




Saturn Class Year 4 Home Learning for Week Commencing 22nd March 2021

<p>PSHE</p> <p>LO: To be aware of and be able to identify factors which contribute to physical and mental health.</p> <p>Begin by completing the 'being healthy' sheet to help you think about what being healthy means to you.</p> <p>To be healthy, we need to have good social health and emotional well-being, as well as being physically healthy. List all the activities that you do in a day (including things like brushing your teeth, eating and going to school). Sort them into the following headings: physical health, emotional health or social health, according to the category that they have the most impact on. Which activities are relevant to more than one aspect of your health?</p> <p>You should have realised that physical health, including physical activity, eating and sleep, also impact on mental health and emotional well-being. Follow the instructions on the 'how healthy am I today?' activity sheet to identify and reflect on patterns in your health.</p>	<p>SCIENCE</p> <p>LO: To understand what causes tooth decay.</p> <p>Use the weblinks to find out more about your teeth and their structure:</p> <p>http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/tech/teeth/newsid_3830000/3830847.stm</p> <p>https://www.childrensuniversity.manchester.ac.uk/learning-activities/science/teeth-and-eating/introduction/</p> <p>https://www.youtube.com/watch?v=dpZ0Nv3uZqw</p> <p>Complete the labelling activity sheet which can be found in the resources section.</p> <p>Watch the espresso video about teeth:</p> <p>https://app.discoveryeducation.co.uk/learn/videos/8295a5f9-f420-4f52-b5ac-a1d2e3d36462/</p> <p>Complete the quiz about teeth and the importance of looking after them:</p> <p>https://app.discoveryeducation.co.uk/learn/player/71490e00-bfdf-4544-911b-b45a414e9b00</p> <p><i>Extension: Complete the scientific investigation titled 'what makes teeth go bad?'</i></p>	<p>TOPIC</p> <p>LO: To understand how Charles I's disastrous reign led to Civil War.</p> <p>The English Civil War was sparked by fighting in Scotland, where the people revolted against Charles I in 1639 as they were angry with his religious reforms. This caused Charles I to call Parliament, but they refused to raise more taxes until Charles I agreed to share some of his power. These arguments between the King and Parliament dragged on, until 1642 when the country broke out into Civil War.</p> <p>Use the PowerPoint to guide you through the activities in order to better understand Charles I decisions, which led to the English Civil War.</p> <p>Use the templates to create a timeline of the English Civil War.</p>
<p>You choose...</p> <p>Create an educational, fifteen-minute morning activity that the class can complete after the Easter holidays. You may choose any subject area for your activity, but the class must be able to complete it independently.</p> <p>Top tip: If you are stuck for ideas, you could try writing a quiz about an aspect of your favourite subject.</p> 	<p>PE</p> <p>Design a workout that we can do in school after eating too much chocolate over the Easter holidays!</p> <p>One of the activities included must be bunny hops and your workout needs to elevate the heart rate.</p> 	<p>Reward day!</p> <p>LO: To have fun!</p> <p>Do things that make you happy; it has been a challenging term and you deserve a reward. You could choose to create some Easter themed artwork, design and create an Easter egg hunt board game or even design a new Easter egg that has all your favourite sweet treats in it.</p> 
<p style="text-align: center;">★ Bonus activity: ★</p> <p style="text-align: center;">Espresso newsbites and quiz</p>		