



## Year 4 – Pack 1 – Other Opportunities for Learning

### Task 1: P.E.

<https://www.youtube.com/watch?v=dF7O6-Qablo>

Watch this guided yoga session. Can you try and follow along? How did you feel before you started? How did you feel after you finished? Try and repeat this same session to see if you can do it better each time you try.

1. Follow the link – PE with Joe Wicks and Oliver

<https://www.youtube.com/watch?v=14ou-fplEi4>

2. Follow the link

<https://www.youtube.com/watch?v=Uj4ytqX77bM>

Have a go at the 'Healthy hearts' activities

**Healthy Hearts**  
**Home Physical Education**

**How to play:**

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?

**Can you complete the circuit with a partner, encouraging each other?**

**Can you keep trying even if you feel tired?**

**Top Tips**  
**Break into a sweat!**  
When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

**Let's Reflect**  
Were you able to work hard and increase your heart rate?  
Do you understand why it is important to raise our heart rate and keep active?

**Complete P.E.** **YOUTH SPORT TRUST** **25** **Believing in every child's future**

## Task 2: History

Choose an older building in the local area, which is interesting or significant and important in the local environment – it can be the church, a school, the local war memorial, a farm, a library, a factory, shops or any other community building etc.

When you go out for a walk, try and take a photograph of the building.

Talk about what you notice about the building. You could make a quick sketch, but try and take a photograph to refer back to in case you don't have time to complete the sketch.

When you get back, discuss these questions:

- Who used it in the past?
- When do you think it was built?
- Why is it important to the community then (and now)?
- What is the building used for?
- Where else could this have been built in the area if this location hadn't been picked? Is this the best place for it? *E.g. Why was this site chosen for the War memorial and not in a different place?*

Think about how you want to present what you discovered on the walk. You may just have a discussion, but it can be in writing as a journal or guide book, but it could be in on a map, a drawing, in a model, a song or a poem. They could make a quiz for the rest of the family or your own choice.

## Task 3: Geography

Have a look at items around your home. Often, products are made in different places around the world. Can you find out where in the world things around your home are from? Where is your food from originally? Where was your bed made? How many different countries have things in your home been made in?

Complete the activity on Task 3 Resource.

## Task 4: Science

[https://www.youtube.com/watch?v=CYgsqji\\_0k](https://www.youtube.com/watch?v=CYgsqji_0k)

Can you try and recreate this experiment. If possible, you could video your version of the experiment. You will need:

- A plastic glove or a balloon
- A small plastic cup or a container.
- Vinegar (you could also use lemon juice)
- Bicarbonate of soda (you could also use a vitamin tablet)

If things go wrong, why do you think they went wrong? Could you do something different next time? What would happen if you used more bicarbonate of soda?

### Task 5: Music

Follow this video and see if you can look at rhythm. If you want, you can make your own drum to help follow along with an instrument.

<https://www.youtube.com/watch?v=GtG0o0r7VSU>

### Task 6: French

<https://www.youtube.com/watch?v=VMt3dypYYx8>

Can you try and introduce yourself to your household in French? Maybe you could use the stem sentences and practice:

Bonjour! Je m'appelle \_\_\_\_\_. (Goodday! I am called \_\_\_\_\_.)  
Comment t'appelle tu? (What are you called?)

[https://www.youtube.com/watch?v=L6ycq\\_IRUY8](https://www.youtube.com/watch?v=L6ycq_IRUY8)

Have you learned any other ways to greet people?

### Task 7: Philosophy

Pick a question and discuss with an adult OR have a big think about:

1. What is true happiness?
  - a. What or who can make us happy?
  - b. Who is responsible for making us happy?
  - c. Is it ok not to be happy?
  - d. Do we have to be unhappy as well as happy?
  
2. Should people care more about doing things right or about doing the right thing?
  - a. What is the right thing to do?
  - b. What does it mean to do things right?
  - c. Is it ok to purposefully do wrong?
  - d. Can we learn from doing wrong?

### Task 8: Computing

[https://www.youtube.com/watch?v=R12\\_y2BhKbE](https://www.youtube.com/watch?v=R12_y2BhKbE)

Watch this e-safety video. Can you design a poster to help others understand the importance of being safe online? What do we have to remember when searching the internet? Do we share our personal details online?

Try and make the poster on an A4 piece of paper or word document.

### Task 9 – R.E.

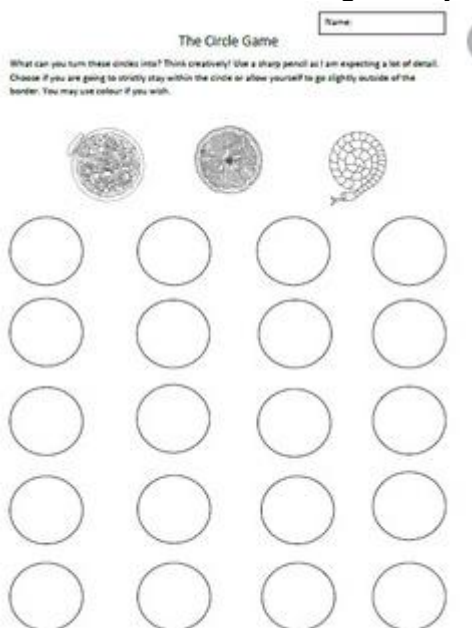
Many faiths find gratitude for the gift of food to be very important. Food can make us feel happy, keep us healthy and we should appreciate what we have. Lots of faiths have special places where people donate extra food they have to help others. Research somewhere near you that helps donate food to help others. Is this place run by a religious group? Why is it important to have places where people can donate food for those that do not have enough to eat?

### Task 10 – D.T.

We look forward to having you back in school! If you could design the perfect school bag to bring everything you want/need for school, what would it look like? What materials would it be made out of? Who would use this product? Why would it be useful? Can you design your perfect school bag on a computer or on paper.

### Task 11 – Art

- 1. Act 1 (whole School) The Circle Game-** On a plain piece of paper, draw around something circular as many times as you can fit onto one page (lid of a Prit Stick, £2 coin, egg cup, or something of a similar size). Inside each circle think creatively and turn the circles into different drawings. On this example sheet they have drawn a pizza, slice of an orange and a coiled rope. What other drawings can you create that are circular in design?



- 2. Act 2 Drawing an open window view-** Walk around your home and look out of each window. Which view is the best? Position yourself in front of the window and draw what you see outside. Use the following YouTube clip to support your drawing of the window frame <https://www.youtube.com/watch?v=VmgOmNAdhfE> but you draw the view you have inside the square. If you want to shade it in at the end you can.