

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

- Make up a dance routine to your favourite song.
- Practise throwing and catching a ball/ beanbag and try throwing it at or into a target e.g. a bucket, pot, basin, bowl, piece of cardboard, cereal box.
- See how far you can jump from one foot and two feet. Try and beat your distance each time.
- Repeat some of the active schools' week activities.
- Use 'Go Noodle' or 'The Body Coach' as ways to get exercise with your family. (See 'The Body Coach' 8 minute workout under this week's worksheets)
- Continue to focus on your skills if you play sport outside of school and share any new skills with us.
- Skipping is a great exercise if you have a skipping rope at home.
- Try the garden marathon (42km). Start with 10 laps per day and try to increase it each week.
- Walking and cycling are great ways to exercise.

Wednesday

English:

D.E.A.R Time: 10 minutes

My Read at Home: Page 105 – Read and answer questions in your copy

Spelling Workbook: Unit 15. Learn 4 spellings. Today's spellings: rough, cough, tough, laugh.

- Do L.S.C.W.C for each word or use the triangle method (shown last week) for each word.
- Complete no. 1 on pg. 58

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

fluent	exist
cascade	furiously

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

Let's Go: We are going back to a story we skipped a while ago.

Danger from the Deep!- Read pages 182-184

Handwriting: Page 51

Maths:

Mental Maths: Wednesday Week 30 (**Extra:** Complete Mon & Tues in your own time)

Tables Book: Wednesday Week 28 (**Extra:** Complete Mon & Tues in your own time)

Tables: Practise your 10'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)

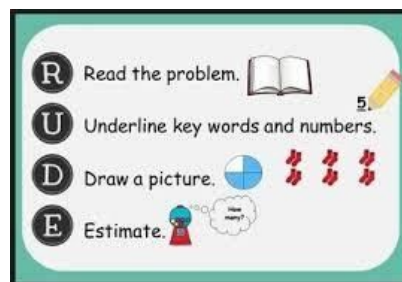
Planet Maths: **Topic 27 Problem Solving**

Warm up exercise: Can you match the word to the correct sentence:

plus	harbour	cat	ear	sand
------	---------	-----	-----	------


1. Fly is to spider as mouse is to _____.
2. Black is to white as minus is to _____.
3. Sea is to water as desert is to _____.
4. Train is to station as ship is to _____.
5. See is to eye as hear is to _____.

P.162: Complete A (using addition, subtraction and multiplication). Use our RUDE strategy to answer questions.



A

1. A jacket has 2 sleeves. How many sleeves have 8 jackets?
2. Find the sum of 11 and 9 and double the answer.
3. Find the difference of 20 and 14 and halve the answer.
4. Find the product of 6 and 3. Add 10 to your answer.
5. Ava has €8. Jack has €3 more than Ava. How much have they altogether?
6. Daniel has 10 apples. Sarah has 3 apples fewer than Daniel. How many apples have they altogether?
7. A train trip to town lasts 30 minutes. If the train stopped at two stations, each time for 1 minute, how long was it on the move?
8. A CXJ8 copy has 8 pages. A CXJ10 has 10 pages. How many pages altogether have 2 CXJ8s and 3 CXJ10s?



Now, using the same approach, answer these questions, p.162, B. They are similar but using bigger numbers:

B

1. A jacket has 6 buttons. How many buttons have 28 jackets of the same kind?
2. Find the sum of 1,814 and 2,364 and double the answer.
3. Find the difference of 3,126 and 1,148 and halve the answer.
4. Find the product of 56 and 23. Add 35 to your answer.
5. Seán has €4.55. Katie has €2.83 more than Seán. **How much have they altogether?**
6. Emma scored 5,260 points in her game. James scored 956 fewer points than Emma. **How many points did they score altogether?**
7. A flight to America lasted 5 hours 50 minutes. If the plane landed at two airports on the way, each time for 38 minutes how long was it in the air?
8. A CXJ48 copy has 48 pages. A CXJ88 has 88 pages. How many pages altogether have 25 CXJ48s and 36 CXJ88s?

Extra work: Complete as many questions here as you can in the time given:

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

Gaeilge: An Aimsir – An aimsir ar fud an domhain (*The Weather – The weather all over the world*)

Abair Liom

1. **Scéal:** Féach ar lth 130. Listen to the scéal being read aloud, 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_CH16_002/index.html

Foclóir on the litriú sheet (same one as last 2 weeks) will help you understand the story.

This vocabulary will also be helpful:

bog – soft
 anois is arís – now and again

An Pol Theas – The South Pole
 áit - place
 rón - seal
 sionnach Artach – Arctic fox
 an áit is teo – hottest place
 an fhoraois bháistí – rainforest
 ocsaigin – oxygen
 nathracha - snakes

Can you spot a mistake in the South Pole (An Pol Theas) part of this reading? Email me and let me know!

 <p>Éire Bíonn aimsir bhog againn in Éirinn. Bíonn an geimhreadh níos fuaire ná an samhradh. Ach ní bhíonn sé an-te ná an-fhuar. Titeann báisteach go minic agus titeann sneachta anois is arís. Uaireanta bíonn stoirmeacha móra againn sa gheimhreadh. Uaireanta bíonn tintreach agus toirneach ann freisin.</p>	 <p>An Pol Theas Is i an Pol Theas an áit is fuaire ar domhan. Ní fhásann móran plandaí ann. Feiceann tú an béar bán, an rón agus an sionnach Artach ann. Bíonn an talamh reoite agus bíonn leac oighir ar fud na háite. I rith an gheimhridh bíonn an lá an-dorcha agus i rith an tsamhraidh bíonn sé an-gheal.</p>
 <p>An Sahára San Afraic atá an Sahára. Is i an Sahára an áit is teo ar domhan. Bíonn sé an-te i rith an lae ach éiríonn sé an-fhuar i rith na hoíche. Ní thiteann báisteach ann go minic. Bíonn sé an-tirim ach fásann an cachtas agus plandaí beaga eile sa Sahára. Feiceann tú camail ann.</p>	 <p>An Amasóin Tá an fhoraois bháistí is mó ar domhan san Amasóin. Bíonn sé fliuch ó cheann ceann na bliana. Fásann go leor plandaí ann. San Amasóin a dhéantar fiche faoin gcéad d'ocsaigin an domhain. Feiceann tú a lán éan, nathracha agus moncaithe san fhoraois bháistí.</p>

2. **Scéal:** Léigh an scéal (Read the story).
3. **Litriú agus Frasaí:** As usual learn one frása and two litriú per day.
 - Conas a bhí / bhíonn an aimsir?
 - stoirm ,tornádó (same list as last week)
4. **Complete B, lth. 131:**

B. Ceangail.

Bionn an aimsir an-te agus tirim.
Ní thiteann a lán báistí ann.
Bionn cachtas agus camail ann.

Bionn an aimsir bog.
Ní bhíonn sé an-te ná an-fhuar.
Bionn sé ag cur báistí go minic.

Bionn an aimsir an-fhliuch.
Tá an fhoraois bháistí is mó ar domhan ann.
Feictear a lán ainmhithe difriúla ann.

Bionn an aimsir an-fhuar.
Bionn leac oighir ann.
Ní fhásann a lán plandaí ann.

Éire

An Pol Theas

An Sahára

An Amasóin

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

Grow in Love: Theme 8 Lesson 4.

- Read page 73 of your Grow in Love.

THEME 8: THE CHURCH | LESSON 4

Working for Christian Unity

ABOUT CHRISTIANS
'Christ' is one of the titles for Jesus and it is from this name that we get the word 'Christian'. Christians are followers of Jesus. Jesus wants all Christians to work together for peace and unity.

ABOUT THE CHRISTIAN FAMILY
The five Christian Churches that we will explore this week are the Catholic Church, the Church of Ireland, the Methodist Church, the Presbyterian Church and the Orthodox Church.

- Are there different Christian Churches in your locality? Can you name them?
- What do you know about any of these other members of the Christian family?

RESEARCH

- If possible, and with the permission of a parent or guardian, make contact with someone from your locality who belongs to another Christian Church and interview them using these or similar questions:
 - What prayers do you say?
 - When do you go to church and what happens there?
 - Who are the leaders in your Church?
 - Does your Church encourage its members to read the Bible? Is the Bible read aloud in your church?
- Tell the class what you learned about this other Christian Church from your interview.


THIS WEEK IN SCHOOL

You are invited to think about:

- The five Christian Churches you have heard about – Catholic, Church of Ireland, Methodist, Presbyterian and Orthodox
- God as the Good Shepherd to all people

KEY WORD

Christ: One of the titles given to Jesus.



Greek Orthodox Church of the Annunciation, Dublin

- Listen to Harry

(Church of Ireland), Paul (Methodist) and Rebecca (Presbyterian) talk about their faith here: <https://app.growinlove.ie/en/user/lesson-resources/331> (click on each person's video)

- Write two similarities and two differences, in your copy, that you noticed between the church you attend and those discussed above.

History: Life in Norman Times – Chapter 10

If don't have our history book Window on the World 4 it can be accessed online:

<https://edcolearning.ie/Book/Page?bookId=book332&chapterId=chapter12&pageId=page71>

- **Watch :** Watch the day in the life of a 10 year old in Norman times -

<https://youtu.be/GVMvl05hCrI>

Can you imagine living in Norman times? In your copies, write three things you would have liked and three things you would have disliked about living in Norman times.

- **Design:** In Norman times, each family would have had their own coat of arms. This was a unique design painted on their shields. Each symbol on their coat of arms would have represented something important to that family or their country.

I want you to design a coat of arms for your family, using the template provided under this weeks worksheets. Here are some examples of coats of arms:



- **Puzzle time:** Complete puzzle time on pg. 76

True or False?

- 1 The Normans were Vikings who settled in Normandy in France.
- 2 The Normans did not settle in Ireland.
- 3 A Norman lord lived in a stone castle.
- 4 Markets and fairs were held near the castle.
- 5 The Normans spoke Spanish and Italian.
- 6 The Normans were excellent builders.

Thursday

English:

D.E.A.R Time: 10 minutes

My Read at Home: Page 106 – Read and answer questions in copy

Spelling Workbook: Unit 15. Learn 4 spellings. Today's spellings: enough, trough, draught, roughcast.

- Do L.S.C.W.C 4 times or a spelling triangle for each word.
- As you may recall, homophones are words that sound the same but have different spellings and meanings. The words 'rough' and 'ruff' are homophones, as are 'draught' and 'draft'. **Write a sentence for each of these words.**

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

enraged	clambered
reptile	pathetically

Get your siblings or parents to play the dice game.

Let's Go: Danger from the Deep! - Read pages 185-187

Handwriting: page 52

Maths:

Mental Maths: Thursday Week 30

Tables Book: Thursday Week 28

Tables: Practise your 10's.

Planet Maths: Topic 27 Problem Solving

Warm up exercise:

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

Complete A, B & C on p.164 using our RUDE Strategy.

- A**
1. Altogether Ryan's car used **6** litres of fuel going to and coming home from a match. How much fuel did it use each way?
 2. Emily's car used **9l 480ml** of fuel for a round-trip to the airport. How much fuel did it use each way?
 3. Dylan made **3** trips in his car and used **8.52** litres of fuel. How much fuel did he use each time if each trip used the same amount of fuel?



- B**
1. How many km did Adam run each day if he ran **35km** in one week?
 2. How many km did Sophie cycle each day if she cycled **182km** in one week?
 3. How many km did Luke walk each day if he walked **9km 730m** in one week?

- C**
1. A wheelbarrow carrying **5** blocks weighs **14kg**. What does **1** block weigh if the wheelbarrow weighs **4kg**?
 2. A wheelbarrow carrying **5** blocks weighs **10kg**. What does **1** block weigh if the wheelbarrow weighs **2kg 650g**?
 3. A wheelbarrow carrying **5** blocks weighs **23kg**. What does **1** block weigh if the wheelbarrow weighs **6kg**?



For part D, we need to recall what the difference is between area and perimeter. Remember, the perimeter is the total length of the sides of a 2D shape, while the area is the amount of space taken up by a 2D shape, formula = length x width. Give it a go!

- D**
1. A square has a perimeter of **24m**.
(a) How long is each side? (b) What is the area of the square?
 2. A square has a perimeter of **80m**. What is the area of the square?
 3. A square has a perimeter of **152m**. What is the area of the square?

Gaeilge: An Aimsir – An aimsir ar fud an domhain

Abair Liom

1. **Scéal - An aimsir ar fud an domhain, lth. 130** – Read the scéal from yesterday again. Practise reading it out loud and listen to it again to hear how to pronounce the new words.
https://content.folensonline.ie/programmes/AbairLiom/4th_class/resources/Passage/AL_4C_ACT_PAS_CH16_002/index.html
2. **Freagair na ceisteanna (Answer the questions): lth 131, A. 1-4**
Answer the questions in your copy. Look for the words in the questions in the story to help you answer them and use the prompts given for questions 1-3.

1. Cén sórt aimsire a bhíonn againn in Éirinn?

Bí _____

2. Cad iad na hainmhithe a fheiceann tú ag an bPol Theas?

Fe _____

3. Cathain a bhíonn an lá an-gheal ag an bPol Theas?

Bí _____

4. Cá háit a bhfuil an áit is teo ar domhan?

3. **Litriú agus Frasaí:** Learn one frása and two litriú per day. Make sure that you learn the meaning and the spelling of these words.

- **Bíonn an aimsir fuar agus fliuch i rith an gheimhridh**
- **tintreach, toirneach** (Same list as last week)

Religion: Grow in Love: Theme 8 Lesson 4.

- Read page 74

FOR MEMORISATION

Agnus Dei
Lamb of God, you take away
the sins of the world,
have mercy on us.
Lamb of God, you take away
the sins of the world,
have mercy on us.
Lamb of God, you take away
the sins of the world,
grant us peace.

CHRISTIAN UNITY WEEK
Christian Unity Week is celebrated every year from 18 to 25 January. During this week Christians from different Churches in various cultures and traditions pray for unity among all Christians. Christians are reminded that while there are many differences between the various Christian Churches, we are all united in the one family of Christ.

Jesus told his followers that people should be able to recognise Christians by the love they show towards one another.

ACTIVITIES

- In pairs, chat about what Christians around the world might pray for. In your Religious Education journal record some of the examples you identify.
- Name some projects that people from the different Christian Churches might join together to work on.

- Complete the activities at the bottom of the page and say the prayer three times.
- While writing in your copy, listen to the song “Trust in the Lord” in the online resources:
<https://app.growinlove.ie/en/user/lesson-resources/331>

Art: Make your own May bush to celebrate May.

The May Bush was a decorated bush/tree. It is an old tradition that was strongest in Leinster and the Midlands, stretching west to Galway and northwards to south Ulster and Donegal. It was a tradition associated with luck and protection.

The decoration usually consisted of ribbons, cloth streamers and perhaps tinsel. Wild flowers were also traditionally used. Sometimes the leftover coloured egg shells painted for Easter were used as decorations. For your May bush, you can decorate a branch/stick and hang it over your door!

If you would like to learn more about this tradition, read this article:

<https://www.farmersjournal.ie/may-day-traditions-157153>

Suggestions on how to decorate:

- Leftover egg shells could be painted brightly (I suggest leaving them overnight to dry).
- Wild flowers/ribbon/wool/old fabrics/pipe cleaners/streamers could also be used.....see what you can find!

When your branch or tree is decorated, put it outside or above your door to welcome Summer, and bring you luck!

See examples:



Friday

English:

D.E.A.R Time: 10 minutes

My Read at Home: Page 107 – Read and answer questions in copy

Let's Go: Danger from the Deep! – Re-Read Story

Let's Go: p.188, C. Seek and Search, 1-5 and D. Quest and Query, 1-5

Let's Go: p.188, E. Word watch – Write the sentences correctly by removing the incorrect word.

Extra: Imagine you went on an adventure like Charlie and write a story about that adventure.

Maths:

Mental Maths: Friday Week 30

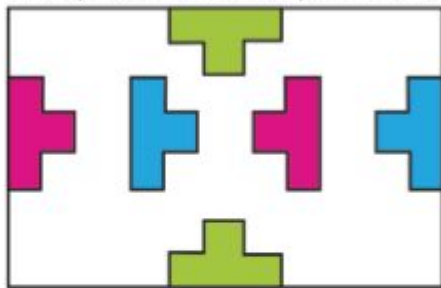
Tables: Practise your 10's.

Planet Maths: Topic 27 Problem Solving

Complete A on p.165. These are tricky puzzles, but give them a go.

A Puzzles

These puzzles need lots of patience, but they can be solved. There are no trick questions.



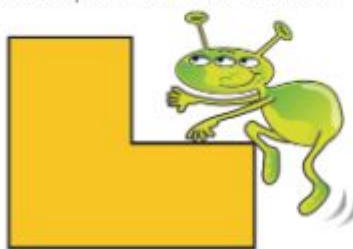
Puzzle 1: Draw three curved lines:

Line 1 from green to green

Line 2 from blue to blue

Line 3 from red to red

The lines may not go outside the large rectangle and may not cross one another.



Puzzle 2:

Divide the L shape into four equal parts.

The 4 parts must be the same size and the same shape.

Puzzle 1: The key is making sure the lines don't touch each other. Use a different colour for each line.

Puzzle 2: Be sure to use a ruler.

Complete B on p. 165

B



Puzzle 1:

Place the numbers 1–8 in the white boxes.

Touching boxes may not contain touching numbers.

There's a hint at the bottom of the page!

Puzzle 2:

You are given the job of painting the numbers on the doors in a new housing estate. There are 99 houses. How many times will you paint the number 7?

Extra Work: Complete C on p.165 and B & C on p.166.

Gaeilge: An Aimsir – An aimsir ar fud an domhain

Abair Liom

1. Scéal - An aimsir ar fud an domhain, lth. 130 – Read the scéal one last time.
2. Freagair na ceisteanna (Answer the questions): lth 131, A. 5-7
Answer the questions in your copy. Look for the words in the questions in the story to help you answer them.

5. Cén sórt plandai a fhásann sa Sahára?

6. Scriobh trí rud atá fíor faoin Amasóin.

7. Cén fáth, meas tú, nach bhfásann a lán plandai ag an bPol Theas?
Measaim nach bhfásann _____

3. Cén focal é? lth 135, l – Look at the picture and fill in the missing letters.



4. Listen to the song: 'Ní maith liom an Ghrian' & sing along following the words.

https://content.folensonline.ie/programmes/AbairLiom/4th_class/resources/Song/AL_4C_ACT_SON_CH15_007/index.html

Geography: The Bogs of Ireland

Bog Conservation: Read through these facts about bogs:

- Bogs cover only 3% of the land area of the Earth. They are therefore rare habitats.
- The harsh environmental conditions on bogs have led some plants and animals to evolve special adaptations to survive there e.g. sundews and butterworts. These bog specialists cannot live in other habitats. They will become extinct if bogs are lost.
- Many animals that love water, love bogs e.g. frogs, newts, dragonflies etc.
- Ireland has a special responsibility to look after bogs – just like other countries have a special responsibility to look after rainforests or coral reefs. This is because Ireland has more of the world's bogs than other countries, with approximately 17% (not 3%) of Ireland being bog.
- Many bogs have been damaged by human activity such as harvesting peat, drainage and planting grass or trees.
- Of the 3% of Earth's land which is bogs, only a very small amount is in a good condition for wildlife. For example, in Western Europe over 90% of peatlands are too damaged to be wildlife habitat and are no longer active (growing).
- For a bog to be active and laying down peat, it needs to have Sphagnum Moss, the bog builder.

As a reminder:

The Importance of Bogs

Bogs are important environments for all kinds of reasons! They are one of the most ancient habitats in Ireland and are home to birds, frogs and countless insects and small creatures. They are also home to many rare plants, such as the sphagnum moss.

Plants that grow on bogs, like the sphagnum moss or **sedges**, are very unique. Most plants get their nutrients from the soil underneath them, but these plants have evolved to get most of their nutrients from the rainwater.

Bogs are also a very important source of fossil fuel. The peat can be harvested, dried and then processed to be used as fuel. It can also be to make charcoal, which artists can use as drawing material.



- **Create:** Using the above information and everything you've learned so far about bogs, I want you to create a poster to help people understand the importance of taking care of our bogs. Be sure to include some important facts and remind people why they are important. You could include drawings of some of the plants and animals found in the bog too.

Science: Plants and Flowers – Chapter 16 Flower Power

Window on the World 4 – Science [available online:

<https://www.edcolearning.ie/Book/Page?bookId=book378&chapterId=chapter18&pageId=page83>]

Copy and paste the above link!

- **Read:** page 85 of our science book
- **Name** the flower they have described on page 85.
- Try to **find** this flower in your garden or while you are out on a walk.
- **Draw** a diagram of this native Irish plant, making sure to label the following:
 - pale yellow flower
 - five petals
 - leaves close to the ground
 - stem

Don't forget to put a heading on your diagram!

Extra: If you like, you could research this flower on <https://www.kiddle.co/> and find five interesting facts about this wildflower. I would love to see your diagrams and the facts that you found interesting!

Well done!
Enjoy your weekend!

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 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		
Window on the World 4 History/ Geography	https://www.edcolearning.ie/	Username: primaryedcobooks Password: edco2020
Science		
Window on the World 4 Science	https://www.edcolearning.ie/	Username: primaryedcobooks Password: edco2020