

Try to do a P.E. activity every day:

- Complete the “Full Speed” full body workout on go noodle:
<https://www.youtube.com/watch?v=g3L556EpRuo>
- Complete the ‘Pump it out’ workout:
<https://www.youtube.com/watch?v=etYhiq9hM8A>
- Continue to focus on your football/camogie/basketball/soccer skills.

Monday

English:

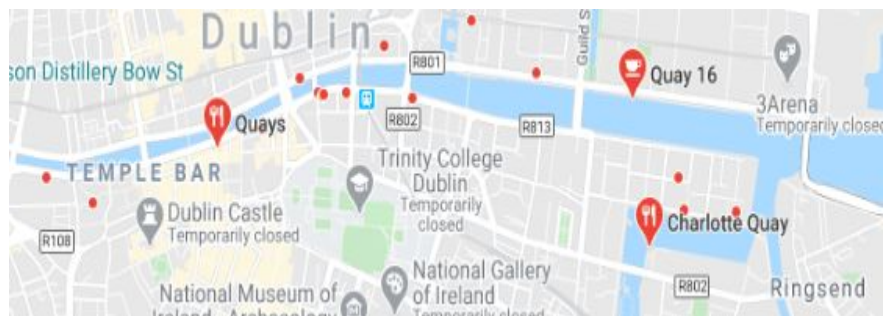
Story of Cú Chulainn: instead of DEAR time read the powerpoint ‘How Setanta Became Cú Chulainn’ (see documents for this week). There are many versions of this story and I know you are already familiar with the story. This will help us with our Gaeilge topic for this week. It’s also one of my favourite Irish Legends!

My Read at Home: Page 118 – Read and answer questions in your copy

Spelling Workbook: Unit 16. Learn 4 spellings.

Today’s spellings: taxi, spaghetti, khaki, quay.

- Khaki is a colour. The Irish Defence Forces wear the colour khaki green in their uniform.
- Quay is pronounced the same as Key. A quay is a place where ships tie up in order to load their cargo. Find the different quays along the River Liffey.



- Do L.S.C.W.C for each word or use the triangle method (shown last week) for each word.
- Complete the Q.9 and Q.10 - unit 16.

Word List - Dictionary work and sentences: Look up the meaning of the word and then put it into a sentence.

traders	adventures
explorers	warriors

Get your siblings or parents to play the dice game (see previous weeks handouts).

Let's Go: Ship Shape- Read pages 240 - 241

Watch: video- "10 largest ships on Earth":

<https://www.youtube.com/watch?v=s686k84FnIA>

Handwriting: Page 58

Extra: Listen to this version of 'Cú Chulainn' which is read by Ronnie Drew (famous Irish singer)

<https://www.youtube.com/watch?v=NGvRjz58UH4> .

Maths:

Mental Maths: Monday Week 33

Tables Book: Check-Up 4 - A - P.40

Tables: Practice your 6's. Play tables dice game with a sibling/parent.

Planet Maths: Number Sentences

(a) A **word sentence** uses words to give us information.

(b) A **number sentence** uses numerals and symbols.

Example: $8 + 4 = 12$

Warm up: Balancing Numbers -

https://content.folensonline.ie/programmes/PlanetMaths/PM4/resources/activitya/pm_4c_176/scales.html

Video: Watch 'Finding the Missing Part':

https://www.youtube.com/watch?v=Mvm0y1Qr_JQ

use the same method when you are solving sums with bigger numbers.

Planet Maths:

p.176 B - Fill in the blanks in the number sentences.

p.176 C - Answer these questions

p.176 D - Taking away.

Gaeilge: Caitheamh aimsire – Cú Chulainn (Pastimes – Cú Chulainn)

Abair Liom:

Scéal 18 : Féach ar lth 148.

1. Listen to the story being read aloud (online), following the words.

Copy & paste the below link to listen – you need to be logged into folensonline.ie to do so - https://content.folensonline.ie/programmes/AbairLiom/4th_class/resources/Passage/AL_4C_ACT_PAS_CH18_002/index.html

Foclóir for the first two boxes
fadó - long ago (in past ages)
an-láidir - very strong
an-tapa - very fast
tír - country
cuireadh - invitation
féasta - party
déanach - late
rinne C.. dearmad - C.. forgot
chú mór fiochmhar - big ferocious hound


2. Practise reading the first two boxes.

You may need to listen to the story again, try reading it out loud a few times.

3. A. Freagair na ceisteanna, lth. 149. Q. 1-4

Remember your answer to Q. 2-4 starts with a verb(**briathar**)!

A. Freagair na ceisteanna.



1. Cad ab ainm don bhuachaill ag tús an scéil? *Ag tús - at the start*
S _____ ab ainm dó.

2. Cén spórt a thaitin le Setanta?
Thaitin le..

3. Cé a thug cuireadh chuig féasta do Shetanta?
Thug C...

4. Cén fáth a raibh Setanta déanach?
Bhí Setanta déanach mar

4. Litriú agus Frasaí: As usual, learn one frása and two litriú per day. Make sure that you learn the meaning and the spelling of these words.

- **An bhfuil suim agat sa___?** (practice saying this aloud to someone at home using our spelling words in the blank e.g. **“An bhfuil suim agat sa haca?”**)
- **haca, gleacaíocht** (see last weeks list - same topic - caitheamh aimsire)

Religion: The 'Grow in Love' book and all interactive content is available on the Grow in Love website: <https://app.growinlove.ie/en/user/book-themes/21>.

Grow in Love: Theme 10 Lesson 1 .

- Listen to 'Song of Repentance' : <https://app.growinlove.ie/en/user/lesson-resources/324>
- Read the 'key words' on page 82 of your 'Grow in Love' book.
- Read about 'God's Love and Forgiveness' on page 82.
- Think about times when you repented and received the gift of forgiveness.

SPHE:

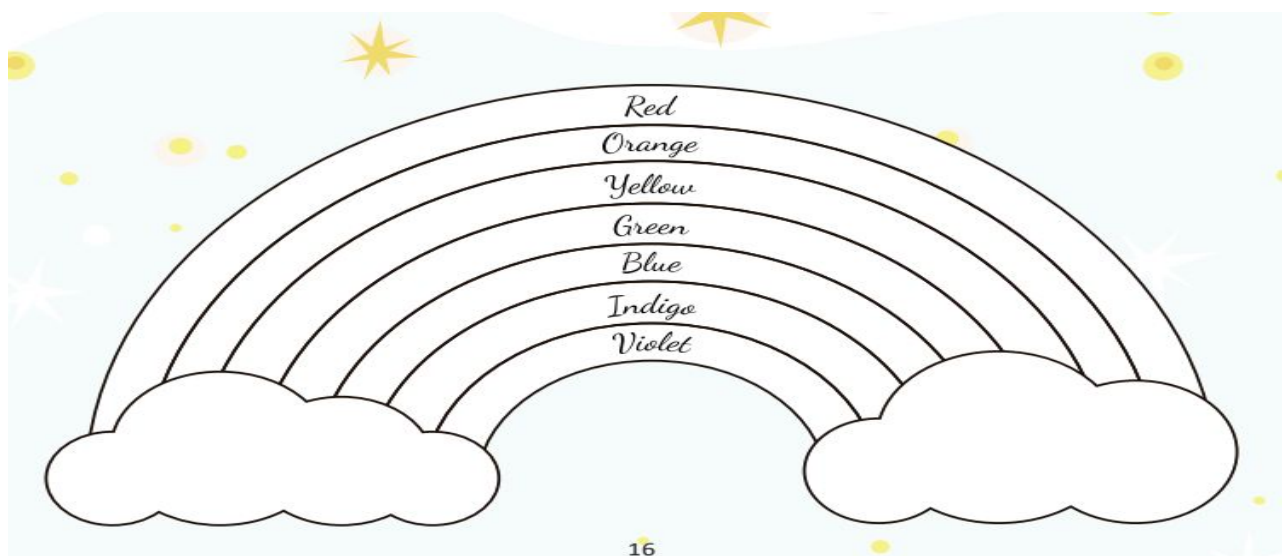
1. Try this "Rainbow Breathing" mindfulness activity.

- Rainbow Breathing

As you breathe in and out, think of one colour of the rainbow. What is your favourite thing in that colour? What comes to mind when you think about that colour?

Repeat for each colour of the rainbow. Write or draw what you thought about in the space below, and colour each colour of the rainbow.

--	--	--	--	--	--	--



2. 'Mental Health Booklet' (documents for this week). There are daily activities in this booklet, give them a go.

Tuesday

English:

D.E.A.R Time: 10 minutes

My Read at Home: Page 119 – Read and answer questions in copy

Spelling Workbook: Unit 16. Learn 4 spellings.

Today's spellings: frighten, close, happily, angrily.

- Do L.S.C.W.C 4 times or a spelling triangle for each word.
- Complete across section of crossword - unit 16.

Word List - Dictionary work and sentences: Look up the meaning of the word and then put it into a sentence

chiselling	longship
trireme	fearsome

Watch: video 'The Ancient Greek Trireme':

<https://www.youtube.com/watch?v=NIgejqihk3c>

Let's Go: Ship Shape - Read pages 242 - 243

Handwriting: Page 59

Maths:

Mental Maths: Tuesday Week 33

Tables Book: Check-Up 4 - B - P.40

Tables: Practice your 7's.

Planet Maths: **Number sentences**

Warm up: <https://ie.ixl.com/math/class-4>

Video: <https://www.youtube.com/watch?v=dPksJHBZs4Q> Watch this video 'What is multiplication?' to help you revise multiplication. Listen out for the words 'factors', 'product' and the trick to help you learn your 9's.

Planet Maths: P.177 A - Complete Q.1-6

Video: 'Division with unknown factors'

<https://www.youtube.com/watch?v=iGASHBWBDU4>

P. 177 B - Complete Q.1-6

P.177 C - Complete Q.1-3

Gaeilge: Caitheamh aimsire – Cú Chulainn

Abair Liom:

Scéal 18 : Féach ar lth 148.

1. **Listen to the story** being read aloud again (online), following the words.
Copy & paste the below link to listen, you need to be logged into folensonline.ie to do so:

nuair a shroich S.. - When Setanta reached
i dtreo - towards
i bpreabadh na súl - in the blink of an eye
marbh - dead
ruaille buaille - mayhem/commotion

2. Practise reading the last two boxes.

You may need to listen to the story again, try reading it out loud a few times.

3. A - Freagair na Ceisteanna, page 149. Q.5-7.

Remember like yesterday, these answers start with a verb (briathar).

Rinne - did / made
Conas a mhotaigh S.. - how did S.. feel
Meas tú - in your opinion
Tar éis - after
An cú - the hound
A mharú - was killed

4. Litriú agus Frasaí: As usual, learn one frása and two litriú per day. Make sure that you learn the meaning and the spelling of these words.

- Tá suim mhór agam sa _____.
- júdó, cearáite

Religion:

Grow in Love: Theme 10 Lesson 1.

- Listen to this reflective music: <https://app.growinlove.ie/en/user/lesson-resources/324>
- Look at this slideshow: <https://app.growinlove.ie/en/user/lesson-resources/324>
- Look at the pictures on page 83 of your 'Grow in Love'.
- Can you identify the stories related to each picture?
- Read about the sacrament of reconciliation on page 83.
- Can you remember when you received the sacrament of reconciliation?

Music: Beyoncé

Beyoncé Giselle Knowles was born on September 4, 1981 in Houston, Texas. She was interested in music from an early age and competed in local talent shows. She rose to fame in the late 1990s as lead singer of the R and B girl group Destiny's Child. Her cousin Kelly Rowland was also in the band. Her father, Matthew Knowles managed the band and they became one of the world's best-selling girl groups in history.

In 2003 Beyoncé released her first solo album titled 'Dangerously in Love' and became an instant solo success. Beyoncé sang 'At Last' for Barack Obama and Michelle Obama at the presidential ball in 2009. Beyoncé has often been described as the Queen of R and B.

- This video is of Beyoncé performing her Award winning cover of Etta James' "At Last" for President Obama and his wife Michelle :
<https://www.youtube.com/watch?v=HGrq1SzkHs0>

1. 'Halo': <https://www.youtube.com/watch?v=yrJ7CVeiFvo>

List as many instruments as you hear.

2. 'Survivor': <https://www.youtube.com/watch?v=ODHkyzmiUVU>

Do you like this song? List three reasons why / why not.

Wednesday

English:

D.E.A.R Time: 10 minutes

My Read at Home: Page 120 – Read and answer questions in copy

Spelling Workbook: Unit 16. Learn 4 spellings.

Today's spellings: easily, worried, married, supplied.

- Do L.S.C.W.C 4 times or a spelling triangle for each word.
- Complete down section of the crossword- unit 16

Let's Go: Ship Shape – Re-read Story

Let's Go: page 244 – **B. What have you learned? Q.1-10**

Handwriting: p.60

Maths:

Mental Maths: Wednesday Week 33

Tables Book: Check-Up 4 - C - P.40

Tables: Practice your 8's. Play the dice game with a sibling/parent. (Roll 2 dice and multiply the two numbers, see how many you can answer in 1 minute)

Planet Maths: **Number sentences**

Warm up exercise: <https://ie.ixl.com/math/class-4/add-subtract-multiply-and-divide>

Planet Maths: p.178 A

Maximum means the greatest amount possible.

Look at the pictures of the digger and elephant.

Q.1 Notice that the digger is holding a 400kg weight comfortably. The Maximum weight the digger can hold safely is 500kg. The elephant is too heavy. Therefore the elephant weighs at least **501kg**. (These exercises involve whole numbers only - no decimals or fractions).

Q.2 When the digger carries 400kg, what is the greatest amount of extra weight that it can safely carry? $400\text{kg} + \mathbf{100\text{kg}} < 501\text{kg}$.

Planet Maths p.178 B - Complete Q.1-3

Planet Maths p.178 C - Write a number sentence for each of these word problems

Gaeilge: Caitheamh aimsire - Cú Chulainn

Abair Liom:

Scéal 18 : Féach ar lth 148.

1. **Listen to the story** being read aloud again (online), following the words.

Copy & paste the below link to listen. You need to be logged into folenonline.ie to do

so

https://content.folenonline.ie/programmes/AbairLiom/4th_class/resources/Passage/AL_4C_ACT_PAS_CH18_002/index.html

2. **Practise** reading the story, you could take turns reading the different boxes with someone at home.
3. **D. Críochnaigh na habairtí, lth. 150, 1-5.**
Read over these frasaí and look at the pictures that are beside the frasaí. Remember their meanings from yesterday? Complete 1-5 in your copy.
4. **Litriú agus Frasaí:**

- Níl suim agam as _____.
- galf, marcaíocht capall

(see last week's list)

Religion:

Grow in Love: Theme 10 Lesson 1.

- Listen to 'Song of Repentance' again:
<https://app.growinlove.ie/en/user/lesson-resources/324>
- Read "Did you know?" and "Time Together" on page 84 with a member of your family and then say this prayer:

Prayer for Forgiveness
O my God, help me to remember the
times when I didn't live as Jesus
asked me to.
Help me to be sorry and to try again.
Amen.

- In your copy, write three things you are grateful for this week.

Geography: Clothes - Chapter 10

1. Look at the map on page 66 and 67. Read the facts around the map and find the different countries on the map.
2. Question Time page 68 - Complete Q.5-8
3. Creative Time page 68 - Read through Q. 1-3, pick your favourite activity out of the three to complete.

Thursday

English:

D.E.A.R Time: 10 minutes

My Read at Home: Pick your favourite page from your M.R.A.H book and write a short paragraph about why this is your favourite page. Draw a picture to accompany your paragraph.

Spelling Workbook: Unit 16. Learn 4 spellings Today's spellings: bullies, parties, litre, busy.

- Do L.S.C.W.C 4 times or a spelling triangle for each word.
- Find 10 words in the wordsearch - unit 16.

Let's Go: Ship Shape - Re-read the story

Let's Go: Page 244 - Complete **C. True or False** and **D. Dictionary Work**.

Maths:

Mental Maths: Thursday Week 33

Tables Book: Check-Up 4 - D - P.40

Tables: Practice your 9's.

Planet Maths: **Number Sentences**

Warm up exercise:

<https://ie.ixl.com/math/class-4/addition-subtraction-multiplication-and-division-word-problems>

Planet Maths: p.179 A

Minimum means the least or smallest amount possible.

Look at the pictures of the path on page 179.

The path takes 60 minutes or more to dry. Someone came along after 40 minutes. What is the least amount of time he should have waited? $40 + 20 > 59$

Planet Maths p.179 B: Complete Q.1-3

Planet Maths p.179 C: Write a number sentence for each of the word problems.

Extra: Complete the challenge yourself p.179

Gaeilge: Caitheamh aimsire - Cú Chulainn.

1. **Sceál**– 18. Listen to the story again. Listen to it online with this link:

https://content.folensonline.ie/programmes/AbairLiom/4th_class/resources/Passage/AL_4C_ACT_PAS_CH18_002/index.html

2. **Practise** reading it out loud again!

3. **Video:** Watch this video of children talking about their favourite place during summer.

<https://www.youtube.com/watch?v=9UF1KvVV-fs>

4. **C. Lón na bearnaí, lth. 150, 1-5**

Use the pictures beside each sentence to help you.

Is mise an duine is sine sa teaghlach - I am the oldest in the family

Is é Setanta an duine is tapa ar an bhfoireann - Setanta is the fastest on the team

5. **Litriú agus Frasaí:**

- Tá mé go maith ag_____.
- traenáil, cluiche

(See last week's list)

History: Fashion in the 20th Century

1. Read page 84 and 85 of Window on the World, History.
2. Look at the pictures and notice the difference between fashion then and now.
3. Question Time page 86 - Complete Q. 1 - 5

Art: Create a Rainbow 

1. Draw a Rainbow.
2. Colour the Rainbow (look at Tuesdays SPHE lesson if you can't remember the colours).
3. You can use paint, colouring pencils, material, flowers, coloured paper or whatever form of art you like to decorate your rainbow. Be as creative as possible!
4. Take a picture of you holding your rainbow creation and send it to my email address.

Friday

English:

D.E.A.R Time: 10 minutes

My Read at Home: No M.R.A.H today as we have finished the book! 😎

Spelling workbook: Finish wordsearch - unit 16.

Handwriting: p.61

Let's Go: **Ship Shape** – Re-Read Story

Let's Go: page 245 - complete **E. Mixed-up words** and **F. Think about it.**

Report Writing: Follow the steps to write a report on 'Ships'.

1. Read the powerpoint presentation on 'report writing'.
2. Read the example report on 'bikes'.
3. Plan your report: use your Let's go book and any other source e.g. the internet or any other book you may have that has information on ships to plan your report.
Use the 'Report Plan' template I have included in this weeks documents
4. Write your report in your copy or on a refill page. Include some pictures.
5. Use the 'Report Writing checklist' while you re-read your report. Have you included everything?

Extra Reading: I have included some reports on 'Australian Animals' for you to read under the documents for this week. They reminded me of our stations groups, I hope you enjoy reading them!

Maths:

Mental Maths: Friday Week 33

Tables: Practice your 10's. Play our tables dice game with a member of your family.

Planet Maths: **Revision**

Warm up exercise:

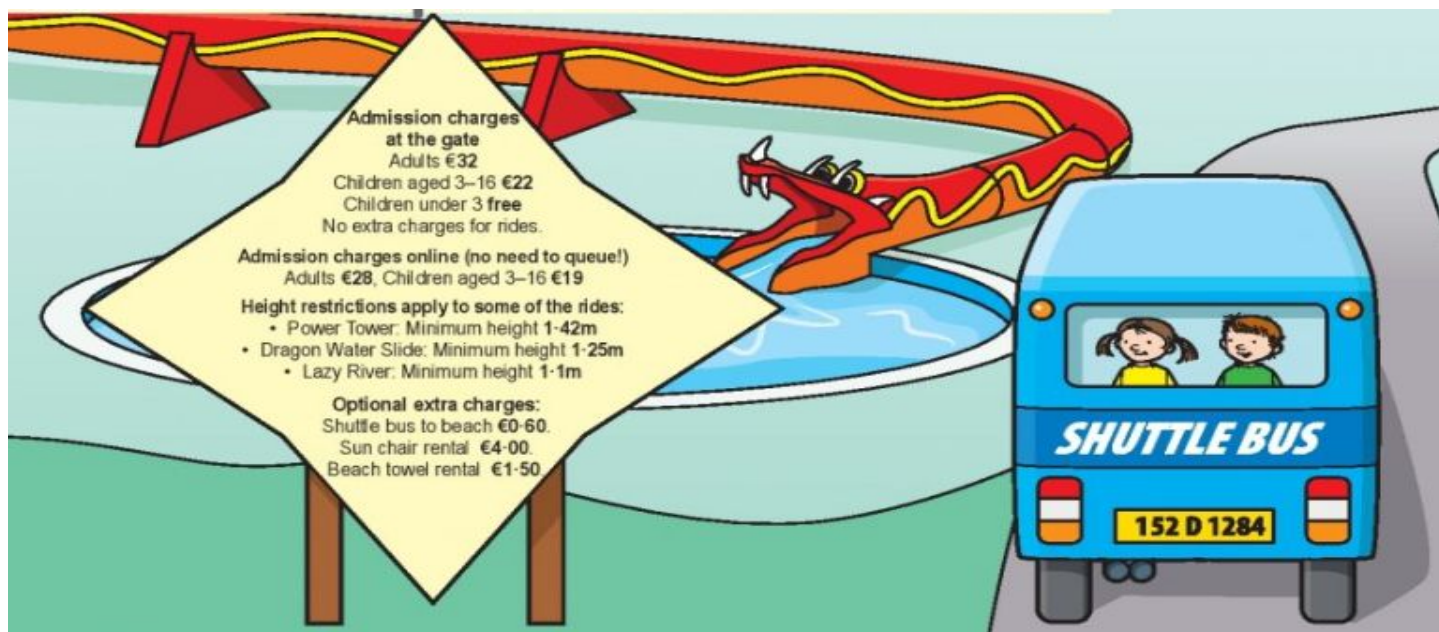
<https://ie.ixl.com/math/class-4/estimate-sums-differences-products-and-quotients-word-problems>

1. **Read:** the measurement posters under the documents for this week.
2. **Work out the missing measures:**

Write the missing measure to make each of these true.

- | | | |
|---|---|---|
| (a) $300\text{g} + \underline{\hspace{1cm}}\text{g} = 1\text{kg}$ | (b) $53\text{cm} + \underline{\hspace{1cm}}\text{cm} = 1\text{m}$ | (c) $\frac{3}{4}\text{l} + \underline{\hspace{1cm}}\text{ml} = 1\text{l}$ |
| (d) $97\text{ mins} + \underline{\hspace{1cm}}\text{mins} = 2\text{ hrs}$ | (e) $2:25 + \underline{\hspace{1cm}}\text{mins} = 3\text{ o'clock}$ | |
| (f) $\text{€}13.75 + \text{€}\underline{\hspace{1cm}} = \text{€}20$ | (g) $\frac{1}{4}\text{km} + \underline{\hspace{1cm}}\text{m} = 1\text{km}$ | |
| (h) $650\text{ml} + \underline{\hspace{1cm}}\text{ml} = 1\text{l}$ | (i) $1\text{kg } 350\text{g} + \underline{\hspace{1cm}}\text{g} = 2\text{kg}$ | |

3. **Read:** the admission charges and restrictions for 'Water Splash Park'.



4. Complete the following questions based on the above picture.

1. What is the total cost of admission at the gate for a family of 2 adults and 4 children? (The children's ages are 4, 5, 8 and 15). € _____
2. How much would this family save by buying their tickets online? € _____
3. How much extra would it cost if this same family were to get the shuttle bus and rent sun chairs? € _____
4. How much would it cost a family of 9 to rent beach towels? € _____
5. The admission sign is the net of a 3-D shape. Tick (✓) which of the following 3-D shapes can be constructed from the shape of the sign.

pyramid ☐

triangular prism ☐

sphere ☐
6. What is the smallest number that can be made with the last 4 digits of the licence plate of the shuttle bus (using all 4 digits)? _____
7. What is the largest number that can be made with the last 4 digits on the licence plate of the shuttle bus (using all 4 digits)? _____
8. What is the difference between the two numbers? _____
9. The shuttle bus can seat 16 people. It takes 7 minutes to reach the beach. If there are 39 people, how long will it take the shuttle bus to bring all of them to the beach? (Do not include the return journeys.) _____ mins
10. There are 4 people on the shuttle bus. What fraction of the seats do they occupy? _____
11. What county was the shuttle bus registered in? _____
12. Are the green and yellow lines on the sun chairs vertical or horizontal? _____
13. How many right angles are there on the outline of the beach towel? _____

Extra Maths: look again at the picture with the 'star sign' to complete these extra activities.



14. What is the difference between the minimum height restrictions for the Power Tower and the Lazy River? _____ cm
15. What is the difference between the minimum height restrictions for the Dragon Water Slide and the Lazy River? _____ cm
16. How many inflatable Lazy River tubes are needed to take 53 children around the river if only 4 children are allowed on each tube? _____
17. What is the likelihood of someone going to the water park and getting wet?
Tick (✓) the best answer from this list.

likely ☐
unlikely ☐
definitely ☐
never ☐
18. The length of the Dragon Water Slide is 25 metres and 15 centimetres.
How many cm is this in total? _____ cm
19. It took Aisling 12 minutes to go around the Lazy River on her tube.
How long would it take her to go around the Lazy River 7 times? _____ mins
20. What is the perimeter of the beach towel? _____ cm
21. How many days in total is the park open each year? _____
22. How much longer is the park open on Sunday than on Wednesday?
_____ minutes = _____ hours _____ minutes
23. How many fewer minutes is the park open on Friday than on August Bank Holiday Monday? _____ minutes
24. What 2-D shape is made by drawing around the opening times sign? _____

Gaeilge: Caitheamh aimsire

1. Watch this video of children talking about their caitheamh aimsire.

<https://www.youtube.com/watch?v=jNTt0oAcoEQ>

2. Abair Liom.

Read: J. Caitheamh aimsire Aoife agus Daithí. lth. 154

- Notice the words in the blue box for Aoife and the pink box for Daithí.
- The words in the blue box were used to help write the story “scéal Aoife”.
- Use the words in Daithí pink box to help complete “Críochnaigh scéal Dhaithí”.

3. Write about your own hobbies / pastimes.

Complete **K.Scríobh faoi do chaitheamh aimsire féin**, lth. 155.

Use the frasaí and words on p.155 to help you.

Also look back at Aoife and Daithí stories on p.154 to help.

History: Fashion in the 20th Century

1. Read page 86 of your History book.
2. Question Time - complete Q. 6 - 8.
3. Puzzle Time, page 87 Match the photographs to the year.
4. Time Detective, page 87 - Ask members of your family for permission first!

Science: Water

Video: NASA Video on 'Water': <https://www.youtube.com/watch?v=wZK2xTNzgq8>

Experiment: To show the difference in densities between saltwater and freshwater

You will need:

- 2 glass jars (empty jam jars), water
- 2 labels, food colouring, salt, spoon

Steps:

THIS SIMPLE EXPERIMENT HELPS ILLUSTRATE THE DIFFERENCE IN DENSITIES BETWEEN FRESH WATER AND SALT WATER.

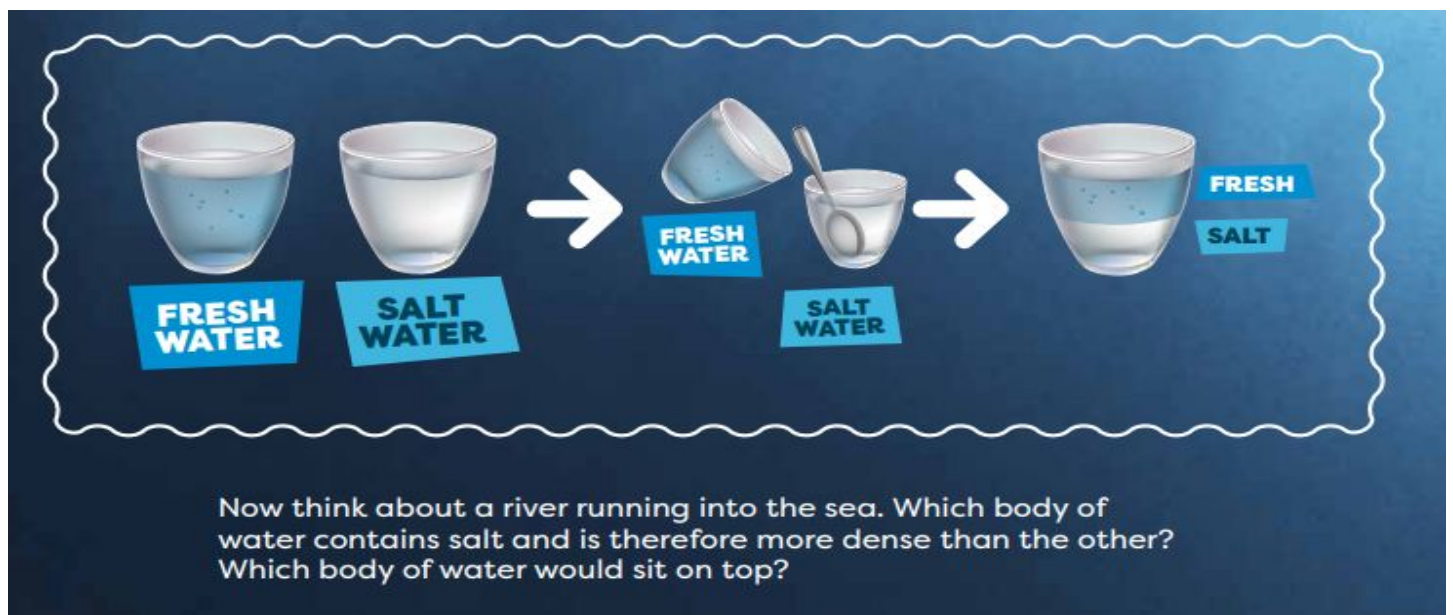
1. Take 2 beakers/jam-jars and half-fill each with tap water.
2. Label the jars 'fresh water' and 'salt water'.
3. To the jar labelled fresh water add 5 drops of food colouring and stir until all of the water is the same colour.
4. To the jar labelled salt water add about 3 tablespoons of salt and stir until dissolved.
5. Using a stirring rod or spoon, very carefully pour the fresh water down the rod on top of the salt water.

WHAT HAPPENS?

The fresh water should sit in a layer on top of the salt water

WHY?

Because the salt water is denser (or heavier) than the fresh water.



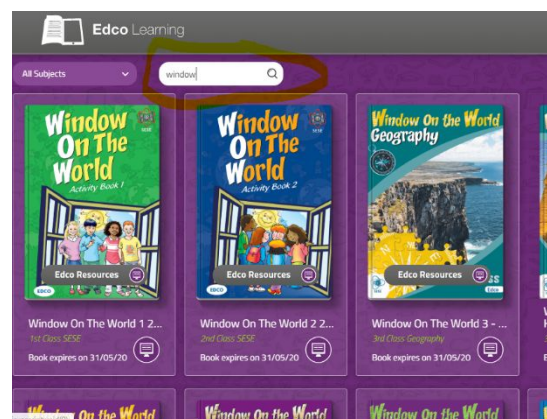
Extra: Learn more about salt water - https://kids.kiddle.co/Salt_water

Websites and Passwords:

English		Access:
Let's Go	https://www.cjfallon.ie/	Click Student Resources
My Read at Home 4	https://www.cjfallon.ie/	Click Student Resources
My Spelling Workbook	Workbook	
Handwriting	Workbook	
Maths		
Planet Maths	https://www.folensonline.ie/	Register with your own details and use roll no. Prim20
Tables Champion	Workbook	
New Wave Mental Maths	Workbook	
Gaeilge		
Abair Liom	https://www.folensonline.ie/	Register with own details and use roll no. Prim20
Religion		
Grow in Love	https://www.growinlove.ie/en/	Email: trial@growinlove.ie Password: growinlove
History, Geography & Science		
Window on the World 4 History/ Geography/Science	https://www.edcolearn.ie/	Username: primaryedcobooks Password: edco2020

If you're having issues accessing links for Gaeilge, History, Geography or Science, try the following:

Geography and Science - Sign into edco learning (Username: primaryedcobooks, Password: edco2020). In the search box, type window (as below) and on the second row of books that appears, you will see the 4th class history, geography and science books.



Irish - Sign into Folens. Move mouse over Abair Liom F and click resources. On the next screen, drop down the lesson button and select the lesson we are on e.g. Na Séasúir and all the activities relating to that chapter, that we will have referred to in work list, will be on the next screen.

