

THURSDAY 14TH MAY

BEECH CLASS

GOOD MORNING EVERYONE. TODAY'S SUBJECTS ARE AS FOLLOWS...

1. **Maths**
2. **English**
3. **Comprehension**
4. **Spelling**
5. PE
6. RE / PSHE

Remember to stick to a routine,
as best you can. It makes the
day run much smoother – for
everyone.



THURSDAY

LO: READ AND WRITE 24 HOUR DIGITAL TIME


- Read through the following slides carefully, before you start today's tasks.
- Some of you will find this easier than others, but these next slides recap on previous learning and it will be useful for everyone to refresh their memories 😊
- Tasks follow the information slides - 3 levels, so choose carefully. Answers follow each slide.





Year 4


Week 1 - Day 5


KEY


 Try mentally first

 Try a written method

 A. $\frac{1}{5}$ of 25 =

 B. $48 \div 3 =$

 C. $7 \times 2 =$

 D. $564 + 163 =$




Year 4


Week 1 - Day 5


(ANSWERS)


KEY


 Try mentally first

 Try a written method

 A. $\frac{1}{5}$ of 25 = 5

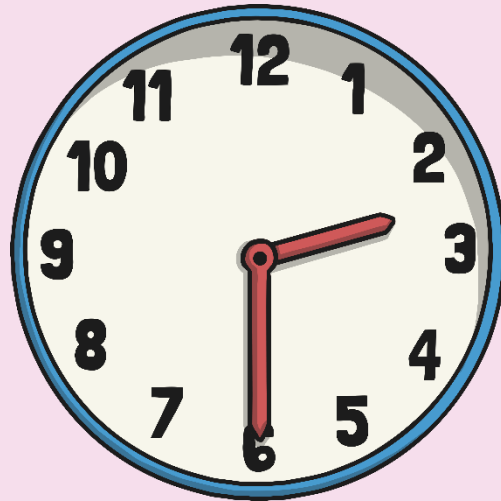
 B. $48 \div 3 = 16$

 C. $7 \times 2 = 14$

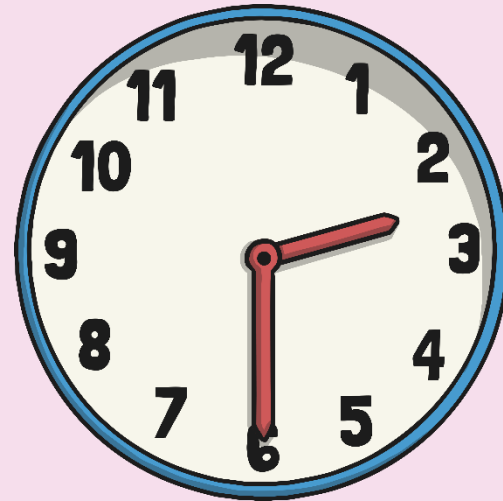
 D. $564 + 163 = 727$

THE 24 HOUR DAY

A day has 24 hours. A clock has 12 hours.
This means each time will happen twice every day.



half past 2 in the morning



half past 2 in the afternoon

A.M. AND P.M.

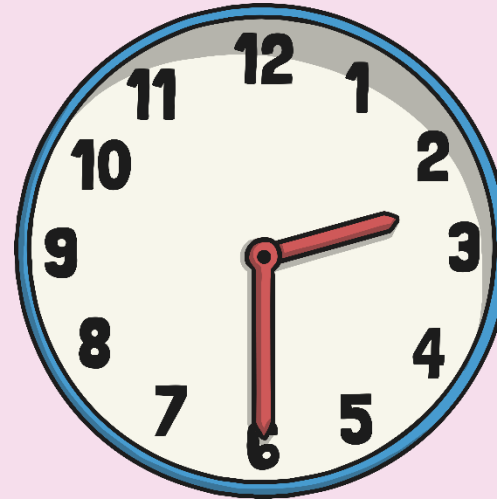
We have to use a way to write these times differently. One way is to use a.m. and p.m.

a.m. (ante meridiem – before noon)



2:30 a.m.

p.m. (post meridiem – after noon)

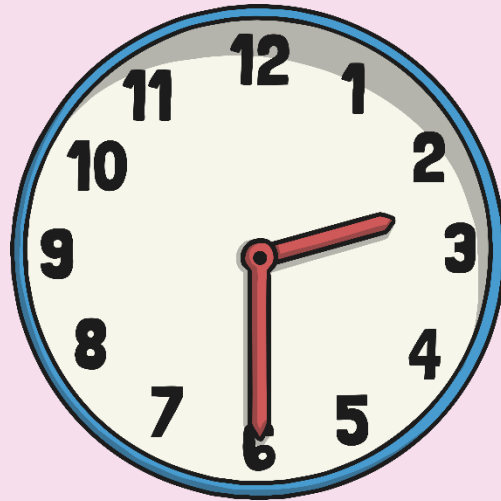


2:30 p.m.

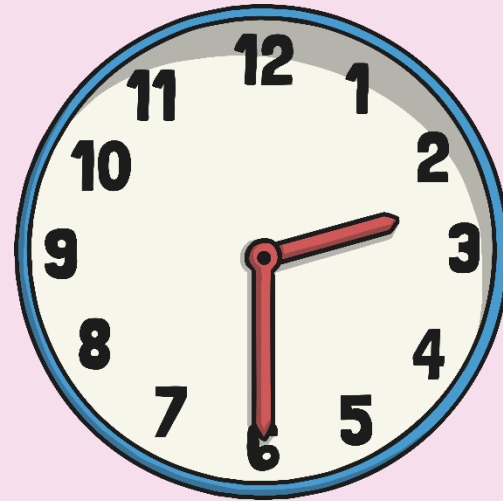
THE 24 HOUR CLOCK

Another way is to use a 24 hour clock.

This means the hours after 12 noon are converted to 13:00 to 23:00.



2:30

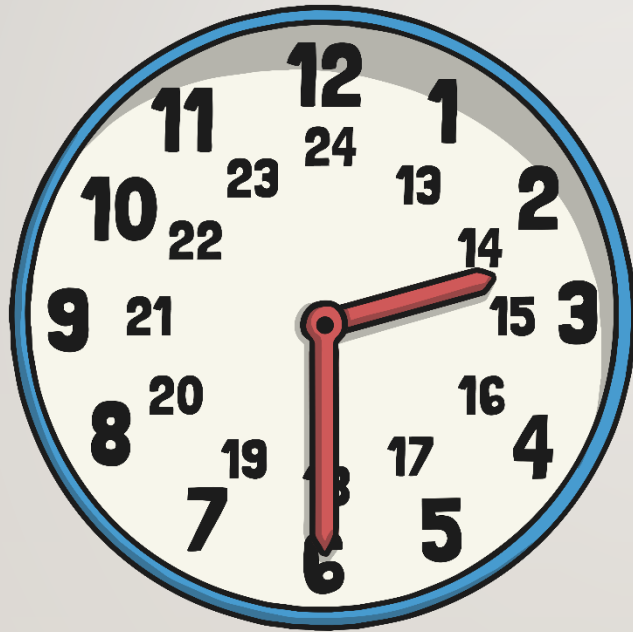


14:30

A 4 digit format is used. 2 digits for the hour, a colon (:), and 2 for the minutes.

24 HOUR HOURS

This clock and table show the corresponding hours on a 24 hour clock.

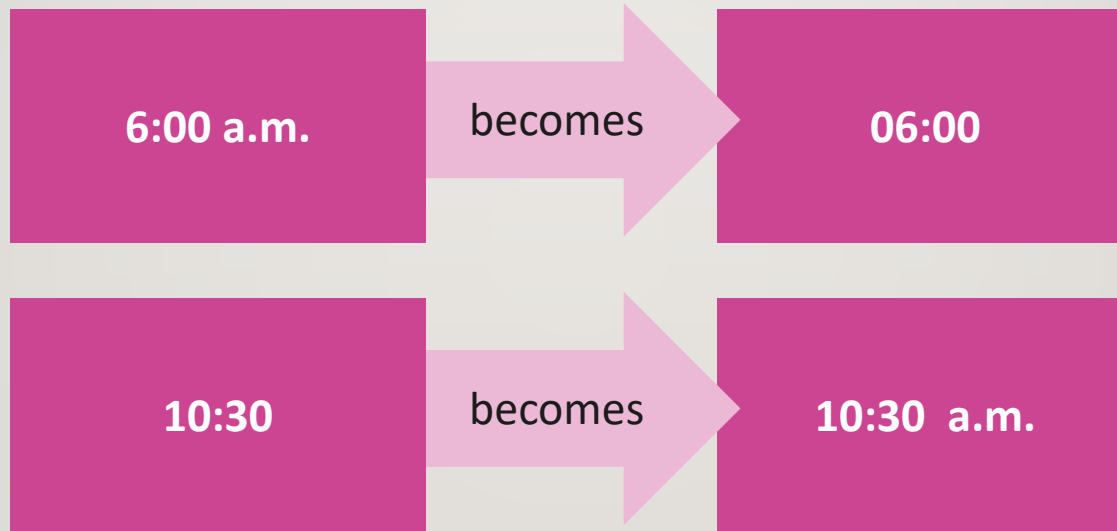


00:00 = 12:00 AM	12:00 = 12:00 PM
01:00 = 1:00 AM	13:00 = 1:00 PM
02:00 = 2:00 AM	14:00 = 2:00 PM
03:00 = 3:00 AM	15:00 = 3:00 PM
04:00 = 4:00 AM	16:00 = 4:00 PM
05:00 = 5:00 AM	17:00 = 5:00 PM
06:00 = 6:00 AM	18:00 = 6:00 PM
07:00 = 7:00 AM	19:00 = 7:00 PM
08:00 = 8:00 AM	20:00 = 8:00 PM
09:00 = 9:00 AM	21:00 = 9:00 PM
10:00 = 10:00 AM	22:00 = 10:00 PM
11:00 = 11:00 AM	23:00 = 11:00 PM
12:00 = 12:00 AM	24:00 = 12:00 PM

Midnight is referred to as both 00:00 and 24:00

24 HOUR TIME IN THE MORNING


To convert between 12 and 24 hour time in the morning change the format.




The hours stay the same.

24 HOUR TIME IN THE AFTERNOON

To convert between 12 and 24 hour time in the afternoon add or subtract 12 hours and change the format.



6:00 p.m. becomes 18:00



22:30 becomes 10:30 p.m.



1) Complete the chart, changing 12-hour a.m. digital times into 24-hour times.

12-Hour Time	24-Hour Time
1:00 a.m.	
2:00 a.m.	
3:00 a.m.	
4:00 a.m.	
5:00 a.m.	
6:00 a.m.	
7:00 a.m.	
8:00 a.m.	
9:00 a.m.	
10:00 a.m.	
11:00 a.m.	

2) Complete the chart, changing 12-hour p.m. digital times into 24-hour times.

12-Hour Time	24-Hour Time
12:00 p.m.	
1:00 p.m.	
2:00 p.m.	
3:00 p.m.	
4:00 p.m.	
5:00 p.m.	
6:00 p.m.	
7:00 p.m.	
8:00 p.m.	
9:00 p.m.	
10:00 p.m.	
11:00 p.m.	

3) Complete this table, filling in the missing times.

24-Hour Time	12-Hour Time
03:15	
	4:00 p.m.
	7:30 a.m.
18:45	
14:30	
	5:30 a.m.
	10:45 p.m.
17:30	
09:15	
	6:30 a.m.
22:30	



Answers...



1. Complete the chart, changing 12-hour a.m. digital times into 24-hour times.

1:00 a.m.	01:00
2:00 a.m.	02:00
3:00 a.m.	03:00
4:00 a.m.	04:00
5:00 a.m.	05:00
6:00 a.m.	06:00
7:00 a.m.	07:00
8:00 a.m.	08:00
9:00 a.m.	09:00
10:00 a.m.	10:00
11:00 a.m.	11:00

2. Complete the chart, changing 12-hour p.m. digital times into 24-hour times.

12:00 p.m.	12:00
1:00 p.m.	13:00
2:00 p.m.	14:00
3:00 p.m.	15:00
4:00 p.m.	16:00
5:00 p.m.	17:00
6:00 p.m.	18:00
7:00 p.m.	19:00
8:00 p.m.	20:00
9:00 p.m.	21:00
10:00 p.m.	22:00
11:00 p.m.	23:00

3. Complete this table, filling in the missing times.

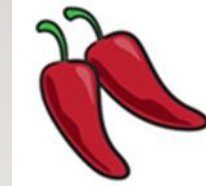
03:15	3:15 a.m.
16:00	4:00 p.m.
07:30	7:30 a.m.
18:45	6:45 p.m.
14:30	2:30 p.m.
05:30	5:30 a.m.
22:45	10:45 p.m.
17:30	5:30 p.m.
09:15	9:15 a.m.
06:30	6:30 a.m.
22:30	10:30 p.m.

1) Complete the chart, changing 12-hour a.m. digital times into 24-hour times.

12-Hour Time	24-Hour Time
2:15 a.m.	
5:30 a.m.	
9:00 a.m.	
11:15 a.m.	
6:30 a.m.	
9:45 a.m.	
11:30 a.m.	
10:00 a.m.	
8:15 a.m.	
1:30 a.m.	
2:45 a.m.	

2) Complete the chart, changing 12-hour p.m. digital times into 24-hour times.

12-Hour Time	24-Hour Time
12:30 p.m.	
6:00 p.m.	
2:15 p.m.	
4:30 p.m.	
9:00 p.m.	
7:45 p.m.	
10:00 p.m.	
8:30 p.m.	
11:45 p.m.	
2:45 p.m.	
7:00 p.m.	



3) This TV schedule has been written in a 12-hour digital format. Convert the times to 24-hour times.

12-Hour Time	Programme	24-Hour Time
9:15 a.m.	Loopy Tunes	
10:00 a.m.	Pepper Pink	
10:30 a.m.	Film: Toy Tales	
11:45 a.m.	Sponge Ben Square Boots	
12:30 p.m.	Stewart Galaxy and the Crystal Jewels	
1:15 p.m.	Film: Beauty and the Bear	
2:30 p.m.	Bill the Builder	



Answers...

1. Complete the chart, changing 12-hour a.m. digital times into 24-hour times.

2:15 a.m.	02:15
5:30 a.m.	05:30
9:00 a.m.	09:00
11:15 a.m.	11:15
6:30 a.m.	06:30
9:45 a.m.	09:45
11:30 a.m.	11:30
10:00 a.m.	10:00
8:15 a.m.	08:15
1:30 a.m.	01:30
2:45 a.m.	02:45

2. Complete the chart, changing 12-hour p.m. digital times into 24-hour times.

12:30 p.m.	12:30
6:00 p.m.	18:00
2:15 p.m.	14:15
4:30 p.m.	16:30
9:00 p.m.	21:00

7:45 p.m.	19:45
10:00 p.m.	22:00
8:30 p.m.	20:30
11:45 p.m.	23:45
2:45 p.m.	14:45
7:00 p.m.	19:00

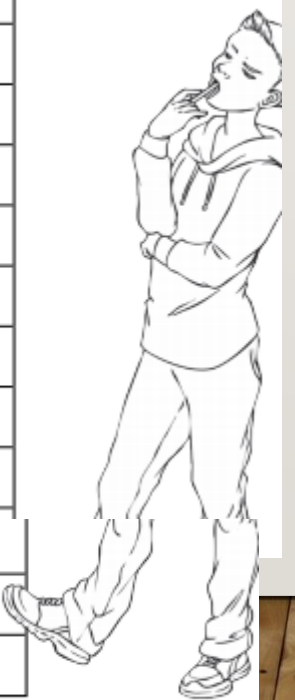


3. This TV schedule has been written in a 12-hour digital format. Convert the times to 24-hour times.

09:15 a.m.	Loopy Tunes	09:15
10:00 a.m.	Pepper Pink	10:00
10:30 a.m.	Film: Toy Tales	10:30
11:45 a.m.	Sponge Ben Square Boots	11:45
12:30 p.m.	Stewart Galaxy and the Crystal Jewels	12:30
01:15 p.m.	Film: Beauty and the Bear	13:15
02:30 p.m.	Bill the Builder	14:30

Complete the charts, changing 12-hour digital times into 24-hour times and 24-hour times into 12-hour digital times.

12-Hour Time	24-Hour Time
2:15 a.m.	
	15:20
	03:15
11:15 p.m.	
	23:10
	10:40
11:35 a.m.	
10:05 p.m.	
	11:55
	20:20
2:45 a.m.	
	01:05
	18:15
7:55 p.m.	
	17:10
3:55 a.m.	
	18:20
	22:40
6:40 p.m.	



2) Here is a bus route from Spenton to Leighsby. The times have been written in a 12-hour format. Convert the times to 24-hour times.

12-Hour Time	Town	24-Hour Time
10:05 a.m.	Spenton	
11:45 a.m.	Wilton	
12:25 p.m.	Spursby	
1:00 p.m.	Carton	
2:10 p.m.	Posterly	
3:05 p.m.	Versbury	
4:40 p.m.	Leighsby	

3) Here are the feeding times for animals at a zoo. The times have been written in a 24-hour format. Convert them to 12-hour times, using a.m. and p.m.

24-Hour Time	Animal	12-Hour Time
11:05	Chimpanzees	
12:15	Seals	
12:35	Penguins	
13:20	Tigers	
14:25	Crocodiles	
15:15	Farm animals	
16:00	Reptiles	



1. Complete the chart, changing 12-hour a.m. digital times into 24-hour times.

	2:15 a.m.	02:15
	3:20 p.m.	15:20
	3:15 a.m.	03:15
	11:15 p.m.	23:15
	11:10 p.m.	23:10
	10:40 a.m.	10:40
	11:35 a.m.	11:35
	10:05 p.m.	22:05
	11:55 a.m.	11:55
	8:20 p.m.	20:20
	2:45 a.m.	02:45
	1:05 a.m.	01:05
	6:15 p.m.	18:15
	7:55 p.m.	19:55
	5:10 p.m.	17:10
	3:55 a.m.	03:55
	6:20 p.m.	18:20
	10:40 p.m.	22:40
	6:40 p.m.	18:40

2.

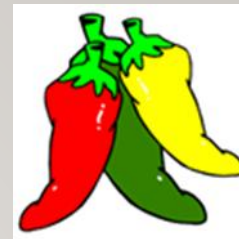
Here is a bus route from Spenton to Leighsby. The times have been written in a 12-hour format. Convert the times to 24-hour times.

10:05 a.m.	Spenton	10:05
11:45 a.m.	Wilton	11:45
12:25 p.m.	Spursby	12:25
1:00 p.m.	Carton	13:00
2:10 p.m.	Posterly	14:10
3:05 p.m.	Versbury	15:05
4:40 p.m.	Leighsby	16:40

3.

Here are the feeding times for animals at a zoo. The times have been written in a 24-hour format. Convert them to 12-hour times, using a.m. and p.m.

11:05	Chimpanzees	11:05 a.m.
12:15	Seals	12:15 p.m.
12:35	Penguins	12:35 p.m.
13:20	Tigers	1:20 p.m.
14:25	Crocodiles	2:25 p.m.
15:15	Farm animals	3:15 p.m.
16:00	Reptiles	4:00 p.m.



Answers...

ENGLISH

LO: NARRATIVE WRITING – FINAL DRAFT

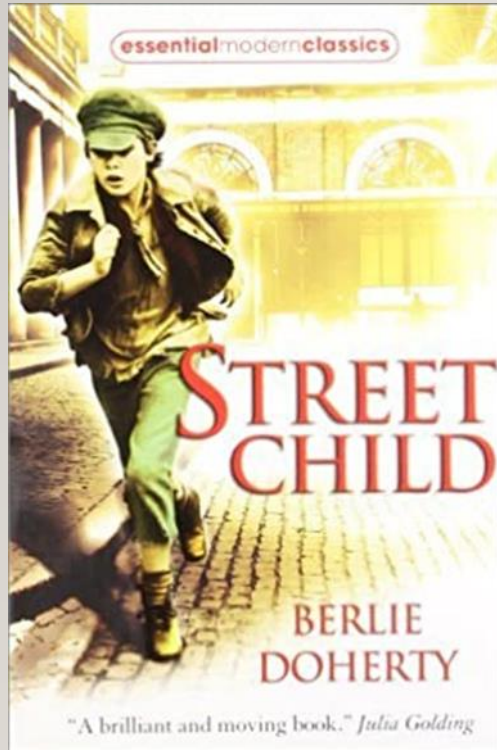
- Today I would like you to look back over your suitcase/staircase story – do yesterday's improvements make it a better piece of writing? Are the core writing skills in place: Non-negotiables, expanded noun phrases, great vocabulary?

Session 3 (today) , write out a final 'best version' draft with all improvements in place. (if you still want to make changes, you can) Be proud of what you've written – it should be the best you can do (at this time).



READING COMPREHENSION

LO: N/A



- Continue reading the rest of chapter 6, from page 54 - 58
- Remember to look out for things about school / the children's education.

Thursday LO: Spelling practise

Task: See how many spellings from this week's list you can fit into a mini-story - it needs to be no more than 15 lines long!

- All of you **MUST** use the correct punctuation. (CAPS / . / ! / ?)
- Most of you **SHOULD** use expanded noun phrases. (noun + description)
- Some of you **COULD** try today's 'challenge': *make the story funny!*



PE – STRETCH IT OUT AND BREATHE...

HAVE A GO AT THESE YOGA POSES. HOLD EACH POSE FOR THE TIME IT TAKES TO HAVE 5 DEEP, SLOW BREATHS. DO ALL 5 3 X.

Yoga Cards

Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



Yoga Cards

Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



Yoga Cards

Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



Yoga Cards

Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



Yoga Cards

Tree Pose - Vrikshasana

Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



It's not as easy as it looks – you need balance and control.



• RE

LO: CONSIDER WHETHER RULES MATTER

- Our new RE topic is: 'What matters most to Christians and to Humanists.'
Humanists are people who are non-religious, but believe in living a good life and supporting others.

Watch this link before you continue onto the next slide:

<https://www.bbc.co.uk/bitesize/topics/znk647h/articles/zmqpkmn>





Today's tasks...

1) Choose 3 villains that you can think of from a story, a film or TV. In your books write down what makes them bad. Did they break rules ? What is the outcome of them breaking the rules ? What effect did it have on others ? (For example Scar in the Lion King was selfish and so ambitious that he deceived his nephew and murdered his brother so that he could rule the Kingdom.)

2) Now make a list of up to 10 things that could be described as naughty. They can be things you have done (we have all done naughty things sometimes!) or that someone has done to you. What makes it naughty ? What effect did the naughty act have, on the person who did it as well as others?

3) We use rules and the Bournebrook Way to help us be good and to keep everyone safe and happy. Think of one rule that you think would make the world a happy place for everyone to be. Make a beautifully illustrated card with this rule on and keep it for when we return to school.





Bournebrook

Church of England Primary School

ChildLine

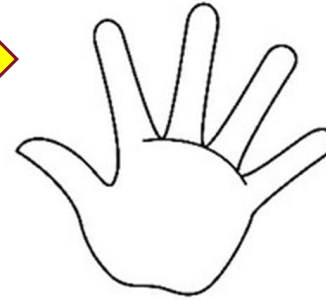
0800 1111



- Remember to **talk to someone on your Network Hand** if you are worried about something
- If **nobody is listening to your worries** or there is nobody to talk to, **you can call Childline on 08001111** - adults at Childline are used to talking to children with worries and can help you.



5 fingers of safety



If you feel unsafe at home or are worried that a friend is not safe, call Mrs Patchett on 07787261064.