

Year 4 Topic
Remote learning
Week beginning 05.01.21

This pack contains:

- 5 tasks

You will then need to bring in your homework book when you return to school. The teacher will then be able to give you feedback on the work.

Spanish



Can you remember the Spanish numbers up to 10?
Jot them in your book!

Do you know the Spanish numbers up to 20?
Jot them in your book!

Ask someone in your house to play a game of whiteboard bingo!

History - Timeline

Here are the key events that occurred during the time of the Romans.

Can you put them in order?



Vandals destroy Rome



Eastern empire falls to the Turks



Roman rule in Britain ends



Boudicca's rebellion



Conquer Greece and most of Spain



Over 20 Roman emperors killed



Begin building Hadrian's wall



Jesus is born



Building of Rome begins



Rome becomes a republic



Barbarians attack the Roman Empire



Romans conquer northern England



Romans invade Britain

PE

- Our favourite coach - Joe Wicks!
- He is delivering PE lessons for the children of the world.
Here is a link to his YouTube channel:
- <https://www.youtube.com/user/thebodycoach1>

DT - Celtic Shield

Celts had many different designs on their shields. Here are a few examples:



Can you make design a shield using these patterns as inspiration? If you're

Feeling extra creative, why don't you make the shield using old cardboard or other spare materials around your house?

Science - Balanced Diet

Why do you think eating healthily is important?

Can you keep a food diary of the things you have eaten and drank throughout the day.

At the end of the day, have a look. Are you surprised by anything you've eaten? Could you eat healthier? How?

If you want to know a bit more about healthy eating, on the next slide is an 'Eatwell Guide'.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS