

Yr 4 PSHE work
Monday 22th June –
Friday 26th June

Sleep Well

SLEEP WELL

Hi everybody!

We hope that you are well and staying safe....

This week in PSHE we are going to be thinking about

Sleeping well.

When you're sleeping your brain and body are doing lots of amazing things....

SLEEP WELL

When you are sleeping you;

Grow

Your brain sorts out all the things you've done that day.

Dream



SLEEP WELL

Task 1:

Look at the next slide, make a list of all the things that are stopping Chloe from sleeping and why/how?

Top Tip: You can write this on paper and upload a picture to Purple Mash or use the computer to write and also, upload that to Purple Mash.



<https://www.cues-ed.co.uk/looking-after-ourselves/relax-sleep-well/sleep-well/>

Check the link for more ideas!

It's not always easy getting a good night's sleep but here is an idea; **try to go to bed at the same time every night!**

Task 2:

Please come up with 2 ideas to help going to sleep easier.

Top Tip: You can write this on paper and upload a picture to Purple Mash or use the computer to write and also, upload that to Purple Mash.

History Monday 22th – 26th June

The Vikings in Britain

The Vikings

Last time we did History, we looked at the first Viking raids and decided what kind of people they were based on their actions when invading Saxon Britain.

This week we are going to be focusing on why they were so successful! You will need to use your knowledge from last week too.

Task 1:

On the next slide, find a link and please watch the Viking video song. Whilst watching, note down any clues/reasons they give as to why they were so successful!

Then see the next slide, for a Saxon account of a Viking raid. Look for and note down any clues/reasons you notice for the Viking's success.

The Vikings

<https://www.bbc.co.uk/cbbc/watch/horrible-histories-song-vikings-literally>.

Vicious raiders from across the sea have attacked Lindisfarne **monastery**, killing the peaceful monks and carrying off our Christian treasures.

Blood-covered survivors have told stories of fierce men with fearsome weapons, and of the dreadful destruction they **meted** out.

'They came from the sea, in great, long ships covered in shields,' said Father Oswald, a monk. 'Some of our brothers went to meet them on the shore to welcome them! We thought they were traders. But instead of accepting our Christian hospitality, the **heathen** madmen hacked my friends down. They do not care for God or men. They wanted gold, silver, slaves... They did not speak a Christian language, but the first swing of their axes told us all we needed to know.'

The **marauders** carried off great treasures and even some of the peace-loving monks. They **desecrated** the Holy Island, overturning God's **altar** and seizing sacred crosses and goblets.

Task 2:

Now using your notes about the video and from reading the account, think of 2 key reasons why you think the Vikings were so successful. Record these as a small paragraph.

For example; I think the most important reason that the Vikings were successful was the fact that they came in longboats. No one else had boats like these at the time, they were quick and also come right up to the shore. So surprise attacks were ideal!

TOP TIP: You can write this on paper and upload a picture to Purple Mash or use the computer to write and also, upload that to Purple Mash.

Science Monday 22th –Friday 26th June

Sound

Over the last three weeks, we have conducted 3 sound experiments. The first we thought about how sound is affected in water and air. The second we started to think how sounds are actually made. Last week, we learnt how sounds travel to our ear. This week we are going to thinking about.....Can you see sound?

Can you see sound? Well, we can't see the sound waves as they move through the air. (Though picture the waves you see when you drop a rock into water. They look a lot like that!) But we can see the vibrations that create sound transmitted between surfaces with a little help

Please read the experiment instructions (on the next slide) and before you use anything, please check with your adult and ask for help.

Top Tip: You can upload/email a photo of you doing the experiment or, draw a small diagram showing what you did (take a photo) or, write a short paragraph about what you found out (can do by hand or on the computer).

You Will Need:

Big Bowl

Plastic Wrap

Uncooked Rice

Metal Pan

Metal Spoon

Put the plastic wrap tightly over the bowl. (One sheet, as tight as you can get it.) Put about 1 teaspoon of rice on the plastic.

Then hold the metal pan close to the bowl and have your child hit it with the spoon. The harder they hit it the better. The rice will dance!

What is happening is that the pan vibrates, creating a sound wave. This wave is transmitted through the air molecules and cause the plastic wrap to start vibrating as well, making the rice dance!

You are seeing the result of the sound waves in the rice. Are any patterns formed? Try hitting the pan harder and then more gently. How does the behavior of the rice change?