Week 4, Day 4 30.4.20

THURSDAY

Thinking skills

PE: Keep recording your results and email to Mr Lomax any videos of you working out.

Maths – You have today and tomorrow to complete the exam papers. Keep going on your assassin's story too. It should be pretty good by now!

Thinking Skills

WORD WHEELS

Try and find the longest word (there is a nine letter word hidden in all of the wheels)

Try and find the most words!

The rules:

- You must use the centre letter in each word
- You can use each letter only once

How many words can you come up with?

Draw what you think should be the missing part of the picture

More techniques that could help with any anxiety you might be feeling.

And today's colouring. Take a photo and email your coloured picture to Mr Lomax.

ENGLISH

Homophone Search:

Find the 4 pairs of homophones

(A homophone is a word that sounds the same but has a different meaning and a different spelling)

4 Homophone Pairs

I	M	N	G	Y	K	B	O	N
K	O	Q	M	R	X	A	I	L
A	V	U	L	R	B	L	J	W
E	I	X	P	E	F	L	T	A
R	B	H	K	B	C	C	C	B
B	U	A	Q	Q	E	B	E	A
C	R	A	X	F	K	J	F	E
B	Y	K	F	A	S	E	F	D
I	P	E	Z	H	P	P	A	U

Take a photo and send your answers to Mr Lomax

CEDSMEAR

Unscramble the word above.

Clue: this is a word you may include in your story.

The Assassin – Paragraph 3

In your third paragraph, you will describe the arrival of the victim by car.

Ideas:

- **Keep the assassin cool and unhurried**
- **Observe small and irrelevant details: a defective windscreen wiper, mud streaks on the car, a damaged bumper, the crunch of stones as the car pulls onto the drive.**
- **Don't move the story on any further than your victim entering the house.**

Techniques:

- Adjectives
- Onomatopoeia

The assassin sat relaxing on the leather swivel chair in his victim's office. His head moved slightly as he heard the crunch of stones as the luxury Porsche pulled into the driveway. A clock chimed in another room in the house. Midnight. Perfect. The young lady swung her slim legs out of the Porsche and with her usual grace, silently walked across to her house, slid her key into the heavy oak door and entered her house.

Now write your own:

_____

_____

_____

_____

_____

_____

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_____

Use the writing frame below if you want to:

The assassin looked up as he heard (what that lets him know your victim is approaching/ arriving?

E.g. the sound of high heels, the creak of the front door, the pleasant sound of a BMW approaching)

_____

_____.

He felt _____ **and noticed** _____.

(Now describe your victim) **The man/ lady approaching was** (height, age, weight) _____

_____. **He/she wore** _____

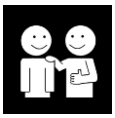
_____ **and his/her hair was** _____**.**

The door slammed as they entered their house.

DO NOT KILL YOUR VICTIM YET!!! THAT IS FOR TOMORROW!!!

Week 4, Day 5 1.5.20

You've made it to Friday and to the start of May! Well done for what you have achieved this week. It can be hard to stay motivated at times like these so feel proud of anything you have completed or achieved – however big or small. We're sending you a virtual 'pat on the back'!



Thinking skills

PE: Keep recording your results and challenging yourself. The more you exercise, the better you will feel.

Maths and English – today is the day to check that you are happy with your exam papers and for you to complete your brilliant assassin's story.

Thinking Skills

Your last brain limbering exercises of this week.

Try to get as close as you can to the target number using these six numbers:

75 20 25 2 8 6

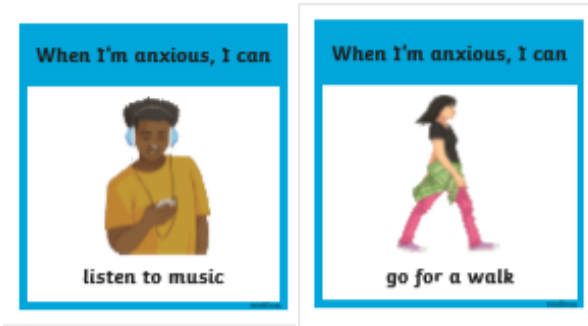
Target Number: 376

You can't use the same number more than once.
Only plus, minus, times and divide are allowed.

Working out space:

Two more tips to help you relax.

Remember you are allowed outside once a day to exercise under the latest government guidance.



You must be an expert at these. Please email them to us.

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ENGLISH

Find the 6 words that are good alternatives for the word “small”.

Found all 6? Take a photo and email your answers to Mr Lomax.

Assassin – Paragraph 4

This paragraph deals with the victim and the killing.

Read this extract from a novel called Out Of The Darkness

This writing deals with the assassination of an important figure, Leila, who Liam has kept safe for many months from Nayeem, the assassin. It is written in the third person but told from Liam's point of view.

Liam began to run.

Nayeem lifted the gun and fired.

Leila jerked backwards and staggered.

Liam was running. Running, with his arms held out as if he could catch her and break her fall.

He saw her hit the ground. But he kept running as the echo of the gunshot bounced round the walls and a woman began to scream.

Leila was lying on her side. He dropped to his knees and gently rolled her towards him then lifted her into his arms. There was a cut on her face and for an instant he thought she had only been grazed by the bullet. Then he felt her take a deep rattling breath and he looked down at her chest. Blood was welling out through the tattered hole in the green material of the caftan.

He looked away in horror and up at Nayeem who was standing with the gun still held out in front of him. His face was blank and his eyes were fixed as if he had been frozen at the instant after he had fired the gun.

There was a terrible gasp from Leila as she tried to catch her breath.

Liam looked down at her and he knew she was dying.

And he knew she had come here to die. And he had helped to bring her here.

There was a shout and a scuffling noise and he saw a couple of men grab Nayeem from behind. The gun clattered to the ground and slid away across the tiles. One of the men swung something and hit Nayeem on the side of the head. He buckled at the knees and fell to the floor.

He lay still but one of the men kicked him in the ribs. Nayeem jerked and groaned.

'No, don't do that!' Liam yelled as the man raised his foot again.

The man looked at him and lowered his foot.

Leila felt as if she was floating, rocking in a boat. She could hear Liam's voice but too far away to make out what he was saying.

Her head was growing heavy and moving backwards so slowly. Pressing backwards so slowly into Liam's arms. But as her head moved backwards, the pain in her chest grew worse. The movement was pulling the bullet hole open. She could feel the cold air round the edges.

Then the pain stopped and the cold was gone.

Her heart was pounding in her ear. But it wasn't her heart. Her heart had stopped. And in the silence she could hear another heart.

Her eyes opened and she saw grey. Then movement.

Liam looking down at her.

Beautiful face.

It was Liam's heart.

His heart beating. For her.

Her eyes closing now.

Darkness now.

Then out of the darkness came a different sort of light.

And in the light, another face.

Girl's face. Who?

Never seen before. But always there.

A bit like me. Same age.

Age.

Of course. Keeper of the Age.

Girl. Same age.

That's why.

They thought I . . . was Keeper . . .

I die . . .

And . . .
Keeper . . .
is . . .
safe.
Good.

Liam saw the exact moment that Leila died. There was a relaxing. And she had gone.

He would never see her again. Never talk to her. Never laugh with her. Never.

She had gone and a vast emptiness opened up inside him.

The following techniques make this really effective. Can you find examples?

One sentence paragraph for dramatic effect	
Short 1-3 word sentence to show Leila's body shutting down	
Ellipsis to emphasise Leila's body shutting down	
Exclamation	
Sense of sight and hearing so we can clearly imagine the assassination	
Onomatopoeia so it's as if we are there too	

Write your own version of your assassin and victim. Ideas:

- **Start the paragraph slowly, focusing on tiny details again**
- **The violence of the killing should contrast to the start of the paragraph**
- **As your victim dies, you could start a new paragraph for each sentence until each paragraph is a single word with ellipsis after**

_____

_____

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Sentence starters to help: **The assassin approached the** victim (how? From where?) **He slowly raised** (What is the murder weapon?). **The victim dropped to the floor**. (Describe what you can see and hear as the victim dies. Do they try to say anything? Make your sentences shorter and incomplete to show them dying).

The Assassin – Paragraph 5

The assassin moves away from the scene.

Ideas:

- **He needs to pack away his weapon, remove signs of his presence and move away to his car.**
- **He is unmoved, even casual about his experience.**
- **He remains cold, careful and completely unruffled.**

Techniques:

- Longer sentences
- Use of senses

_____

_____

_____

_____

_____

_____

Here's the final writing frame if you want to use it:

The assassin picked up his _____ and slowly and calmly walked away thinking _____

_____

_____.

And finally… Check your work:

- Is it technically accurate?
- Have I included everything I should?
- Does my story work as a whole?
- Have I created atmosphere and tension?
- How many of the techniques can I find in my writing?
- Ask yourself whether there are phrases that don't quite work. You could change these so you are happy with them. There probably will be, and if you think there aren't, you are probably fooling yourself. Be critical!

Take photos of your favourite parts or of the whole thing if you want to and email them to Mr Lomax. These would be fantastic on the school twitter feed!

P.E. ACTIVITIES

You have been given a record sheet and also corresponding cards to go with each activity. You have been given 12 exercises to have a go at. Try and do it like a HIIT (High Impact Intensity Training) session and do 1 minute of each exercise and then rest of 30 seconds before trying the next one. Doing all 12 every day may be fine for you or it may be too much of a challenge so chose your own level of fitness. If you time how you do, you will be able to track your progress. You can also challenge member of your household to do these exercises with you! If you think you are amazing at your times and progress – send us pics of you exercising or just your record sheet and we can share it on Twitter!

PE Circuit Recording Sheet

Exercises	First Attempt	Second Attempt	Third Attempt
Plank Did you do the plank for the full minute? Yes or no?			
Burpees How many in 1 minute?			
Sit Ups How many in 1 minute?			
Shuttle Runs How many in 1 minute?			
Squats How many in 1 minute?			
Star Jumps How many in 1 minute?			
Lunges How many in 1 minute?			
Press Ups How many in 1 minute?			
Mountain Climbers How many in 1 minute?			
Spotty Dogs How many in 1 minute?			
Boxing Arms How many in 1 minute?			
Superman Planks How many in 1 minute?			

Boxing Arms

What You Need

- Space to move in

What You Do

1. Stand with your feet shoulder-width apart.
2. Bend your knees slightly.
3. Make a fist and punch forwards with alternative arms one at a time.

Top Tip: keep your back straight and stomach muscles tight.

How to Make the Activity Less Challenging	How to Make the Activity More Challenging
Make 5 punches and rest.	Increase the speed at which you punch.

Mountain Climbers

What You Need

- 1 mat between two people

What You Do

1. Begin in the squat position, with your hands touching the floor.
2. Keep your abdominals tight and move into the plank position.
3. Bring one leg in towards your chest so your knee is almost touching your chin.
4. Return this leg to the starting position and repeat with the other leg.
5. Continue, alternating between each leg.

Top Tip: keep your back straight and abdominal muscles tight.

How to Make the Activity Less Challenging	How to Make the Activity More Challenging
Perform 10 movements and then rest for 10 seconds before repeating.	Bring your right knee across your body so it touches your left elbow and your left knee so it touches your right elbow.

Plank

What You Need

- 1 mat each

What You Do

1. Start by getting into a press-up position.
2. Bend your elbows and rest your weight on your forearms.
3. Your body should form a straight line from your shoulders to ankles.
4. Engage your core by sucking your belly button into your spine.

Top Tip: keep your back completely straight.

How to Make the Activity Less Challenging	How to Make the Activity More Challenging
Perform the plank for 10 seconds, rest for 10 seconds and repeat.	Raise one leg at a time about 5 inches off the ground. Keep your legs straight and your core 'sucked' in.

Burpees

What You Need

- A large space to move in

What You Do

1. Stand with your arms by your side.
2. Move to the squat position with your hands on the floor
3. Jump your feet out so your body is in the plank position.
4. Jump your legs back towards your chest so you are in squat position with your hands on the floor.
5. Finish by jumping up with your with arms up in the air above your head.

Top Tip: keep your feet light, stay on the balls of your feet.

How to Make the Activity Less Challenging	How to Make the Activity More Challenging
Complete a squat thrust, by not jumping.	Lay on your chest and stomach flat against the floor and your arms stretched out in front alongside your ears. Once you have completed step 5 begin each burpee like this.

Press-Ups

What You Need

- 1 mat between two people

What You Do

1. Start in the plank position with your hands (not forearms) on the floor.
2. Lower your body, by bending your arms at the elbow, until your chest grazes the floor.
3. Then push back up and repeat.

Top Tip: keep your back completely straight.

How to Make the Activity Less Challenging	How to Make the Activity More Challenging
Perform the press-ups on your knees.	Try the diamond press-up. Place your hands closer together so your fingers make a diamond.

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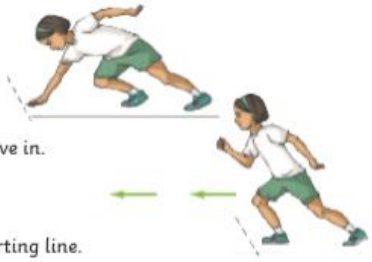
Shuttle Runs



What You Need

- A large space to move in.

What You Do

1. Begin on the starting line.
2. Run to the next line and back to the starting line.
3. Then run to the 3rd line and then back to the starting line.
4. Continue this until you have run to and back from each line.
5. You must touch your hand to the floor when reaching each line.

Top Tip: use your arms to help you move.

How to Make the Activity Less Challenging	How to Make the Activity More Challenging
Jog rather than run.	Sprint rather than run.

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Sit-Up

What You Need

- 1 mat each

What You Do

1. Lie on your back with your knees bent and feet flat on the floor.
2. Place your fingertips behind your ears and pull your shoulder blades back so your elbows are out to the side.
3. Squeeze your core muscles, lift your shoulders off the floor and raise your body up towards your knees.

Top Tip: use your core to pull you up - don't strain your neck.

How to Make the Activity Less Challenging	How to Make the Activity More Challenging
Perform 10 sit-ups, rest for 10 seconds and repeat.	Extend your legs out straight, not letting your feet touch the floor before bringing your knees back to your chest.

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Spotty Dogs

What You Need

- Room to move in

What You Do

1. Start by standing with your feet together and arms by your sides.
2. Jump your right leg forward, whilst stretching your left arm out in front of your body.
3. Swap arms and legs, jumping to make the change.
4. Repeat the alternate movements until the time is up.

Top Tip: bounce off the balls of your feet, keeping your landing soft.

How to Make the Activity Less Challenging	How to Make the Activity More Challenging
Perform 6 movements, rest for 10 seconds and repeat.	Lower your body into a lunge between each jump.

Squats

What You Need

- A large space to move in

What You Do

1. Stand up straight with your feet hip-width apart.
2. Tighten your stomach muscles and lower your buttocks down and push your hips back, as if you are sitting. The lower you sit the better.
3. Then straighten your legs and repeat the movement.

Top Tip: don't perform the movement too quickly and make sure your knees are in line with your toes.

How to Make the Activity Less Challenging	How to Make the Activity More Challenging
Perform 'top squats'- don't move your buttocks as low to the ground, in line with your knees would be perfect!	After each squat, lift one of your legs, keeping it straight out to the side of your body. Make sure to swap the leg after each squat.

Attached at the back of this pack are Maths Paper 3

and English Paper 2.