



Hi Year 4, I hope you are all well and looking forward to a week of sunshine



Thank you for all the amazing work you are sending in!



## Enjoy Writing?

Why not take part in the 'Quick-fire write' tasks online. The Quick-Fire Write challenges you to write around 200 words based on the 4 questions at the end of each video, around 50 words per question! You can then send your work into them.

To take part visit:

<https://litfilmfest.com/resources/the-quick-fire-write-ks2/>



**Battle of the Black Country**  
National School Sports Week 22<sup>nd</sup> – 26<sup>th</sup> June 2020

### Personal Challenges

1: **Speed Bounce** – How many times can you jump over the centre point in 30 seconds?

You can also try this sitting down by raising your knees to bring your feet up and over.



2: **Skipping** – How many successful times can you pass the skipping rope in 30 seconds?

To make this easier bring the rope over your head and carefully step over when the rope touches the floor.



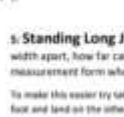
3: **Rebound Catch** – Bouncing a ball off a wall or solid object, how many successful catches can you make in 30 seconds?

To make this easier allow a bounce before catching the ball.



4: **Star Jumps** – How many Star Jumps can you do in 30 seconds?

To make this easier try it sitting down and making your arms and legs wide at the same time.



5: **Standing Long Jump** – Standing feet shoulder width apart, how far can you jump? (Take measurements from where feet lands)

To make this easier try taking a large step, take off with one foot and land on the other.

Illustration of a person performing a standing long jump.



## Summer Term's D+T Activity : Seasonal Vegetables

Over the coming weeks complete the following tasks.

**Research:** Different vegetables and the seasons in which they grow and are available in the supermarkets, explore how vegetables are grown and how do they get from the farms to supermarkets?

**Task 1:** Design a vegetable and pasta salad for your family to enjoy! Make it healthy and colourful!

**Task 2:** Make your salad and enjoy!



# Have a great week Year 4!