



Food facts of the day:

Lemons contain more sugar than strawberries.

Orange does not rhyme with any other word

Honey is the only edible food for humans that will never go bad.

Welcome to a totally terrific Tuesday! (My love of alliteration has not changed!)

Totally Awesome Tuesday Challenge!

Every single one of you knows at least one person who is completely awesome. Today, your challenge is to tell one of the awesome people in your life how fantastic you think they are and to explain what they do that makes your life a little brighter..

Imagine if we all did that today; it would mean that 31 people would have a very lovely moment today, where they were celebrated for the great things they do!!
(Feel free to explain to more than one person today why they are so fantastic!)

HAPPINESS IS



...realizing how awesome the people around you are.

Easy percentages		
Percentage	Fraction	How to find it...
50%	$\frac{50}{100} = \frac{1}{2}$	Divide by 2
25%	$\frac{25}{100} = \frac{1}{4}$	Divide by 4
75%	$\frac{75}{100} = \frac{3}{4}$	Find 25%, then multiply by 3
10%	$\frac{10}{100} = \frac{1}{10}$	Divide by 10
20%	$\frac{20}{100} = \frac{1}{5}$	Divide by 5, or double 10%
5%	$\frac{5}{100} = \frac{1}{20}$	Divide by 20, or half 10%
1%	$\frac{1}{100}$	Divide by 100

Maths - Finding the percentage of an amount.

Today, we are going to revisit percentages, as quite a few of us need to get a bit more confident at calculating percentages of an amount. **I have uploaded a video onto Google Classroom to remind you how to do this so please watch it if you are unsure.** The picture here will help you and there is another poster at the bottom of the timetable too.

The questions are in Google Classroom and there are 2 levels of difficulty. **You do not have to do both sets of questions.** You could just do

the first set, do a few of the first set and then some of the second set, or just do at least 15 from the second group. You can type on the sheet or write the answers on paper. I have uploaded the answers too so you can see how you have done.

English - Story writing: Character creation and complex sentences

For English today, you are going to be revisiting how to write complex sentences and then creating a new character and using this knowledge to describe them. When you are writing a story, it is really important that you spend time creating and describing your central character, so the reader wants to find out what happens to them.

<https://www.bbc.co.uk/bitesize/articles/zvmw7nb>

On the link above, you will find lots of information and a great video explaining what a complex sentence is. There are then two activities to do. The first one is a quiz to see how much you know about creating characters. The second involves you creating and describing a new superhero. The character you create will feature in a story you write later this week. You can do this on a Google Doc but it is probably easier to do on paper as you need to draw your character.

You do not need to do activity 3.



Suggested additional English activity

Don't forget that, at 9.30 every day, there is a fantastic podcast called 'Radio Blogging' that is all about writing. You can hear the podcast here:

<https://radioblogging.net/>

You don't need to listen to it live, you can listen to any of the podcasts, at any time.



Mindfulness Activities

If you think you could do with taking some time to relax and clear your head, you could have a go at the activities below.

Brain Break Breathing

Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Brain Break Breathing

Waves on the Ocean Breaths

Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



Spellings

<https://spellingframe.co.uk/spelling-rule/7/37-Endings-which-sound-like-spelt-cious-or-tious>

Today, you need to go on the link above to practise, and then test yourself on, words ending in 'cious' or 'tious'. If you would rather not do this on a computer, I have put the words here so you can practise them on paper by putting them in sentences, or you could do a spelling scribe which is a fun way to learn them! (I have put an example of a spelling scribe at the bottom of the time table.)

ambitious
cautious
conscious
delicious
fictitious
infectious
malicious

nutritious
precious
superstitious
surreptitious
suspicious
unconscious
vicious



Art: Drawing Viking Patterns

One of the main features of Viking art is knots and there have been many examples of Viking knots found in York. This was also a feature of Celtic art and the two styles are very closely linked.

Today, you are going to have a go at drawing some Viking patterns. There is a slides document in Google Classroom that takes you, step by step, through the process of creating viking knot patterns. Some of them take a bit of practise, so you may need some perseverance! There is also a challenge pattern you can have a go at if you would like to.

