

Year 4 and 5 - Week 1

<p align="center"><u>Use your logins</u> Reading: Bug Club Maths: Timestable Rockstars Spelling: Spelling Shed Try and use these at least once each week.</p>	<p>Complete <u>30 minutes of exercise</u> per day- follow an online video or can you complete a mile in your house/garden?</p>	<p align="center"><u>BBC Bitesize</u> BBC Bitesize has new daily lessons including videos from teachers and celebrities! Each week we will recommend a few lessons we would like you to try or you can choose something else that interests you. 😊</p>
<p><u>Lego/building challenges.</u> Please find some lego challenges attached. Can you maybe think of your own challenges to do with lego? Or maybe using different materials, can you create the tallest structure? Or a structure that can hold something?</p>	<p><u>Play a board game.</u> You can either find them online or maybe you have them already in your home. Mrs Rodreigo's favourite is Monopoly. Do you think you can learn how to play it?</p>	<p><u>Baking/cooking</u> A lemon sponge is Mrs Rodreigo's favourite. What is yours? Can you find a recipe and try and make something that you and your family can enjoy?</p>
<p><u>Science Experiments</u> Check out the DadLab website. They have amazing and simple experiments that you can try with your family (or show them and WOW them). How do you think they work? Can you teach someone how to do an experiment? The website is: https://thedadlab.com/</p>	<p><u>Learn a Language</u> Duolingo is a great website that helps you to learn another language. Mrs Rodreigo is excited to try out some Spanish and learn a little. Find a language course that you could be interested in. Do you know which country the language is from? To make it more interesting, research the country of the language you are learning. The website is: https://www.duolingo.com/</p>	<p><u>Practice Mindfulness and Yoga</u> The Go Noodle website offers a range of short movement, yoga and mindfulness videos. Some of the videos are linked to educational content such as the Water Cycle, others encourage you to practice calming mindfulness such as 'Melting' and there are a range of Yoga style videos such as 'Release your Warrior'. https://family.gonoodle.com/</p>

Any questions or ready to share your learning? Email office@grangepark.kent.sch.uk and we somebody from the Stansted team will get back to you ASAP ☐