> <div> <div>21</div>  <div>22</div>  </div> | <p>Discuss this with your family.</p> <p>Look at the two pictures below to help you gather information.</p> <p>From your discussions with your family and what you have learnt over the last two days.</p> <p>Create an anti-cyberbullying poster, you will need to include:</p> <ul style="list-style-type: none"> <li>A title</li> <li>Pictures/images</li> <li>A message that will help people</li> <li>Easy steps to follow on what to do</li> </ul> |
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helps improve my intellectual wellbeing as it means I am continuing my learning.  
Today after you have completed your final diary entry, I would like you to reflect back on what you have wrote and how you are feeling this week.

Do you feel different to last week?

Do you think you have improved your wellbeing?

Are you going to focus on doing more things that make you happy?

## Cyber Bullying

- Cyber bullying is no different to bullying in real life.
- If someone says something that upsets you, you need to tell someone you trust about it, such as a teacher or parent and block the bully.
- Remember that typing something nasty in a message to someone is just as upsetting as saying it to their face. Think before you send!



## Blocking Wisely

- Block and delete any emails from anyone you don't know.
- Do not open any attachments from people you don't know as it could be a nasty virus!
- If anyone sends you a nasty email or messages, just block them. Arguing will not help, and you do not have to put up with it!
- This applies to all devices that use the internet e.g. Games consoles (such as xBox or PS4) and tablets (such as iPads).