



Hi Year 4,

We are getting very close to the end of Year 4. Not long to go at all until you will become Year 5!

- How does this make you feel?
- Write down some adjectives to describe your feelings on this.

Here are your activities for the week. We would still love to see what you are all up to. Keep up to date on daily challenges and catch up with friends and teachers via our blog: <https://app.seesaw.me/#/login>

### PSHE / JIGSAW

Being kind is contagious and it makes you feel great! Can you make a target this week to try and be extra kind to everyone you see!

Following the Document called 'Kindness Trophy', can you create your own kindness trophy? Then, each time you do something kind or somebody is kind to you, write it on a piece of paper and put it inside your kindness trophy! How many kind things have happened in your week?

You can also follow the 'Acts of Kindness you can do at home' document to give you ideas on how you can be kind!

The more kindness you show to others, the more kindness you will receive. You will also begin to feel very happy and so will those around you!

## Spellings

This week, your spellings will be focusing on the letters 'ough'. Practice them daily and then get a grown up to test you on Friday.

- Rough
- Bought
- Through
- Though
- Cough
- Drought
- Dough
- Though
- Although
- Plough

## P.E.

**Monday** - P.E. with Joe! You may have forgotten about these or may have stopped doing them! However, they are great ways to keep fit and healthy!

Click on this link and try to complete the whole P.E. lesson with Joe Wicks.  
<https://www.youtube.com/watch?v=3Z05939ZMbE> (You can even dress up like Joe if you want too!)

**Tuesday** - Like last week, we want you to have a go at running, without stopping, for 12 minutes! Could you do it last week? Can you do it again this week? Give it your best shot! - You can do this with very little space, just make sure you try to keep moving for 12 minutes!

**Wednesday** – P.E. with Joe! Here is another P.E. lesson with Joe Wicks. This is a different video, with a different costume! Can you complete the whole workout? Yes, you can! <https://www.youtube.com/watch?v=nMpSKmcdXBI>

**Thursday** – Time to stretch off and get ourselves feeling nice and good after a week (and year) of lots of hard work! Follow this Yoga video to get you nice and relaxed! <https://www.youtube.com/watch?v=X655B4ISakg>

**Friday** - Get your dancing shoes on, it is nearly the weekend! Follow this Kidz Bop Dance along video and get dancing to some Brilliant songs. This is the perfect way to kickstart your weekend! [https://www.youtube.com/watch?v=sHd2s\\_saYsQ](https://www.youtube.com/watch?v=sHd2s_saYsQ)

## **Topic**

You are going to create your own country! It can be as unique and or as realistic as you like. Before you can do it, you need to create some definitions to help you make your country.

**Task 1 - Write a definition for each of these words. (You can use a dictionary to help you!)**

- Climate
- Country
- Continent
- Climate Change

## **Task 2**

Now is your time to create your own country! In order to do this you must think of and come up with the following:

What is the name of your country?

What is the climate of your country?

What continent is your country in?

What is the currency of your country?

What language do they speak in your country?

What landmarks are there in your country?

How many people live in your country?

Finally, can you design a flag to represent your country?

## R.E.

Following this link

<https://www.bbc.co.uk/bitesize/topics/zh4mrj6/articles/zdbvjhv>, watch the video, read the article, and explore the pictures that are all about the Religion Buddhism. Once you have finished the article have a go at taking the quiz on at the end.

How many did you get out of 5? If you did not get 5, perhaps find out where you went wrong and correct it.

Now can you make a poster or a fact file telling us about everything you have found out about Buddhism. You could also use google or the internet to help you research some other cool facts! Or you have a go at drawing a Buddha for yourselves.

## AGE 7-9 METAL GONGS

This intriguing activity is good for generating discussion, comparing sounds and investigating how sound travels through different media.

Explain to the children how to make their metal gong by tying a piece of string to each corner of the coat hanger. They should then wrap the other ends of the two strings around each of their index fingers. With the coat hanger hanging between their hands, they should put their fingers into their ears and tap the coat hanger against a surface, e.g. a wooden table-top. Challenge the children to describe what they can hear and how the sound changes when they tap their gong against a different surface.

The children could:

- Explore tapping different surfaces and materials both with and without their fingers in their ears
- Change the length of the strings
- Talk to their partners about possible reasons for the differences in the sounds they can hear
- Change the type of string, for example wool, twine, nylon, cotton



### Resources per child

- Coat hanger
- 2 pieces of string, each 30cm long
- OPTIONAL - other 30cm pieces of thread (wool, nylon, cotton, twine)

### Science explored

- Sound
- Comparative testing

### Interesting links

- [Sounds of Science](#)
- [PSTT Growing Music](#)
- [Chrome Music Lab](#)

## Science

Try and have a go at as many of these experiments as you can!

# HOW TO MAKE A LAVA LAMP

## SCIENCE CHALLENGE 19

Designed by Gemma, James Dyson Foundation executive

### The brief

Make your own lava lamp.

### The method

1. Fill the empty bottle  $\frac{3}{4}$  full with vegetable oil.
2. Top it off with water and about 10 drops of food colouring.
3. Break an Alka-Seltzer® tablet into pieces, and add pieces of the tablet to the bottle. The mixture will bubble.
4. Put the cap on and gently tip the bottle back and forth. This will cause the tiny droplets of coloured water moving around inside the oil to join together, making bigger blobs. Do not shake the bottle.
5. Shine a torch into the bottle from underneath, illuminating the bubbles.



### Materials

- Empty water bottle
- A large bottle of vegetable oil
- Food colouring
- Alka-Seltzer® tablets (with adult supervision)
- Water
- A torch



### How does it work?

Oil is hydrophobic – it will not mix with water – even if you try to really shake the bottle. The Alka-Seltzer® tablet reacts with the water to make tiny bubbles of carbon dioxide which are lighter than water. They attach themselves to the blobs of coloured water, causing them to float to the surface. When the bubbles pop, the coloured blobs sink back to the bottom of the bottle.

The final one for this week is all about seeing sound! How is this possible? Follow this link, then watch the video to show you how to complete the experiment. Were you able to see sound?

<https://coolscienceexperimentshq.com/how-to-see-sound/>