

Our topic this week is Food, Glorious Food. This week we are going to be looking at all things related to food, including different food groups and digestion.

### **Wednesday Timetable:**

Please see below for our suggested timetable of lessons for today, this timetable is designed to mirror what we would have been doing in lessons in school.

#### **9am – 9:30am – Work out and exercise.**

**Joe Wicks PE:** <https://www.youtube.com/user/thebodycoach1/>

#### **9:30am – Morning Zoom.**

##### **Lesson 1: English**

The food pyramid shows the different proportions of food we should be eating.

Learn about this by watching this video:

<https://www.youtube.com/watch?v=0KbA8pFW3tg>

Then complete the food pyramid tasks on the worksheets provided.

##### **Lesson 2: Maths.**

Over the next few weeks, I'd like you to learn and take part in lessons that involve solving problems with measures and money. You can be guided through these using the lessons from Oak National academy found here:

<https://www.thenational.academy/online-classroom/year-4/maths#subjects>

(Scroll down the page to find the measures and money lessons)

I have also included a workbook of measurement problems for you to tackle.

Alternatively you can continue with using khanacademy and complete the lessons set for you on here.

<https://www.khanacademy.org/>

Use the class code:

**287PV2QQ**

Or I will continue to set work via Mathletics.

<https://login.mathletics.com/>

#### **1:00pm – Afternoon Zoom check in**

#### **P.E: 1:30 – 3:30**

Learn about sports nutrition by watching this short video:

<https://www.youtube.com/watch?v=IDdZGM3H2o0>

Then see how Cristiano Ronaldo works out on this video clip and see if you can copy him, or create your own routine and share it with me:

<https://www.youtube.com/watch?v=QvbpeETBoGg>

If you would like to share anything with me from the day, please do so via email or by uploading observations to Tapestry.

Joe