



Pilgrims Class Week Commencing 20/4/20

Here you will find some **suggestions** of activities that you can do this week.

Please note: this is not a compulsory list or requirement to complete.



Keeping Active	Being Creative	Family Time
Every day Joe Wicks is completing a free session at 9:00am to help you start the day in the right way. We have been using these in school and they are great fun! https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ If you need a quick break from learning, or just feel the need to wake your body or brain up then try some of the fun activities on Go Noodle https://app.gonoodle.com/	Create your family using interesting items from your house or garden. 	Play a card game with your family. Ask someone in your home to help you learn a new job such as change your bedding, wash-up the plates and pots, iron or sort the laundry.
RE and Mindfulness	English	Maths
Create a gratitude journal. Reflect once a day on three things that you're are grateful for from that day. It could be anything, even that you are grateful you got to enjoy a lay-in. Try chilling out using some of the Mindfulness activities on Go Noodle https://app.gonoodle.com/categories/manage-stress	Link to reading - Read the story 'Gorilla'. This story can be found in the resource section of this week's webpage. Write a list of synonyms for strange and fly. Your challenge this week is to use these synonyms to write a description of 'Gorilla'. Can you include an expanded noun phrase? Eg. An adorable, mini gorilla was seated next to the other old, dusty toys. Adjective, adjective noun. Take a look at Tuesday and Fridays lessons on this link to support and inspire you https://www.bbc.co.uk/bitesize/tags/z63tt39/year-4-lessons/1	This week we will be continue to explore decimals to carry on developing our new Year 4 skills. The resources for this (including video tutorials) can be found in the resource section of this week's webpage.
Reading	Spelling	Topic
Enjoy some time just reading a book you enjoy – talk to someone at home about what you have read. Share the story 'Gorilla' with a member of your family. This story can be found in the resource section of this week's webpage. Discuss any unfamiliar words with an adult or check their definition on this online dictionary - https://www.collinsdictionary.com/	Year 3/4 Statutory Word list https://spellingframe.co.uk/ Scroll down to Spelling Rules 25 to practice the first set of words on the statutory year 3/4 word lists. Click on spelling tiles to play games with this rule. You could always play four in a row, hangman or nonsense sentences.	Our new topic for this term is Vikings. Learn what it is to be a historian https://www.bbc.co.uk/bitesize/articles/z6fmxyx Research who the Viking were and where they originated from. Also explore how they travelled. Sketch some Viking patterns and knots. See the activity in the resource section of this week's webpage.