
Work pack – Group 2 – Week 7 – 13th July – 17th July

Week 7 Timetable:

Day	Core	Foundation
Monday	Reading – The London Eye Mystery: Blurb Writing – Text types Maths – Bonds to 100	Transition thoughts and feelings
Tuesday	Reading – The London Eye Mystery – Extract 1: Retrieval questions Writing – Days of the Week Maths – Bonds to 100	Science – Challenge questions
Wednesday	Reading – The London Eye Mystery – Extract 1: Idiom activity Writing – Verbs and Tenses Maths – Multiplication sentences	Spanish- Quiz
Thursday	Reading – The London Eye Mystery – Extract 2: Vocabulary questions Writing – Planning Maths – Multiplication sentences	Art – Evaluate artwork
Friday	Reading – The London Eye Mystery – Extract 2: Inference questions Writing – Writing a diary recount Maths – Use arrays	PE – Circuits for super strength

This timetable is flexible. Some days will be more productive than others. We ask that you do the core subjects (reading, writing, maths) daily, and then balance the foundation subjects as suits you. You may find that doing all of the days work in one go works best (remember to take a short break, though) or splitting it into morning and afternoon suits you better.

If you are unable to complete everything then do not worry. Do your best and that will be good enough.

Remember the assembly on routines – try to start at the same time every day, in a quiet place if possible. Have a clear plan for the day.

Monday

Reading – The London Eye Mystery: Blurb

Writing – Text types

Maths – Bonds to 100

Transition thoughts and feelings

Monday 13th July

Reading

Blurb:

The piece of writing we will be focusing on for our reading this week is from a novel *The London Eye Mystery* by Siobahn Down.

Read the blurb carefully to get an idea of what the story may be about, then answer the questions below.

11.32 a.m.

Ted and his sister, Kat, watch their cousin Salim board the London Eye. The pod rises from the ground, high above the city.

12.02 p.m.

The pod lands and the doors open. Everyone exits – everyone but Salim.

Has he spontaneously combusted? (Ted's theory.)

Has he been kidnapped? (Aunt Gloria's theory.)

Is he even still alive? (The family's unspoken fear.)

Even the police are baffled. So it's up to Ted, whose brain runs on its own unique operating system, to solve this mystery. Together with Kat, Ted follows a trail of clues across London – while time ticks dangerously by . . .

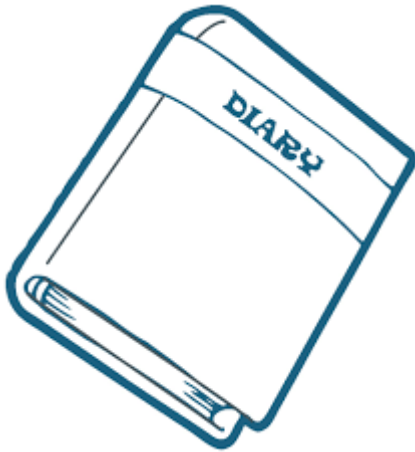
1. What date does Salim go missing?

2. What time does Salim's pod land?

3. **'Even the police are baffled...'** What does this show the reader about what the police know?

4. What is special about Ted's brain?

Writing – Text types



This week the theme is: 'Jumping into the end of the year'. We will revisit diary writing. This unit will cover different text types, the days of the week, verbs and tenses. By the end of the week, you will have written your own diary recount.

Today's Task:

1. Read 'Diary of a Kangaroo'.

Diary of a Kangaroo



Wednesday

I woke up in the late morning after a good sleep under the trees and decided to bounce over to the nearest house to see what was happening.

The family have a swimming pool in the garden and I thought it would be a great idea to jump in for a quick wash. Ker-splloosh! The water was feeling so cool and refreshing, although a lot of it splashed out, which left the pool half empty. Honestly, you would think that people would keep the right amount of water in their pools.

In the afternoon, I clambered out of the pool and walked towards the garage. Unfortunately, the water from the pool had made the garden very muddy, so I was leaving a dirty trail all the way across the grass. Really, I thought, people should put paths in their gardens. It would make life much easier.

There was a very smart looking car parked on the drive. With one bounce, I was sitting on its bonnet. I was gazing out at the view for quite a while because it looked so beautiful. Suddenly, strange creaking noises began to come from underneath the car and – crack! – two of the wheels fell off. Well! I was thinking to myself that it wasn't a very well-made car, when I heard a noise.

The family appeared at their gate. They were shouting and pointing at me. I couldn't understand a word they were saying but they seemed to be very excited about something. I didn't have time to stop and talk to them so I bounded off, giving them a cheery wave good bye.

What a fun day. Now, I wonder what I will do tomorrow?

2. Look at the text types. What type of writing is 'Diary of a Kangaroo'? Hint- It is more than one.

Text Types

Factual Factual texts give information and details about real people, things and places. A factual text is not a story.	Story A tale about made-up characters and places.	Information A text that gives you facts and details about a particular subject.	Poetry Poems have verses and often have rhymes in them. They sound a bit like songs.	Diary A text written by someone recounting what they did on a particular day.
Fiction Made-up stories. Fiction is the opposite of non-fiction.	Letter Letters and emails are messages written by one person to another. They often start <i>Dear...</i> , and have an address and a date at the top of the page.	Instructions Instructions tell you what to do. They use bossy language and list the things you need to do to achieve something.	Non-fiction Non-fiction texts are the opposite of fiction texts. They give factual information about real things.	Biography A biography is an account of a real person's life.

I think 'Diary of a Kangaroo' belongs to the following text types:

4-a-Day Arithmetic Practice

1

$10 + 11 =$

2

$4 \text{ lots of } 5 =$

3

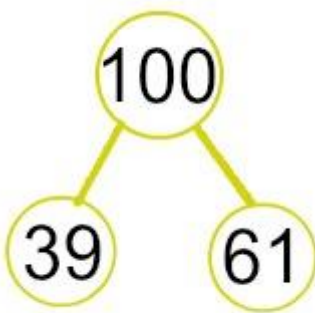
$6 + 12 =$

4

$64 + 27 =$

Follow the link to watch the explanation video: <https://vimeo.com/415699539>

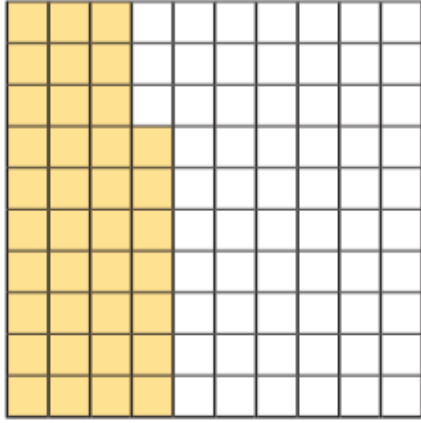
Example:



Complete questions 1-2.

Bonds to 100 (tens and ones)

1 Here is a hundred square.

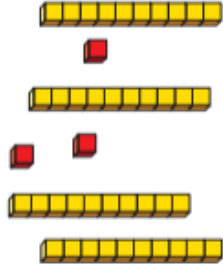


How many squares are shaded?

How many squares are not shaded?

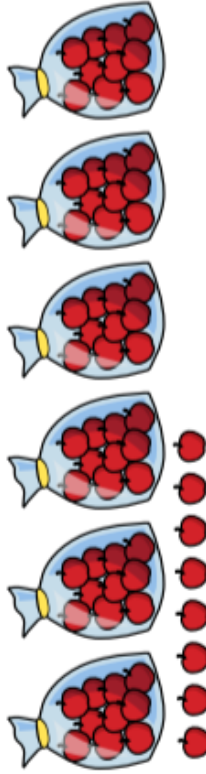
$$\boxed{} + \boxed{} = 100$$

2 Eva has made 100 using base 10. She has spilt paint on it.



Draw the missing pieces of base 10




3 Mrs Harris has these apples for Sports Day.



She needs 100 apples.

How many more apples does Mrs Harris need?

Today, we would like you to fill in the following grid in as much detail as possible and share a picture of it with us on ClassDojo so that we can discuss the things that you are **excited** about, some of the **worries** you may have and to answer some of you **questions** about moving into Year 6. Please be as honest as you can!

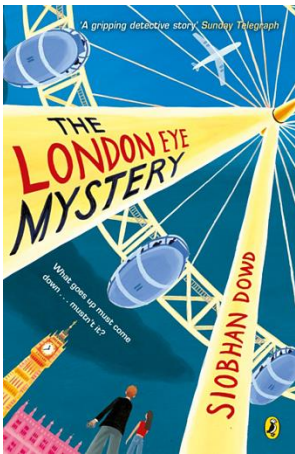
 <u>Things I am Excited about:</u>	 <u>Things that I am worried about:</u>
 <u>Questions I have about leaving primary school and moving into secondary school:</u>	



Tuesday	Reading – The London Eye Mystery – Extract 1: Retrieval questions Writing – Days of the Week Maths – Bonds to 100 Science – Challenge questions
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Tuesday 14th July

Reading



Task 1:

Watch *Strictly Come Dancing* star Oti Mabuse read **Extract 1** from *The London Eye Mystery* by scanning the QR code or read the extract below:

Extract 1:

'Kat?' I said.

'What?'

'What does it mean when something is up your street?'

'Huh?'

'Salim said *The Tempest* would be right up my street. He acted in it at school last term.'

Kat laughed. 'We've been reading it at school too. Mr Moynihan keeps making me read Miranda's part and she's such a ... dishrag.'

I considered this. 'So it's not up your street?'

'No way.'

The pod was nearing one o'clock. 'What d'you think of Auntie Glo?' Kat asked.

I remembered what Dad said about her leaving a trail of devastation in her wake. Then I remembered how she'd said I was like Andy Warhol, a cultural icon. 'I don't know.'

'Me neither. I heard Dad say to Mum that Auntie Glo drives him bananas. And I found two empty bottles of wine on top of the fridge.'

In my mind's eye, Aunt Gloria turned into a motorist with driving goggles and a huge consignment of bananas in the back seat.

'You mean, she drives him bananas the same way I drive you nuts?' I said.

'Bananas. Nuts. Round the bend. Off your trolley. Whatever.'

She laughed and I joined in because it showed I knew what she meant even if I wasn't sure what was funny about Aunt Gloria making Dad feel insane.

Retrieval Questions:

1. What does Salim say is up Ted's street?

2. Who's part has Kat been reading in school?

3. What position is the pod at in this extract?

4. Why did Ted laugh?

Writing – Days of the Week

Please write the date and the title into your lined activity book

'Diary of a Kangaroo' is fiction, a story and a diary.

Today's Task:

1. Look at the set of jumbled Days of the Week and read each one aloud.
2. Cut up the cards and sequence the days correctly, Monday to Sunday.
3. Practise spelling each word. Use a 'look, cover, write, check' method to help you get the spellings right. Remember that days of the week always start with a capital letter.

Tuesday

Sunday

Friday

Monday

Saturday

Thursday

Wednesday

4-a-Day Arithmetic Practice

1 $4 + \underline{\quad} = 19$

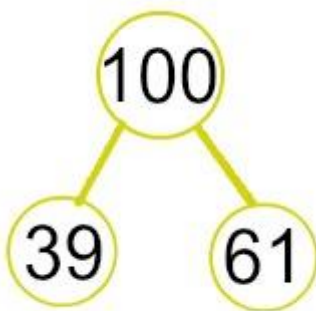
2 $37 + 54 =$

3 $12 + 12 =$

4 $22 - 20 =$

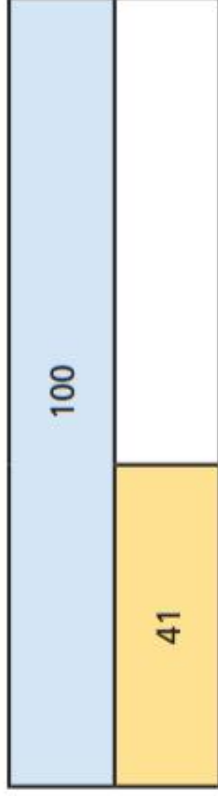
Check your answers from yesterday. How did you do? Rewatch yesterday's video (<https://vimeo.com/415699539>) to remind yourself of what you need to do.

Example:



Complete questions 4-7.

- 4 Complete the bar model.



- 6 A coat costs £100

Mr Farmer has £58

How much more money does Mr Farmer need to buy the coat?

- 5 Complete the calculations.

a) $40 + \square = 100$ e) $100 - 50 = \square$

b) $\square + 70 = 100$ f) $100 - 37 = \square$

c) $100 = \square + 72$ g) $\square = 100 - 22$

d) $100 = 28 + \square$ h) $8 = 100 - \square$

- 7 Whitney is working out $38 + \square = 100$



The missing number is 72 because I need 2 more ones and 7 more tens.

Do you agree with Whitney? _____
Explain your answer

Talk about it with a partner.

Science- Challenge questions

Think carefully about the work you did in last week's science on soluble and insoluble materials and then answer the following questions:

Challenge

What is the difference between a soluble and an insoluble material?

What happens to the material if it is soluble?

What happens to the material if it is insoluble?

Wednesday

Reading – The London Eye Mystery – Extract 1: Idiom activity

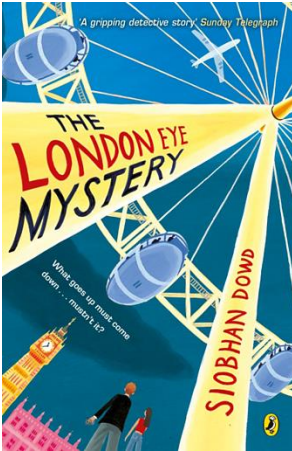
Writing – Verbs and Tenses

Maths – Multiplication sentences

Spanish – Quiz

Wednesday 15th July

Reading



Watch *Strictly Come Dancing* star Oti Mabuse read **Extract 1** from *The London Eye Mystery* by scanning the QR code or re-read the extract below:

Extract 1:

'Kat?' I said.

'What?'

'What does it mean when something is up your street?'

'Huh?'

'Salim said *The Tempest* would be right up my street. He acted in it at school last term.'

Kat laughed. 'We've been reading it at school too. Mr Moynihan keeps making me read Miranda's part and she's such a ... dishrag.'

I considered this. 'So it's not up your street?'

'No way.'

The pod was nearing one o'clock. 'What d'you think of Auntie Glo?' Kat asked.

I remembered what Dad said about her leaving a trail of devastation in her wake. Then I remembered how she'd said I was like Andy Warhol, a cultural icon. 'I don't know.'

'Me neither. I heard Dad say to Mum that Auntie Glo drives him bananas. And I found two empty bottles of wine on top of the fridge.'

In my mind's eye, Aunt Gloria turned into a motorist with driving goggles and a huge consignment of bananas in the back seat.

'You mean, she drives him bananas the same way I drive you nuts?' I said.

'Bananas. Nuts. Round the bend. Off your trolley. Whatever.'

She laughed and I joined in because it showed I knew what she meant even if I wasn't sure what was funny about Aunt Gloria making Dad feel insane.

Ted struggles to understand what **idioms** are in **Extract 1**. Idioms are expressions that can't be understood from the ordinary words in it.

The following idioms are included in this extract - **something is up your street**, **drives him bananas**, **round the bend** and **off your trolley**.

Idioms

An idiom is a common phrase or expression in which the meaning of the whole sentence is different from the meaning of its individual words. If you look at the phrase 'it's raining cats and dogs', you will know what the words 'raining', 'cats' and 'dogs' mean. However, the whole phrase doesn't mean when it rains, cats and dogs fall from the sky. It just means a very loud rain storm.



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Can you explain what these idioms actually mean?

- **Something is up your street**

- **Drives him bananas**

- **Round the bend**

- **Off your trolley**

Try to collect four more idioms to add to your writing toolkit! Look at this website if you are struggling for ideas.



IDIOMS LIST

A spiral-bound notebook with lined pages. The notebook is open, showing several pages with horizontal blue lines. The spiral binding is on the left side. In the bottom right corner of the notebook, there is a small copyright notice: "© 2019 All rights reserved."/>

© 2019 All rights reserved.

Writing – Verbs and Tenses

Please write the date and the title into your lined activity book

What are verbs? What does being 'in the past tense' mean?

Today's Task:

1. Read PowerPoint slides about the Past Tense Simple and Progressive Forms on the following page.
2. Read the Diary of a Kangaroo. Record all the verbs used.

Diary of a Kangaroo



Wednesday

I woke up in the late morning after a good sleep under the trees and decided to bounce over to the nearest house to see what was happening.

The family have a swimming pool in the garden and I thought it would be a great idea to jump in for a quick wash. Ker-splish! The water was feeling so cool and refreshing, although a lot of it splashed out, which left the pool half empty. Honestly, you would think that people would keep the right amount of water in their pools.

In the afternoon, I clambered out of the pool and walked towards the garage. Unfortunately, the water from the pool had made the garden very muddy, so I was leaving a dirty trail all the way across the grass. Really, I thought, people should put paths in their gardens. It would make life much easier.

There was a very smart looking car parked on the drive. With one bounce, I was sitting on its bonnet. I was gazing out at the view for quite a while because it looked so beautiful. Suddenly, strange creaking noises began to come from underneath the car and – crack! – two of the wheels fell off. Well! I was thinking to myself that it wasn't a very well-made car, when I heard a noise.

The family appeared at their gate. They were shouting and pointing at me. I couldn't understand a word they were saying but they seemed to be very excited about something. I didn't have time to stop and talk to them so I bounded off, giving them a cheery wave good bye.

What a fun day. Now, I wonder what I will do tomorrow?

3. What tense are the verbs in? Past tense

Extension: Write down in the past tense any verbs that say what you have done today. For example: watched TV, played in the garden, had lunch. Then, rewrite each one in the progressive past. For example: was watching, was playing.

The Past Tense – Simple and Progressive Forms

When we write about things that happened **in the past**, we can show this by using the **simple past** verb form.

The kangaroo **jumped** over the fence.

Often we add -ed to the end of the verb.
Other verbs take different forms to show past tense

The kangaroo **ate** some grass.



To show that the past action was in progress for **a period of time**, or at the **same time as something else**, we can use the **past progressive** form.



The baby koala **was holding** on tightly while its mother climbed the tree.

The koalas **were eating** leaves from the tree.

The baby held onto her mother for a while – it takes time to climb a tree. The koalas may not have finished eating leaves.

To write in the **past progressive** form we use helping verbs (**was** or **were**) and add **-ing** to the base verb.

The cockatoo **was flapping** its wings in the sunshine. The cockatoo **was cracking** seeds open with its beak. The birds **were squabbling** in the trees.



4-a-Day Arithmetic Practice

1 $30 + 23 =$

2 Half of 10 =

3 $47 + 34 =$

4 $83 + 8 =$

Follow the link to watch the explanation video: <https://vimeo.com/418150502>

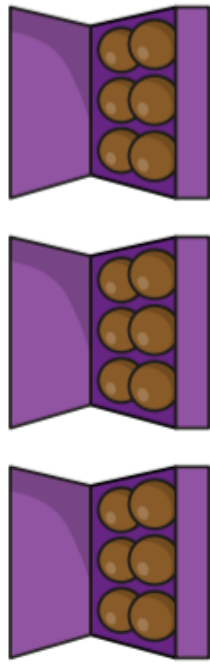


Complete question 1.

Multiplication sentences using the x symbol

1 Complete the sentences.

a)



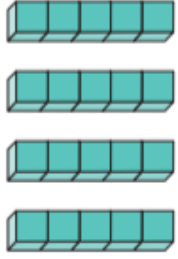
There are equal groups with

in each group.

$$\begin{array}{r} \square + \square = 18 \\ \square + \square = 18 \end{array}$$

$$\begin{array}{r} \square \times \square = 18 \\ \square \times \square = 18 \end{array}$$

b)



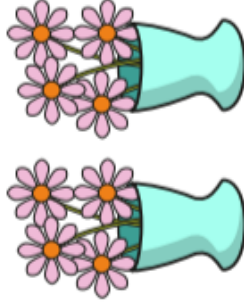
There are equal groups with

in each group.

$$\begin{array}{r} \square + \square = 20 \\ \square + \square = 20 \end{array}$$

$$\begin{array}{r} \square \times \square = 20 \\ \square \times \square = 20 \end{array}$$

c)



There are equal groups with

in each group.

$$\begin{array}{r} \square + \square = 8 \\ \square + \square = 8 \end{array}$$

$$\begin{array}{r} \square \times \square = 8 \\ \square \times \square = 8 \end{array}$$

Spanish- Quiz

Complete the quiz below to revise your last Spanish lesson on how to say when your birthday is. Then, watch the video about how to say the date in Spanish. Link for the video: <https://www.thenational.academy/year-5/foundation/how-to-say-the-date-in-spanish-year-5-wk4-2#slide-3>



1. How do you say 'January' in Spanish? *

1 point

- Marzo
- Enero
- Junio

2. How do you say 'July' in Spanish? *

1 point

- Junio
- Febrero
- Julio

3. How do you say 23 in Spanish? *

1 point

- Veintitres
- Tres
- Trece

4. How do you say 'My birthday is ____' in Spanish? *

1 point

- Tengo ____ años
- Mi cumpleaños es _____
- Me llamo _____

5. How do you say 'My birthday is the 5th of February' in Spanish? *

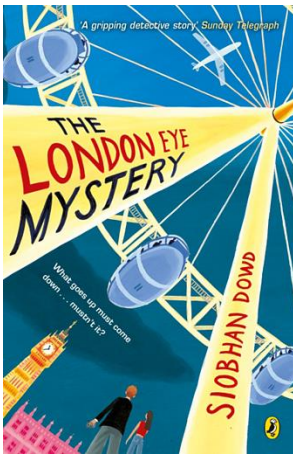
1 point

- Mi cumpleaños es el cuatro de febrero
- Mi cumpleaños el cinco de marzo
- Mi cumpleaños es el cinco de febrero

Thursday	Reading – The London Eye Mystery – Extract 2: Vocabulary questions Writing –Planning Maths – Multiplication sentences Art – Evaluate artwork
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Thursday 16th July

Reading



Watch *Strictly Come Dancing* star Oti Mabuse read **Extract 2** from *The London Eye Mystery* by scanning the QR code or read the extract below:

Extract 2:

She dropped my hand and ran off. I didn't like being left on my own in those crowds. I kept blinking and looking around, thinking Salim would re-materialize. Then I started to think I'd lost Kat too. Then I realized I didn't know how to find Mum and Aunt Gloria, which meant I was lost as well. My hand flapped and I forgot about trying to stop it.

Then Kat came back. 'No sign of Salim?'

'No, Kat.'

'I bought this,' she said. 'A souvenir photo. I looked at all of them, the ones before and the ones after, but I couldn't find any with Salim in. This is the one with the Japanese and the African ladies.'

She showed me the photograph and I looked at the faces of strangers, smiling and waving at the camera. Various bits of people were chopped off, as the pod had been quite full. You could see half a face here, an arm there. But nothing that looked remotely like Salim.

'Salim isn't there,' I said.

Then I said, 'Salim has disappeared.'

Kat groaned. 'Mum and Auntie Glo are going to be livid.'

Vocabulary Questions:

1. ‘...thinking Salim would re-materialize’ What does the word **re-materialize** mean in this sentence?

2. ‘I kept blinking and looking around...’ What does this phrase show about how Ted is feeling at this point in the story?

_____ because _____

3. Which word has the closest meaning to the word ‘souvenir’?

Tick **one**.

new. reminder.

old. scary.

4. ‘Various bits of people were chopped off...’ What does the word **various** mean in this sentence?

Writing - Planning

Please write the date and the title into your lined activity book

Tomorrow, you are going to write the diary entry of an animal who causes all sorts of trouble for a family. Today you will plan your story.







Today’s Task:

1. Decide which animal will feature in your story. Record this on My Animal Diary Planner.
2. Decide which day of the week your diary entry will be for.
3. Have fun thinking of the three things your animal does that cause big trouble for the family.

My Animal Diary Planner

My diary will be written by a	
The day of the week for the diary will be	
These are the three troublesome things my animal does:	<ol style="list-style-type: none"> 1. 2. 3.
This is what happens at the end of the day:	

Diary Suggestions

<i>Some things your animal might do wrong:</i>	
<p>Your diary could be written by ANY animal you want.</p> <p>It could be written by an animal you know like a dog or a cat, a squirrel or a garden bird.</p> <p><i>Or</i> it could be written by <i>another</i> Australian animal, like a kangaroo, a possum or a platypus, an echidna, a cassowary or a kookaburra.</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center; margin: 5px;"></div> <div style="text-align: center; margin: 5px;"></div> <div style="text-align: center; margin: 5px;"></div> <div style="text-align: center; margin: 5px;"></div> <div style="text-align: center; margin: 5px;"></div> <div style="text-align: center; margin: 5px;"></div> </div>	<ul style="list-style-type: none"> Break something valuable Knock something special over Leave tooth, beak or claw marks on something precious Get mud or water on something clean Eat or drink something being kept for a special occasion Make a lot of noise when it is quiet Leave fur or hair in the wrong place Make a horrible smell!

4-a-Day Arithmetic Practice

1 $67 + 34 =$

2 $20 - 7 =$

3 $78 + 10 =$

4 $67 + 7 =$

Check your answers from yesterday. How did you do? Rewatch yesterday's video (<https://vimeo.com/418150502>) to remind yourself of what you need to do.



Complete questions 2-5.

2 Complete the table.

The first one has been done for you.

Addition	Multiplication
$2 + 2 + 2 + 2$	4×2
$5 + 5 + 5$	
$3 + 3 + 3 + 3 + 3$	
	2×10

3 Complete the pattern.

$$5 \times 2 = 5 + 5 = \square$$

$$5 \times 3 = 5 + 5 + 5 = \square$$

$$5 \times 4 = 5 + 5 + 5 + 5 = \square$$

$$5 \times 5 = \underline{\hspace{2cm}} = \square$$

What comes next?

4 The total is 16

What could the addition and multiplication be?

5 Use counters to help you complete the number sentences.

a) $3 \times \square = 12$

b) $\square \times 4 = 8$

c) $2 \times \square = 10$



Art- Evaluate artwork

Look at your completed artwork from the last art session and complete the evaluation sheet:

Mosaic Replica

How I feel about my work on a scale of 1 to 10:

1 2 3 4 5 6 7 8 9 10



I feel this way because _____

P	M	I

Friday

Reading – The London Eye Mystery – Extract 2: Inference questions

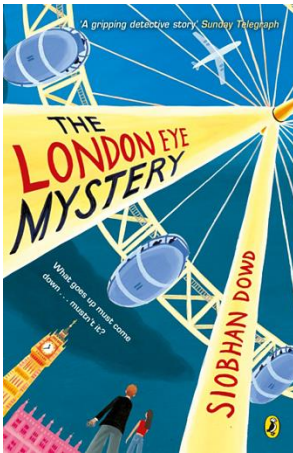
Writing – Writing a diary recount

Maths – Use arrays

PE – Circuits for super strength

Friday 17th July

Reading



Watch *Strictly Come Dancing* star Oti Mabuse read **Extract 2** again from *The London Eye Mystery* by scanning the QR code or re-read the extract below:

Extract 2:

She dropped my hand and ran off. I didn't like being left on my own in those crowds. I kept blinking and looking around, thinking Salim would re-materialize. Then I started to think I'd lost Kat too. Then I realized I didn't know how to find Mum and Aunt Gloria, which meant I was lost as well. My hand flapped and I forgot about trying to stop it.

Then Kat came back. 'No sign of Salim?'

'No, Kat.'

'I bought this,' she said. 'A souvenir photo. I looked at all of them, the ones before and the ones after, but I couldn't find any with Salim in. This is the one with the Japanese and the African ladies.'

She showed me the photograph and I looked at the faces of strangers, smiling and waving at the camera. Various bits of people were chopped off, as the pod had been quite full. You could see half a face here, an arm there. But nothing that looked remotely like Salim.

'Salim isn't there,' I said.

Then I said, 'Salim has disappeared.'

Kat groaned. 'Mum and Auntie Glo are going to be livid.'

Inference Questions:

1. *My hand flapped and I forgot about trying to stop it.* What do you think this shows about how Ted was feeling and what he was thinking about?

2. *Kat groaned. 'Mum and Auntie Glo are going to be livid.'*

What does the word **groaned** show about how Kat spoke?

3. *'I looked at the faces of strangers, smiling and waving at the camera...'* How do you think this would make Ted and Kat feel seeing these happy people when they cannot find their friend? Explain your answer.

_____ because _____

Writing – Writing a diary recount

Please write the date and the title into your lined activity book

Today's Task:

1. Write your animal diary entry from the plan you produced yesterday.
2. Go through the checklist and make sure you have all the language features of a diary.

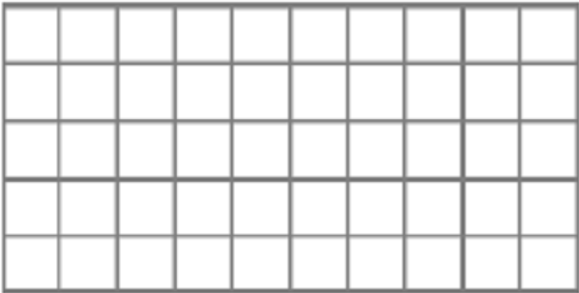
In my diary I need to include...	✓
Include the day of the week	
Make sure the diary goes in chronological order, starting in the morning and ending at night-time	
Included some verbs in the simple past tense e.g. woke up, splashed, spent	
Included some verbs in the progressive past form e.g. was happening, was leaving	

3. Once you are happy with it, share it on ClassDojo so that we can celebrate your completed diary!

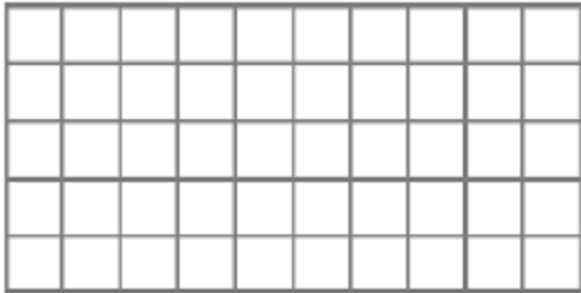


4-a-Day Arithmetic Practice

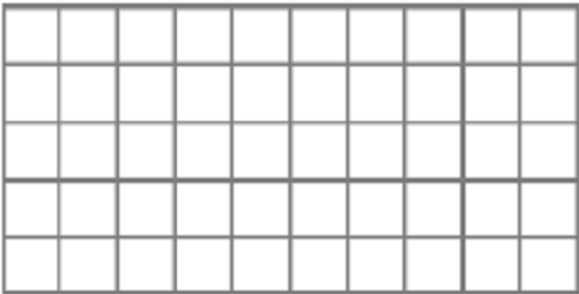
1 $48 + 36 =$



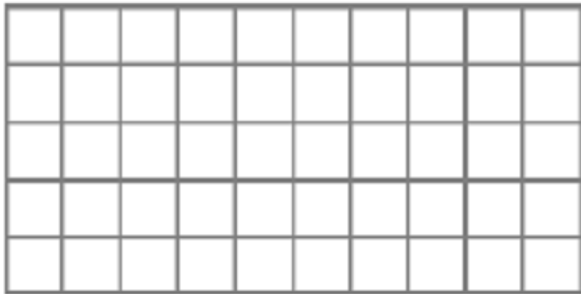
2 $67 + 30 =$



3 $20 - 4 =$



4 75 shared between 5 =

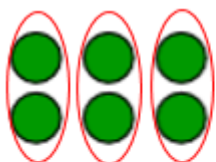


Follow the link to watch the explanation video: <https://vimeo.com/417922235>

Explanation:

Multiplication is Repeated Addition

Arrays can be used to show that multiplication is repeated addition.



Addition:

$$2 + 2 + 2 = 6$$

Multiplication:

3 groups of 2 is 6

3 times 2 equals 6

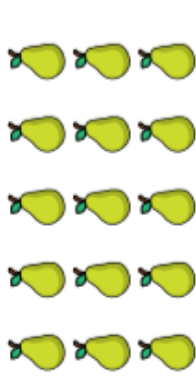
$$3 \times 2 = 6$$



Complete questions 1-4.

Use arrays


1 How many pears are there?



+ =
 × =

There are pears.

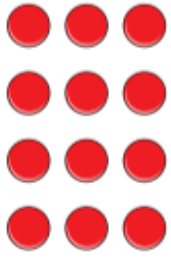
2 How many stars are there?



+ =
 × =

There are stars.


3 Write two additions and two multiplications for the array.



+ =
 × =
 + =
 × =

What do you notice?

4 Write two multiplications for this array.



× =
 × =

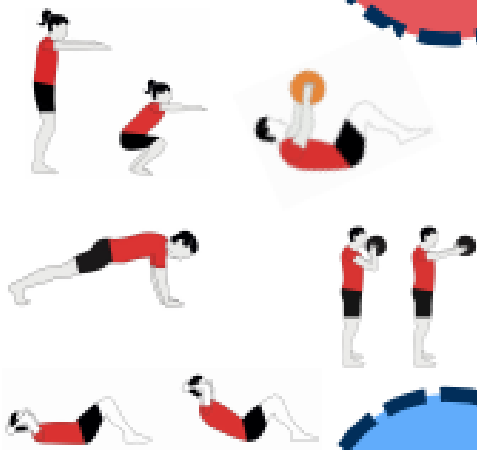
Super Strength

Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

How to play:

- Layout 5 markers in a space around your area. These are your 5 strength circuit activities.
- **Station 1:** Perform 10 squat jumps.
- **Station 2:** Perform 10 lying ball lifts.
- **Station 3:** Perform 10 push outs.
- **Station 4:** Perform 10 sit ups.
- **Station 5:** Perform 10 box press ups.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

Top Tips

Work Hard!

By working hard we will improve our strength
'Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.'

Let's Reflect

Do you understand why working hard will help improve the strength of your muscles?

Do you understand why it is important to be strong when playing sport?

What are 'squat jumps' and 'box press ups'?

Watch the following video from a coach at Complete PE to give you some tips on what some of these exercises are and how this can be done in all types of homes and outdoor areas.



Share some pictures of your exercises with us on ClassDojo, along with your fastest times and how many times you can complete the circuit!

