

# Friday 17<sup>th</sup> July

## Good morning!

Maths: To complete some more sports day themed maths problems.

English: To try a transition activity.

Afternoon: Sports Day! Take a look at the last couple of slides for our events in Gooderstone Sports Day 2020. Once you have completed some events, email me your times at [skylarks@gooderstone.norfolk.sch.uk](mailto:skylarks@gooderstone.norfolk.sch.uk) by 3pm Friday.

# SPELLINGS:

Some words are REGULAR – just add ‘ed’.

The ‘e’ can’t jump over two consonants!

stamp > stamped      jump > jumped

Two vowels look after each other!

float > floated      peel > peeled

Root words ending in ‘e’ are CHEAT-E! - Just add ‘d’!

hope > hoped      like > liked      hate > hated

**RECAP:** What are the vowel NAMES & SOUNDS?

When you add 'ed', the 'e' can jump over one consonant to make one vowel say its name!

sob > sobed    slip > sliped    pat > pated

Double the consonant to protect lonely vowels!

**REMEMBER:** VC – double me!

sob > sobbed    slip > slipped    pat > patted



Spellings: Can you get someone to test you on some words with the 'ed' suffix that you have been practicing this week? Here are some examples you could use.

<u>Double consonant then add 'ed'</u> <u>(VC - double me)</u>	<u>Just add 'ed'</u> <u>(REGULAR)</u>	<u>Just add 'd'</u> <u>CHEAT-E</u>	<u>Exceptions</u>
pat	add	hope	Some consonants never double: w, x, y. E.g. slowed, boxed, played
tip	cook	name	
slap	push	dance	<u>TIP</u> Encourage pupils to read back words to spot their mistakes: does it say 'stopped' or 'stoped'?
grit	look	chime	
trip	stack	like	
drip	clean	free	
plod	crush	bake	
hop	peek	rake	
stop	grunt	smile	
shop	claim	wave	
stun	park	rule	
rub	fail	blame	
tug	boil	bounce	
plug	part	type	
strum	dream	slope	
	groan	glue	
	peel	stroke	
	group	waste	
	wail	cube	
	seal	dine	
	steam	crave	
		pile	
		joke	

# ARITHMETIC:

Measure your height. Now compare your height to these athletes.  
Can you put them in order from shortest to tallest?

Eilish  
McColgan

1.54 metres



Christine  
Ohuruogu

1.58 metres



Mo Farah

1.65 metres



Sophie  
Hitchon

1.70 metres



Lynsey Sharp

1.75 metres



James  
Ellington

1.80 metres



James  
Dasaolu

1.85 metres





# MATHS:

Try some more of these sports themed questions! In the first one you will need to use your rounding skills to help you estimate an answer. For example, if someone ran 100m in 10.6 seconds we would round this up to 11 because the last digit (6) is bigger than 5.

## Question 1

Speed is measured as a distance divided by time.

Work out the following speeds in metres per second.



### Core

Running 200m in 20 seconds

### Challenge

Running 100 metres in 9.58 seconds (Usain Bolt's World Record) Round Bolt's time up to a sensible estimate.

### Super Challenge

Running 5000 metres in 12 minutes 53 seconds (Mo Farah's fastest time) Round Farah's time up to a sensible estimate.

In this question you will need to assess the data and select values that fit within a given range, for example under 30 seconds or between 20 and 40 seconds. For the super challenge you will need to use your subtracting skills.

### Question 2

Using the following 200m times:

23s	24s	31s	26s	24s	23s	41s	21s
35s	23s	49s	22s	25s	26s	38s	19s

#### Core

How many times were under 30 seconds? Write them down.

#### Challenge

How many times were between 20 and 40 seconds? Write them down.

#### Super Challenge

How many seconds longer did the slowest runner take than the fastest runner?

s = seconds

Hint: Use your multiplying skills to work out the answers to these questions! For the super challenge you will need to work with fractions of amounts too.

*Hint: 1 whole lap of a running track is 400m.*

### Question 3



Calculate how long it would take someone to:

#### Core

Run: a.) 100metres at 10 metres per second

b.) 200m at 10 metres per second.

c.) 400m at 10m per second.

#### Challenge

Run: a.) 600m at 12m per second.

b.) 900m at 15m per second.

c.) 1200m at 8m per second.

#### Super Challenge

Run a.) 1 and a  $\frac{1}{2}$  laps of the running track at 10m per second. |

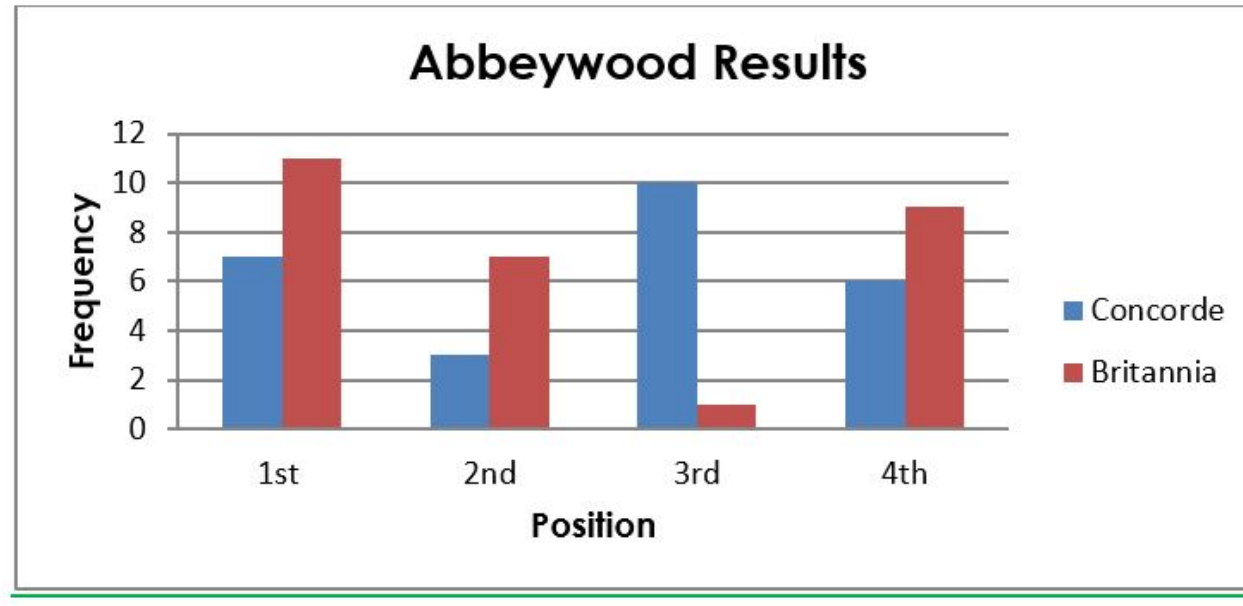
b.) 2 and a  $\frac{1}{4}$  laps of the track at 15m per second.

c.) 1 and  $\frac{3}{4}$  laps of the track at 7m per second.



For the last question you will need to read data from the bar chart below. Blue bars show results for the house Concorde and red for Britannia. Remember to read the questions carefully!

### Question 4



#### Core

How many people came first from Concorde? How many people came first from Britannia?

#### Challenge

How many people in total came 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup>?

#### Super Challenge

Overall, who did better – Concorde or Britannia? Justify your answer

# **ENGLISH:** To try a transition activity.

As it is coming to the end of term we thought it might be a good idea to try some transition activities that can be completed through English sessions this week. These will help you to think about going into next year, what you hope to achieve and what you are looking forward to! Here are some ideas:

Write a letter to your new teacher to introduce yourself. Include your dreams and your biggest achievement from last year!

Friend recommendation- Write a (nice) review about someone in the class! Why do they make such a good friend? Write a biography about you and your family.

Write a story showing your wishes and feelings for the future.

Imagine you are a robot, what would someone have to do to keep you working and happy? Write instructions.

Write an advert about yourself. What makes you special?

Draw a picture of what makes you happy and write to your new teacher about why this makes you happy?

Write some advice for the children coming into your old class.

Write a 'getting to know you' poster with all of your favourite things.

Draw a self-portrait and describe the things which you like about yourself. Can you extend your vocabulary?

Write down your worries for next year.

Write questions for your new class teacher or for a child in the year above about what to expect.

Here are our sports day events. Complete as many of these events as you wish today and tomorrow afternoon and email your results to [skylarks@gooderstone.norfolk.sch.uk](mailto:skylarks@gooderstone.norfolk.sch.uk) by 3pm on Friday. Feel free to add extra events of your own if you want! We will announce the winners next week!

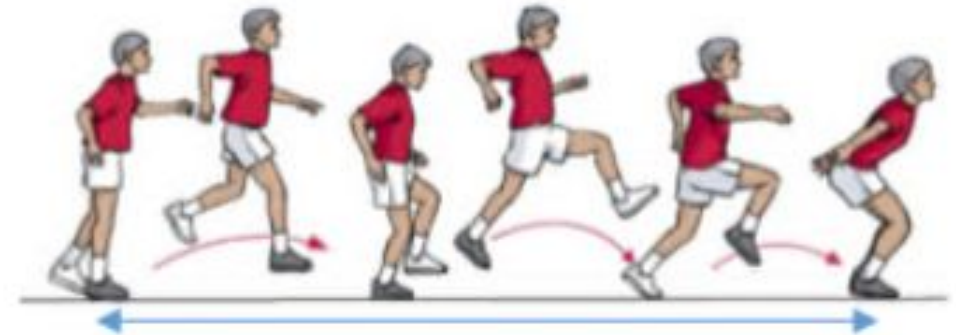
### Standing Long Jump

- Start with two feet together and jump as far as you can.
- Measure the distance between the start and where you land.



### Standing Triple Jump

- Start on one leg, then hop (onto the same leg), step (onto the other leg), then jump (to finish landing on two feet).
- Measure the total distance.



### 10m Egg & Spoon Race

- Measure out a distance of 10m in your garden.
- OR If you don't have enough space, measure 5 metres & run there & back again.
- Balance an egg on a spoon.
- Time how quickly you can run the 10m without the egg falling off.



### Standing Chest Push

- Use a standard football.
- Hold the ball against your chest and push it forwards with two hands.
- Measure the distance from your feet to where the ball first hits the ground.



### Daily Mile Distance Run

- EYFS & KS1: How far can you run in 5 minutes?
- KS2: How far can you run in 10 minutes?

### Paper Ball Throw

- Tear one page of paper out of an A4 school exercise book,
- Screw it into a tight ball.
- Place a waste paper bin on the floor and try to throw the paper ball into \_\_\_\_\_.
- What is the greatest distance away from the bin you can stand and still get the ball in?

