

Thursday 2nd October 2025

Morning challenge



Read and quiz

1. How might the men be feeling after reaching the top of the mountain?
2. What does the sunset suggest about how long they have been climbing?
3. Why do you think the men decided to climb the mountain together?
4. What could their body language tell us about their relationship or friendship?
5. How might the view from the top make the men think or feel about the world around them?



Times tables

02.10.2025

Beat the teacher- Times Table quiz!

You need a Question Master- Someone who knows their 6 times tables and will ask the questions to the class.

Everybody else: You will answer the questions from the 6 times tables (and other times tables) on your whiteboards. A whole class reward is available (Dojo/marbles) if you beat your teacher 10 times!! (Do a tally chart on board- first to 10 wins)

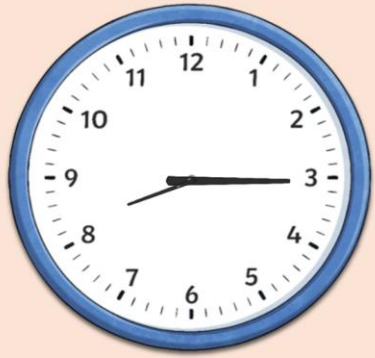
Good luck!

02/10/2025

TBAT: calculate time intervals.

3 in 3

1. Write time in words OR in numerals:



2. $\frac{1}{4}$ of 16 =

3. Write the time in words:



Challenge

How many seconds
are there in 4
minutes?

02/10/2025

TBAT: calculate time intervals.

Key vocabulary

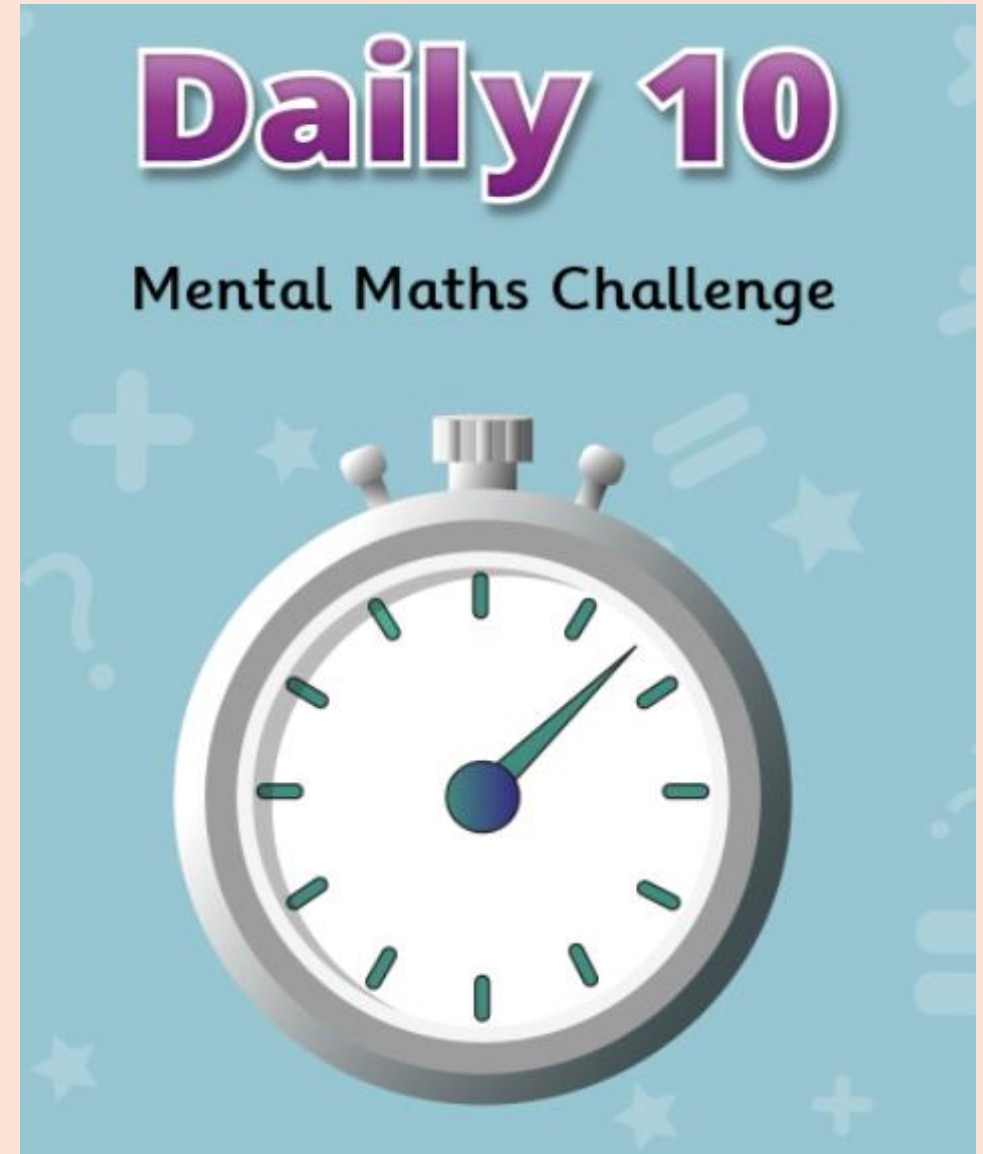
Analogue

Digital

Interval

Minute

[Daily 10 - Mental Maths Challenge -
Topmarks](#)
Level 4- 7 times tables



02/10/2025

TBAT: calculate time intervals.

Have a go at the question below. Work with your partner.

Blue & Green

Write the time in digital format



02/10/2025

TBAT: calculate time intervals.

What does interval mean?

02/10/2025

TBAT: calculate time intervals.

Partner talk

After school, Lawrence starts reading his new comic. He stops reading it when his meatballs are ready to be taken out of the oven.

How long does Lawrence read his comic for?



starts reading



stops reading

02/10/2025

TBAT: calculate time intervals.



He starts reading at 4:30

He stops reading at 4:50

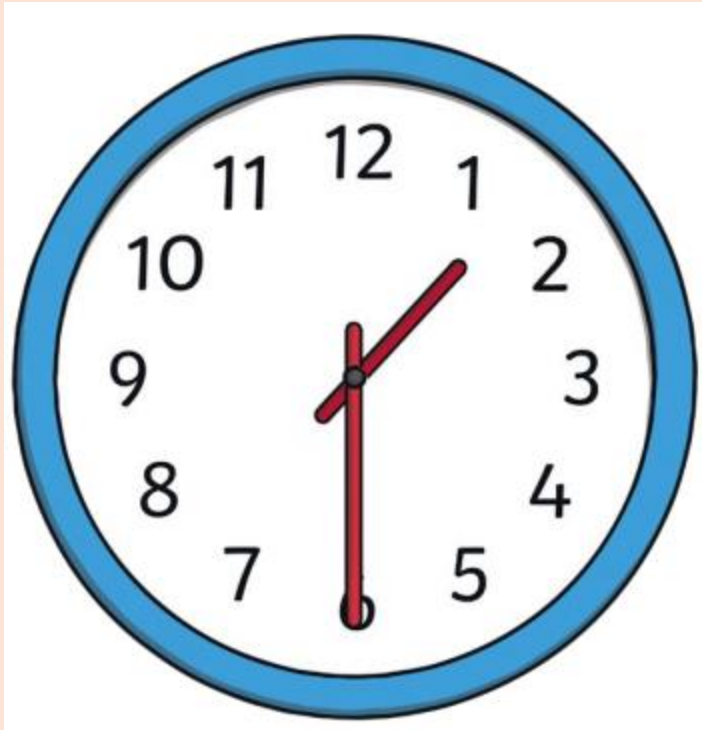
He reads for 20 minutes

The difference between 4:30-4:50 is 20 minutes

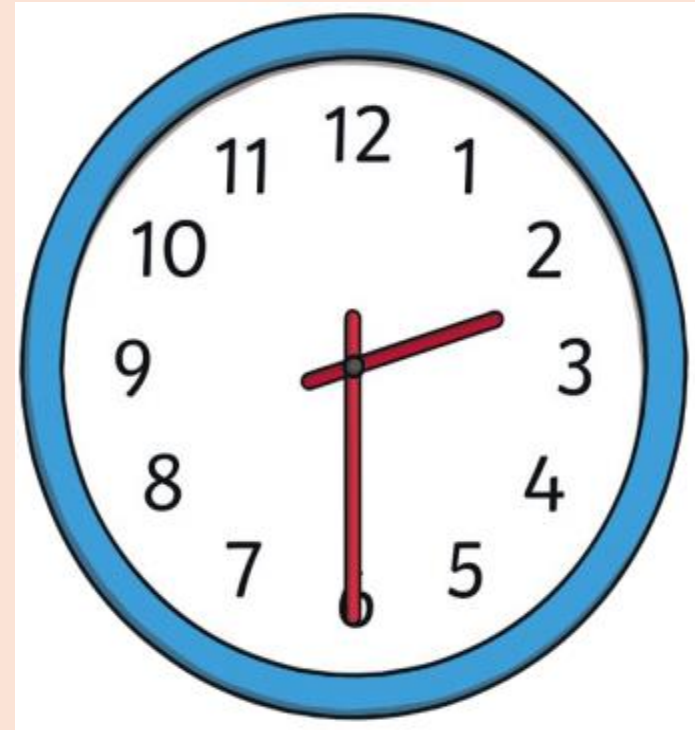
02/10/2025

TBAT: calculate time intervals.

Miss Smith starts marking
books at this time:



Miss Smith finishes marking
books at this time:

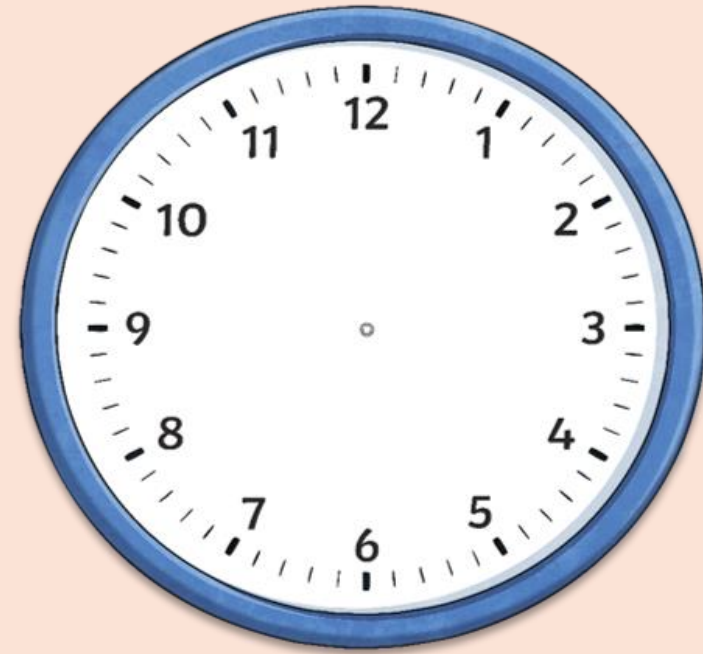
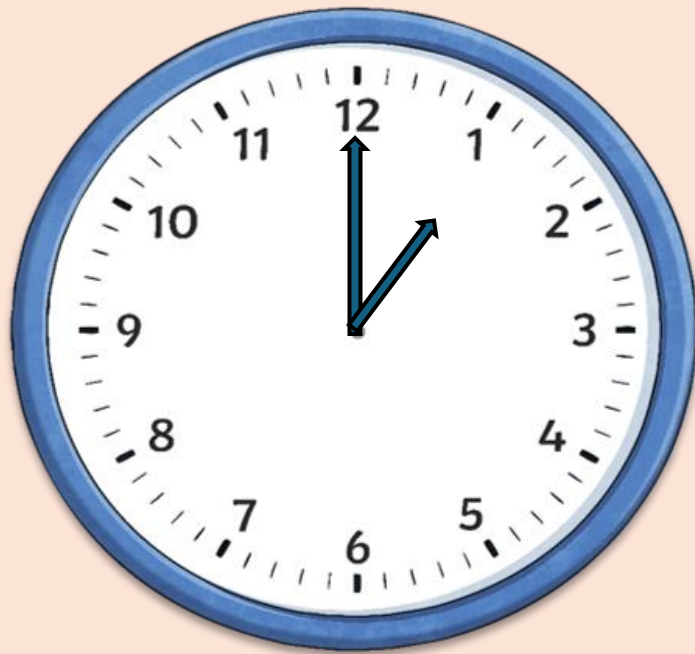


**How long does it take her to mark the books?
Work out the time interval.**

02/10/2025

TBAT: calculate time intervals.

Tina starts gardening at 1 o'clock. It takes her 23 minutes to complete.



Draw the hands on the clock to show what time it was when she finished.

02/10/2025

TBAT: calculate time intervals.

Lucy starts cooking
dinner at 11:30



Lucy stops cooking
dinner at 11:45



**How long does it take her to cook dinner?
Work out the time interval.**

**The hour has stayed the same, so we just work out the difference
between the minutes. Count in 5s from 30 to 45.**

It took her 15 minutes to cook dinner.

02/10/2025

TBAT: calculate time intervals.

10:05 > 11:00

Work out the time interval.

55 minutes

02/10/2025

TBAT: calculate time intervals.

Tom starts his break at 9:30. He gets 1 hour and 15 minutes. What time will it be when his break finishes?

09:30 > :

09:30 > 10:45

02/10/2025

TBAT: calculate time intervals.

Independent

Work out the time interval in your book.

Blue

02:10 > 02:35

Green

03:15 > 03:40

Challenge: Liam started his football match at 3:40 PM. The match ended at 4:25 PM. How long did the match last?

02/10/2025

TBAT: calculate time intervals.

Independent

Work out the time intervals

Show your workings

- 1) 05:10 > 05:20
- 2) 09:00 > 09:35
- 3) 10:05 > 11:00
- 4) 04:30 > 05:30
- 5) 03:20 > 04:30
- 6) 11:15 > 12:35

RP: Amira says: "If I start my homework at 4:20 PM and finish at 5:00 PM, that means I worked for 60 minutes."

Do you agree with Amira? Explain your reasoning.

Challenge

- 1) Who do you agree with? Explain your reasoning.



My journey to school takes 15 minutes. I set off at 8:35 a.m. so I arrive at school first.



My journey to school takes 20 minutes. I set off at 8:25 a.m. so I arrive first.

Mastery Challenge

- 1) Amrit is travelling on a train. It is now 4:15 p.m. and Amrit has done exactly half of her journey.

In total, I will be on the train for more than 30 minutes but less than 1 hour and 30 minutes.



Find two possible start and end times for the journey.

Greater depth Mastery

A film lasts longer than 50 minutes but less than 1 hour and 30 minutes.

The time was 1:15 p.m. when the film started. Find three possible times it could have ended.

Thursday 2nd October 2025

TBAT: write a non-chronological report

3 in 3

Boudicca was a brave queen who lived nearly 2,000 years ago in Britain. She was the leader of the Iceni tribe and is remembered for standing up to the Romans when they tried to take her people's land. Boudicca led a huge army and fought very hard but in the end the Romans were too strong. Today, she is remembered as a symbol of courage and resistance.

1. What was the name of Boudicca's tribe?
2. Why did Boudicca fight against the Romans?
3. How is Boudicca remembered today?

Thursday 2nd October 2025

TBAT: write a non-chronological report.

Blue - What is a paragraph? Why are they used?

Green - Why is our report about the Romans written in past tense?

Challenge - Add a conjunction to join these two clauses.

The Romans marched west. They wanted to invade Wales.

Thursday 2nd October 2025

TBAT: write a non-chronological report.

Look at your plan from yesterday.

We are now going to write the bullet points in full sentences.

Each box from your plan will need a subheading with the paragraph of writing underneath.

DO NOT draw a box and then try to write in it!

Recruitment & Training	
Weapons & Armour	
Organisation & Ranks	
Battle Formations & Tactics	
Daily Life of a Soldier	
Conclusion	

Thursday 2nd October 2025
TBAT: write a non-chronological report.

You need to plan where you want each piece of information. Start with your title at the top and your introduction underneath.

WAGOLL

Now write your first subheading and information underneath. Once you have written the information you can **then** draw a box around it, if you want to.

Carry on with this format until you have written all your information.



Remember we have 2 days for our writing.

Thursday 2nd October 2025

TBAT: write a non-chronological report.



Purple pen

Capital letters and full stops

Writing in full sentences

Take a bullet point from your plan to create a full sentence.

Talk partners

Make this bullet point into a full sentence:

- **Volunteered to be in the Roman army**

At the age of eighteen, men could volunteer to join the Roman army. However, they could not be married men.

Thursday 2nd October 2025
TBAT: write a non-chronological report.



Purple pen
Capital letters and full stops

Talk partners

Make this bullet point into a full sentence:

- **They built roads and forts**

When Roman soldiers were not fighting in battles, they were kept busy. They helped to build strong roads, bridges and forts, which made the Roman Empire easier to control.

Thursday 2nd October 2025
TBAT: write a non-chronological report.



Purple pen
Capital letters and full stops

Features of a non-chronological report

- Heading
- Subheadings
- Paragraphs
- Subject specific language
- Past tense
- Third person
- Factual

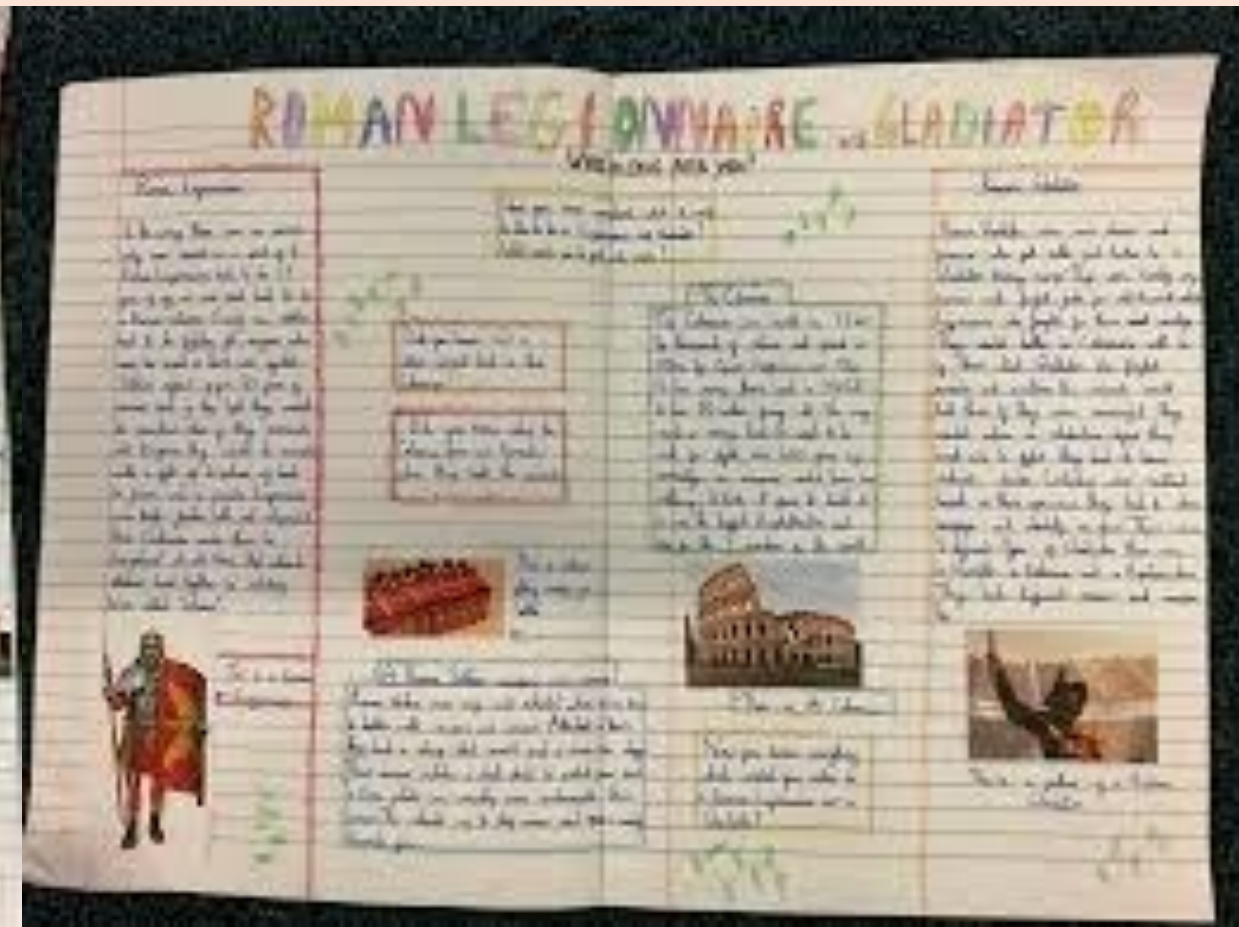
Neat, joined handwriting. Check your punctuation.

Thursday 2nd October 2025

TBAT: write a non-chronological report.



Purple pen
Capital letters and full stops



Thursday 2nd October 2025

TBAT: understand Guru Nanak's teachings about being honest and living a good life.

Turn and talk

How can you help and serve others?

What does honesty mean?

Thursday 2nd October 2025

TBAT: understand Guru Nanak's teachings about being honest and living a good life.

Guru Nanak taught Sikhs to always be **honest**, work hard and help others.

He said people should be kind, share what they have and remember God in everything they do.

Let's read the story of Bhai Lalo which shows Guru Nanak's teachings that honesty and hard work are more important than wealth.



Thursday 2nd October 2025

TBAT: understand Guru Nanak's teachings about being honest and living a good life.

What did Malik Bhago understand at the end?

- a** that wealth and power are important
- b** that honesty and truthfulness are important ✓
- c** that Guru Nanak would not accept any food

Thursday 2nd October 2025

TBAT: understand Guru Nanak's teachings about being honest and living a good life.

What did Guru Nanak teach Sikhs through Bhai Lalo's story?

Guru Nanak taught Sikhs the importance of honesty, **truth**, **integrity** and hard work.

Through Bhai Lalo's story, Guru Nanak showed that what matters most is not wealth or appearance, but the purity of one's heart and actions.

Thursday 2nd October 2025

TBAT: understand Guru Nanak's teachings about being honest and living a good life.

Task B:

Match the words to the correct meaning from the story of Bhai Lalo:

Word

Honesty

Greed

Hard work

Meaning

Working hard and fairly

Doing the right thing

Wanting more than you need

Write one sentence explaining what Guru Nanak wanted people to learn from Bhai Lalo's story.

Use some of the key words:

Honesty

Greed

Wealth

Work hard

Guru Nanak wanted people to learn

Thursday 2nd October 2025

TBAT: understand Guru Nanak's teachings about being honest and living a good life.

Teacher
slide-
Answers

Task B:

Match the words to the correct meaning from the story of Bhai Lalo:

Word

Meaning

Honesty

Working hard and fairly

Greed

Doing the right thing

Hard work

Wanting more than you need

Write one sentence explaining what Guru Nanak wanted people to learn from Bhai Lalo's story.

Guru Nanak wanted people to learn that it is better to live honestly and work hard than to gain wealth through greed or dishonesty.

Thursday 2nd October 2025

TBAT: describe the first part of the journey of food through the human digestive system.

3 in 3

Keywords

The **digestive system** breaks down food into small particles that are absorbed into the blood.

Digestion is the process of breaking down food so the body can absorb nutrients.

Saliva is a watery liquid in the mouth that keeps it moist and helps prepare food for digestion.

The **oesophagus** is a tube that carries food from the mouth to the stomach.

Stomach acid is a digestive fluid produced by the stomach lining that helps break down food.

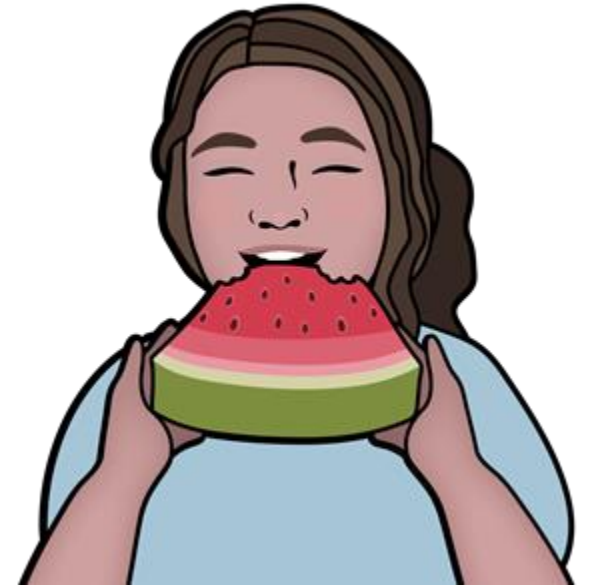


Humans need food and water to survive and stay healthy.

The food we eat is broken down by our body as it travels through the **digestive system**.

Our digestive system absorbs nutrients from food to make our body function and provide energy.

Any waste food that our body does not use is passed out as waste.



child eating



Digestion is the process of breaking down food so that nutrients can be absorbed by the body.



Izzy

I think digestion starts in the stomach.

I think digestion starts in the mouth.



Jacob



Sam

I think digestion starts in the throat.

Turn and talk
Where do you think digestion starts?



Food passes through many different organs in our body. These organs form the **digestive system**.



mouth

Digestion begins in the mouth.

Which parts of the mouth are involved with digesting food?



When food enters the mouth, different teeth bite, chew and grind it to begin breaking it down.

The mouth produces **saliva**, which wets food and helps to prepare it for **digestion**.

The tongue moves food around the mouth, mixing it with saliva to help with swallowing.



tongue

Where do you think the food goes next?

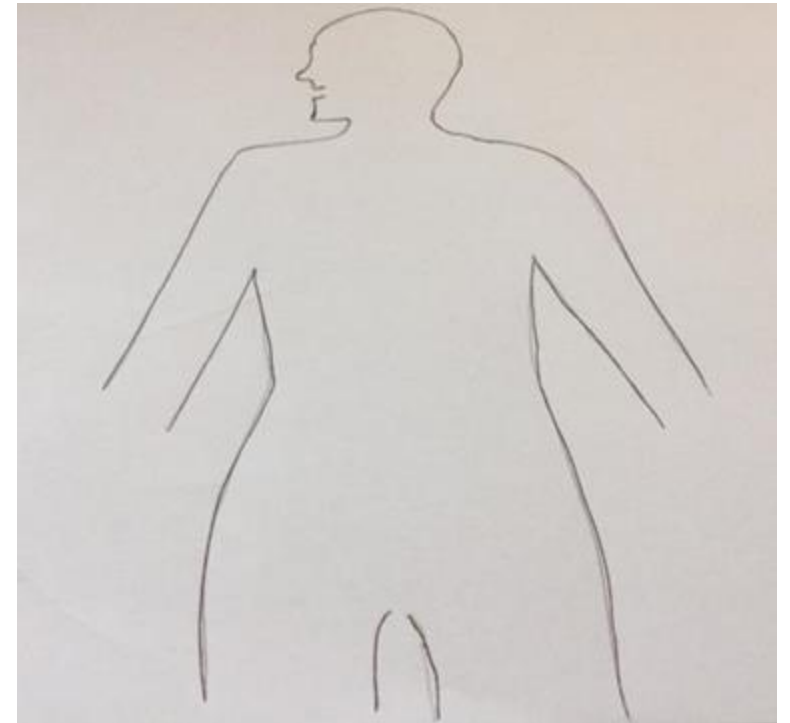


Have you ever thought about where food goes when we eat?

We could draw the journey of food through the human digestive system to show and compare our ideas!



Jacob

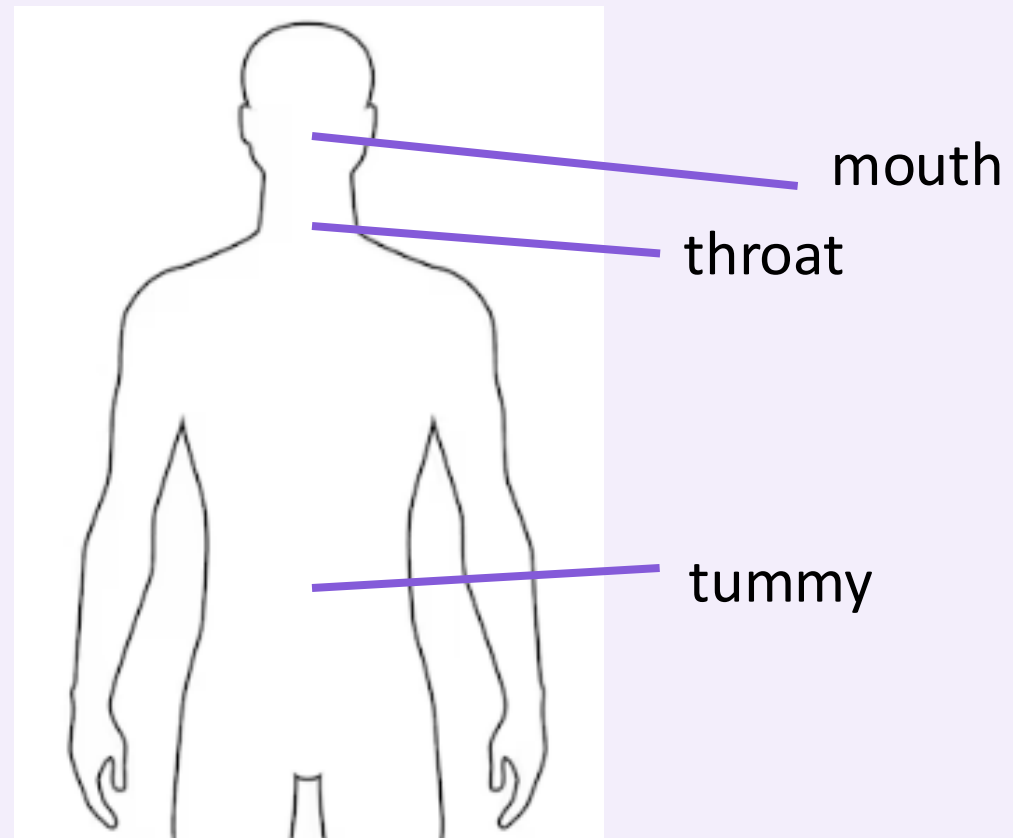


human body outline



1. Use an outline of a human body to draw what you think happens to food as it travels through the digestive system.

Your diagram may look like this,
and there may be some
incorrect ideas at this stage.



2. Explain to your partner the functions of the teeth, tongue and saliva in the human digestive system.



human eating



When you swallow, bits of moist food travel through a tube called the **oesophagus**, which only carries food and drink.

Food is pushed down your oesophagus by muscles that squeeze and relax, moving the food through the tube.

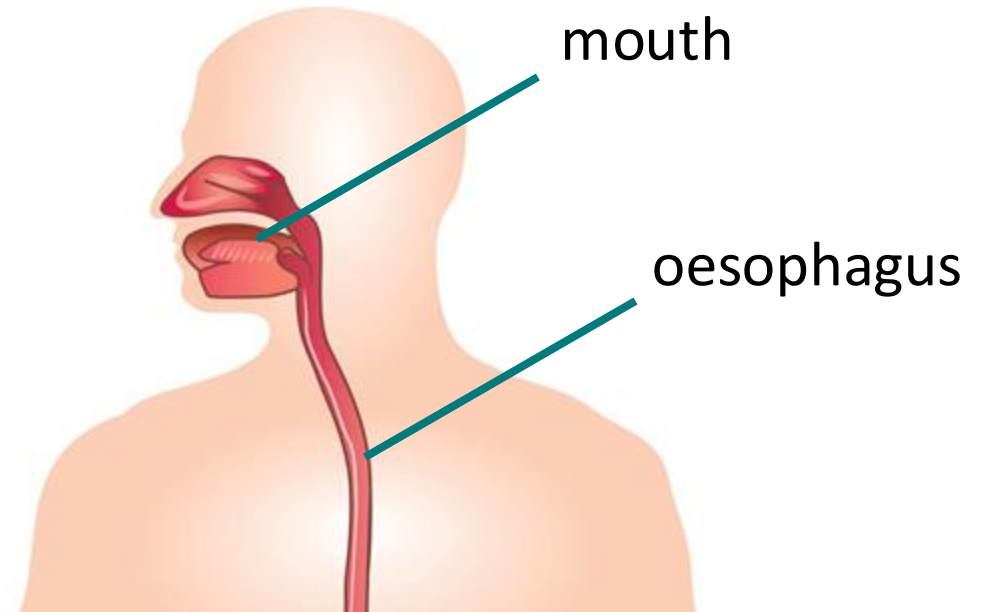
Gently put your hand on your throat and swallow a few times to feel the top of your oesophagus moving.



At the back of your throat, there is a small flap of muscle that closes to prevent food and liquid from going down a different tube, which you use for breathing.

How long do you think your **oesophagus** is?

Your oesophagus is about 15 cm long. It starts at your mouth and ends at your stomach.



Your stomach is like a stretchy bag that stores food and helps to break it down.

Do you think your stomach stays the same size when you eat?

When your stomach is empty it is about the size of a tennis ball or your fist.



tennis ball

When you eat a meal, your stomach stretches. An adult's stomach can stretch to the size of a football to hold as much as 4 litres of food!



football



What happens when food reaches your stomach?



Izzy

I think the food gets squashed up in my stomach when I walk and move around.

I can hear my stomach rumbling sometimes, so that means it is digesting my food.



Jacob



Sam

I think it gets mixed up with water in my stomach and then disappears.

I think food gets broken down further by liquid in my stomach called stomach acid.



Alex

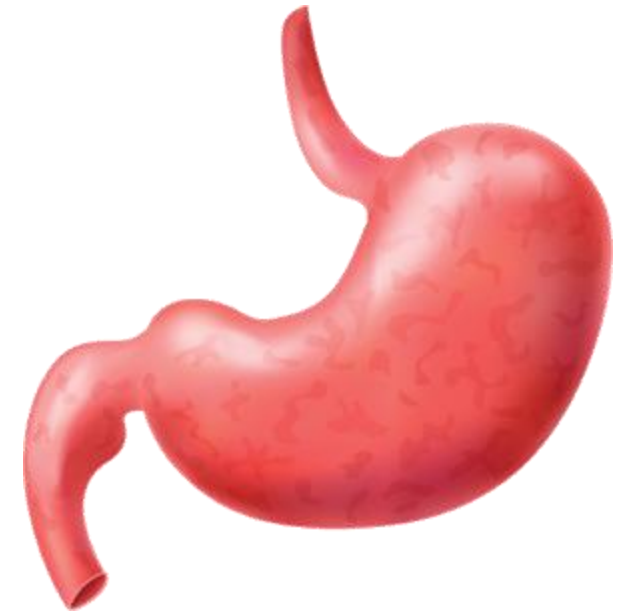


Who is correct?

The stomach is like a mixer, churning the small pieces of food from the **oesophagus** into even smaller pieces.

In the stomach, food is mixed with **stomach acid**, which helps to **digest** it further into a sloppy liquid, like a thick soup.

Stomach acid also helps to kill any bacteria in the food.



stomach





Laura

I think the human digestive system is tricky to understand because we can't see what is happening to our food once we have swallowed it.

What could Laura do to help her understand the human **digestive system**?

You could make a model to show what you have learned about digestion so far.



Jun



Laura makes a model to demonstrate how food is **digested**. She uses everyday objects to represent different parts of the human **digestive system**.



equipment



vinegar

Can you guess what each object represents in Laura's model?



First, Laura chops up a banana (food) in a bowl (mouth) using a knife and masher (incisors and molars).



chopped
banana



mashed
banana

Next, she adds water (**saliva**) which, moistens the food and prepares it for **digestion**.



water and banana

The banana breaks down into smaller pieces and mixes with the 'saliva', ready to be swallowed.



banana pieces



Laura pours the food into a stocking, with the toe removed (**oesophagus**).



banana pieces in the stocking

She squeezes the food down the stocking into a clear bag (stomach).



stocking and bag



vinegar



digested banana

Finally, she adds vinegar to the bag (**stomach acid**) and squashes it to represent the stomach mixing and digesting the food into a thick, sloppy liquid.



Independent

Working in groups, create a model, using Laura's ideas, to show what happens in the human digestive system from the mouth to the stomach.

You will need to include:

mouth, teeth, tongue, saliva, oesophagus, stomach and stomach acid.

Demonstrate your model in action and explain what is happening at each stage from the mouth to the stomach.



1. Create a model to show what happens in the human digestive system from the mouth to the stomach.

In my model I used this equipment to represent:



banana = food



bowl = mouth



knife = incisors



masher = molars



water = saliva



stocking =
oesophagus



sandwich bag =
stomach



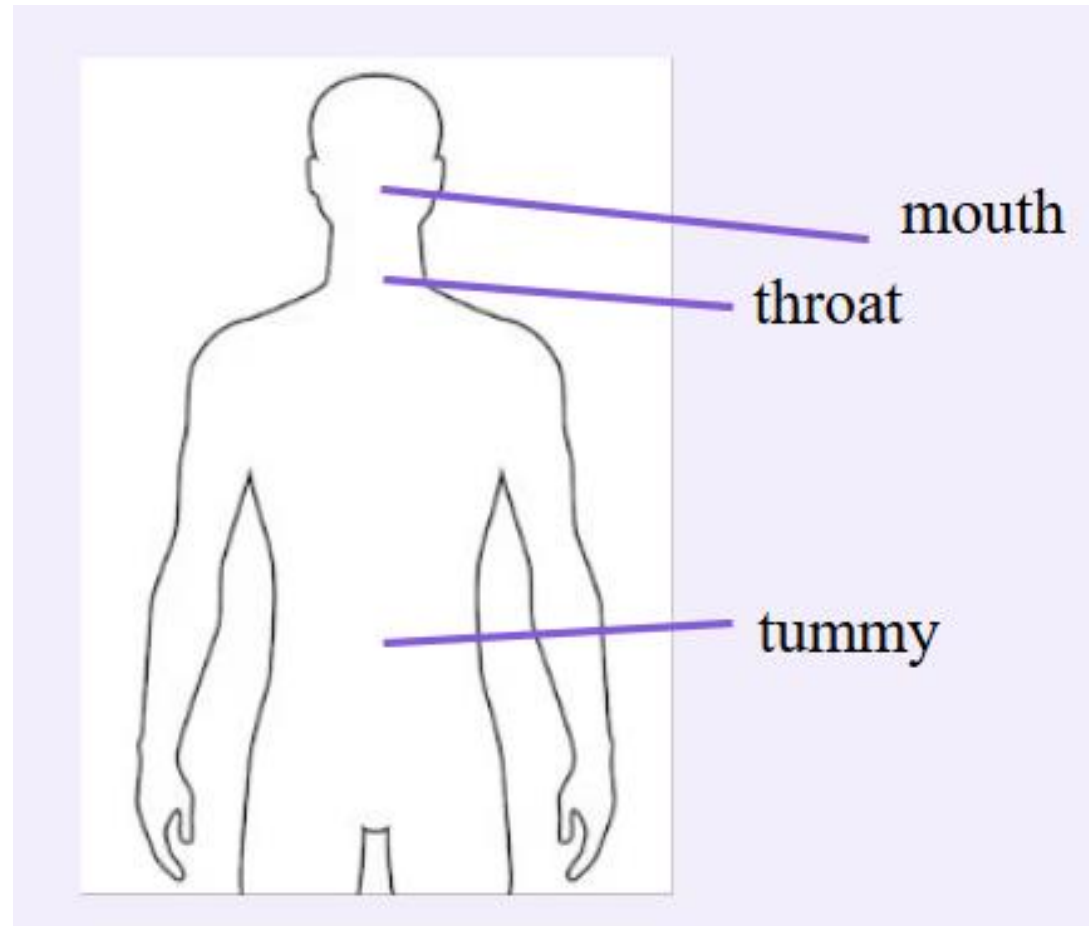
vinegar =
stomach acid



2. Return to the diagram you drew in Task A and update it with any new information you have learned about the human digestive system.

Challenge

Why do you think it is important for your teeth and saliva to work together before food reaches your stomach?



The human digestive system

- 1 Humans need _____ and water to survive and stay healthy. (Fill in the blank)
- 2 Match the part of the mouth to its function in the digestion process. (Write the correct letter in each box)



a	teeth		chop the food into smaller pieces
b	tongue		moistens the food to make it easier to swallow
c	saliva		moves food around your mouth

- 3 What happens to the food after it leaves the mouth? (Tick 1 correct answer)

- ☐ It is pushed through the throat into your lungs.
- ☐ It is pushed down the oesophagus into your legs when you stand up.
- ☐ It falls through the oesophagus into your stomach when you move.
- ☐ it is pushed through the oesophagus into your stomach by muscles

- 4 Which of these statements explains what happens in the next step of digestion? (Tick 1 correct answer)



- ☐ The stomach wall absorbs all of the food.
- ☐ Food is digested in the stomach where it disappears.
- ☐ Stomach acid helps to break down food.
- ☐ Stomach acid melts all of the food.
- ☐ Food is mashed up in the stomach by vinegar.

- 5 Put these parts of the body in the correct order of digestion, starting with the first part of the digestive system. (Use numbers to show the correct order)



	stomach
	mouth
	oesophagus

Thursday 2nd October 2025

TBAT: develop and apply resilience strategies in challenging situations

Turn and talk

What is resilience?

***Resilience** is the ability to keep going and stay positive when things are difficult or don't go as planned.*

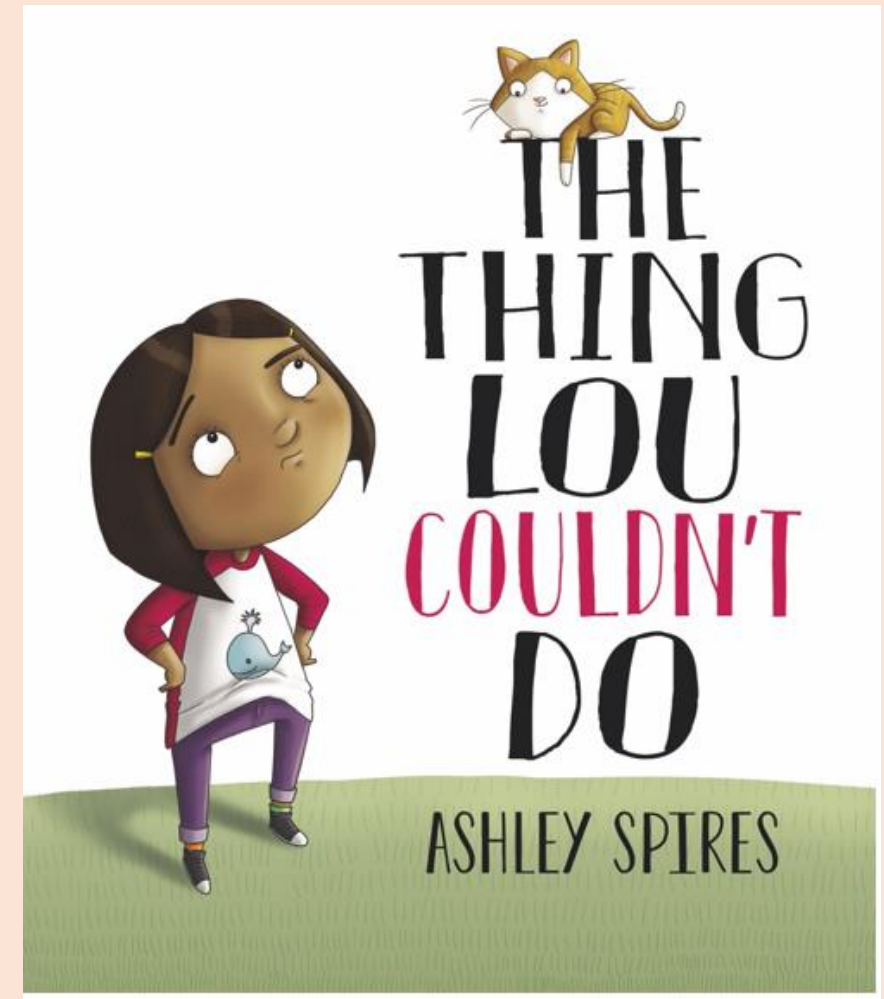
Thursday 2nd October 2025

TBAT: develop and apply resilience strategies in challenging situations

Listen to 'The thing that Lou couldn't do.' by Ashley Spires.

Think about these questions as you listen.

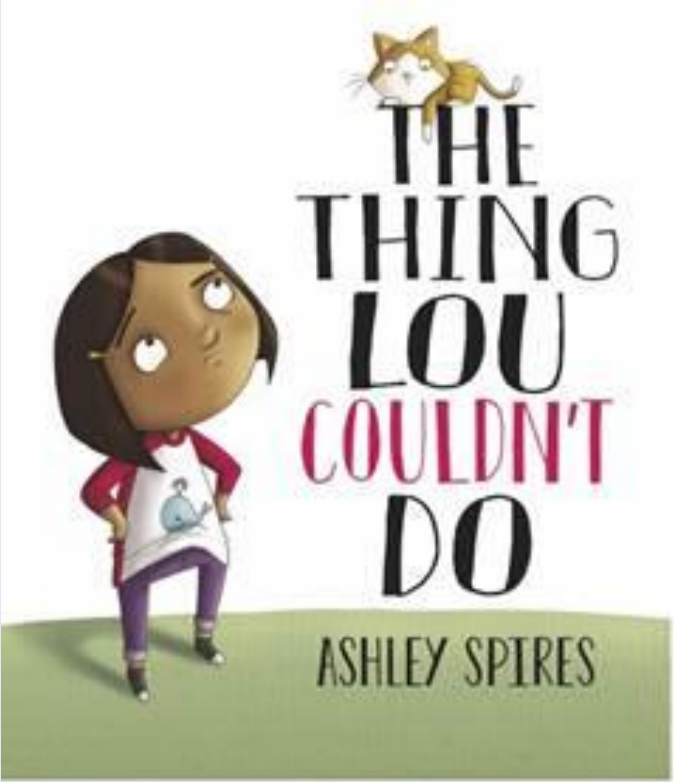
- What was the problem in the story?
- How did the character feel about the problem?
- How did the character first react to the problem?
- How did they go about solving the problem?
- Did anyone help them solve the problem?



[THE THING THAT LOU COULDN'T DO Read Aloud Book for Kids](#)

Thursday 2nd October 2025

TBAT: develop and apply resilience strategies in challenging situations



What was the problem in the story?
How did the character feel about the problem?
How did the character first react to the problem?
How did they go about solving the problem?
How did the character show resilience?