

Wednesday 8th October

Morning Challenge

4)				
5	5	1	4	

5)				
7	5	4	5	

6)				
9	8	6	7	

7)				
5	4	3	3	

8)				
5	1	3	7	

9)				
7	4	3	9	

Wednesday 8th October

TBAT: use modal verbs.



acvide

dvicee

desiev

eelicnc

prctsiae

ppryohes

Complete the missing
spellings.

Wednesday 8th October

TBAT: use modal verbs.

Add a modal verb to show possibility to each sentence.

Correct the spellings.

1. She _____ need some advise before choosing which devise to buy for her classroom.
2. You _____ device a new way to practice spelling that makes it more fun for students.
3. They _____ lisence the software next term if the school budget allows.
4. We _____ advyce parents on how best to support their children's learning at home.

08.10.25

TBAT: convert miles to kilometres and vice versa.

3 in 3

1. $4,314 \div 6 =$

2. $3,456 \times 24 =$

3. To make a soup, a chef weighs out 750g of carrots. He adds 0.5kg of potatoes. How much do the ingredients weigh in **total**? Give your answer in **kilograms**.

Sam thinks 400cm is greater than 4m. Can you explain the mistake he has made?

[Daily 10 - Mental Maths Challenge - Topmarks](#)

08.10.25

TBAT: convert miles to kilometres and vice versa.

23,100cm = km

435m = km

27,800cm = km

1,901m = km

True or false? Explain why.

To work out how many cm are in a m you multiply by 100.

08.10.25

TBAT: convert miles to kilometres and vice versa.

5 miles = 8 km

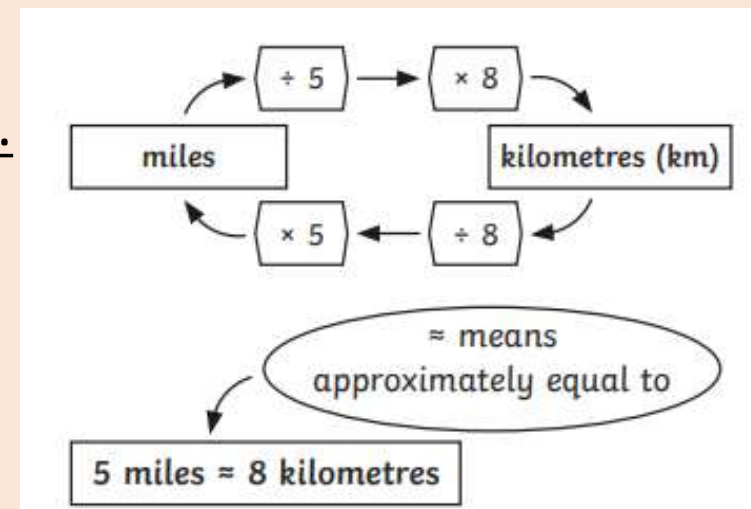
15 miles = ____ km

____ miles = 4 km

____ miles = 80 km

____ miles = 16 km

____ miles = 40 km



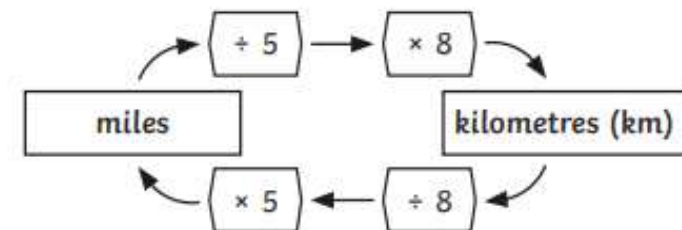
Lily walked 72km.

Frankie walked 55 miles.

Who walked the furthest?

08.10.25

TBAT: convert miles to kilometres and vice versa.



Match the approximate equivalent distances.

50 miles

16km

10 miles

24km

20 miles

32km

15 miles

80km

Match the approximate equivalent distances.

25 miles

8km

5 miles

64km

30 miles

48km

40 miles

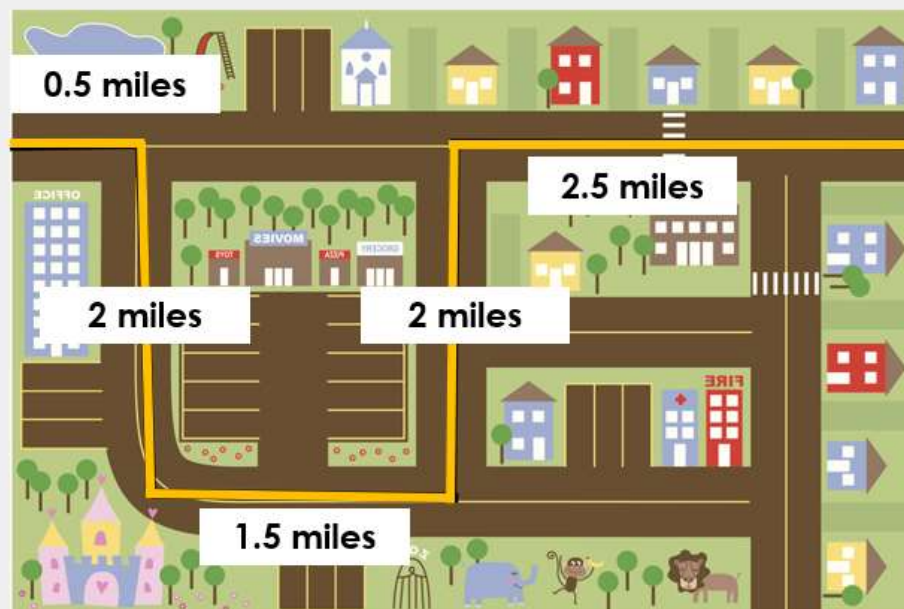
40km

True or false? 7.5 miles is approximately equivalent to 12km.

08.10.25

TBAT: convert miles to kilometres and vice versa.

Bianca has planned her route through town on this map.



Approximately how far does she travel in km?

Katie thinks 75% of 20 miles is approximately equivalent to 20km. Is she correct?

08.10.25

TBAT: convert miles to kilometres and vice versa.

a)

Miles	Kilometres
10	
15	
	48
100	
1	

b)

Kilometres	Miles
32	
	40
400	
	120
7.2	

Mastery Challenge

Juan completed $\frac{3}{4}$ of his 92km race.
Isla had to stop after 25% of her 127 mile race.
Hafsa travelled 44km and then a further 8 miles.

Who travelled the farthest?

Mastery with Greater Depth

Felix is planning a road trip.

He wants to arrive in Barcelona, which is 441.95 miles from his starting point, by day 3.

He travelled $159\frac{1}{5}$ km on day 1, and $91\frac{3}{4}$ miles on day 2.

Approximately, how many miles does he have left?

Challenge

Are these statements always, sometimes or never true?

- a) A mile is longer than a kilometre.
- b) The distances between some places are measured in miles, others are measured in kilometres.
- c) 12km is a distance between 7-8 miles.

Wednesday 8th October

KQ – What is Dhama and how does this lead to fulfilling good karma?

Quick Quiz

1. Where do many Hindus go to worship together?

2. What is a murti?

-a sacred statue representing a deity

-a type of offering used in puja

-the name of a prayer book

3. Which of these items is used during puja?

-a piano

-a bell

-drums

4. What does the Trimurti represent?

-three types of prayer

-the three main aspects of the universe

-the rules of dharma

Challenge

Why is there fruit in front of the murti pictured? (Tick 1 correct answer)



- ☐ to decorate the mandir
- ☐ to offer respect and gratitude to the deity
- ☐ to give a fruit that the deity likes

Keywords

dharmā	a Hindu's personal duty to act with compassion
seva	serving others without expecting anything in return
karma	produced by a person's actions that influences what happens to them in their life or future lives
danā	generosity and giving to others through charity

Het recently learned about **dharma**.

The word '**dharma**' comes from Sanskrit; the ancient language of India.

dharmma

from the word 'dhri', meaning to hold or to sustain

Dharma is the big idea of what holds everything together, the values and actions that keep life balanced and fair.

What might **dharma** mean for humans?

What is dharma?



Let's family learn a lot about **dharma** from the sacred story of the Bhagavad Gita.

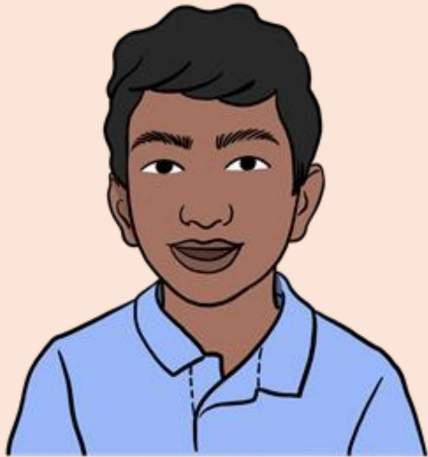
The deity, Krishna, teaches Arjuna about **dharma**.

In the Bhagavad Gita, one definition of **dharma** is a personal duty to act with compassion.



An illustration from the Bhagavad Gita showing Krishna and Arjuna

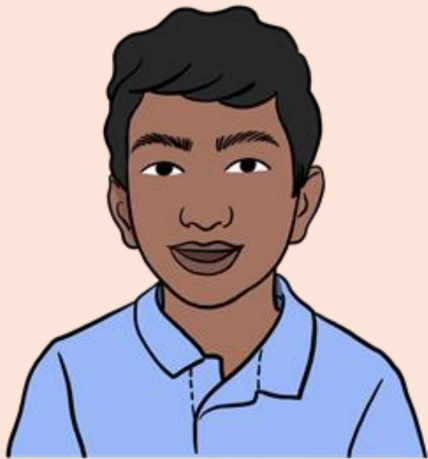
(c) Christie's Images / Bridgeman Images



Het

Het has learned that **dharma** is about carrying out a personal duty, to act fairly, kindly and truthfully.

He understands that **dharma** is different for everyone, based on their roles in life (as a family member, friend or student).



Het

I practice **dharma** by helping my parents at home, like cleaning my room and doing the dishes without being asked. This is my responsibility in the family. At school, I also practice **dharma** by being a good friend, listening to my friends, and cheering them up when they're feeling down because I care about them.

Task A

What is dharma?



1. Read through how Dhanu, a Hindu, practices **dharma**. Highlight the actions that show how she is fulfilling her personal duty to help others.

I enjoy having my grandchildren visit. I look after them and make sure they have everything they need.

I also prepare meals for my daughter to take home, so she has food during the week as she works long hours.

On Tuesdays, I take my elderly neighbour shopping for food and other necessities, and we sit and have tea while she tells me how she's been.

2. Explain ~~what~~ **dharma** is and why it is important to Hindus.

What is the difference between dana and seva?



Explanation

Hindu sacred texts describe two concepts linked to dharma:

- **dana** - which means generosity and giving to others through charity.
- **seva** - which means serving others without expecting anything in return.

What is the difference between dana and seva?



One way Het and his family practices **dharma** is through **dana**.



This year, Het decided to use part of his birthday money to buy food and supplies to donate to his local food bank.

Even though he could have spent the money on himself, he felt it was his **dharma** to help others who were less fortunate.

Het's donation box

What is the difference between dana and seva?



Another way Het practices **dharma** is through **seva**.



Het litter picking

Het spends his Saturday mornings helping clean up a local park.

He picks up litter, plants flowers, and is part of his local community who help keep his area safe and clean for others.

He doesn't expect any reward or praise, he just wants to help because he believes it is the right thing to do.

Task B

What is the difference between dana and seva?



Explain the difference between **dana** and **seva**.

Your answer should include an example for both types of **dharma**.

- Try to use the words generosity or selfless service in your answers.

How are dharma and karma connected?



Priya has been teaching Het about the concept of **karma**.



Priya

Karma is the idea that actions have consequences.

Good actions, like helping others, create good **karma** and bring positive consequences.

Bad actions, like being selfish or unkind, create bad **karma** and lead to negative consequences.

How are dharma and karma connected?



For most Hindus, fulfilling your **dharma**, acting with kindness and responsibility, helps create good **karma**.

Not following **dharma** can lead to bad **karma** and negative consequences.

dharma → good actions → good **karma**

ignoring **dharma** → bad actions → bad **karma**

Summary

Dharma: living the Hindu life

- A Hindu's personal duty is called **dharma**, which can take different forms.
- **Dana** means generosity, or giving to others through charity.
- **Seva** means serving others without wanting any reward.
- Fulfilling your **dharma** will help build good **karma**.

Wednesday 8th October

KQ – What is Dhama and how does this lead to fulfilling good karma?

Your task

1. Finish the sentences below:

A Hindu's personal duty is called _____.

A Hindu that fulfils Dhama will be rewarded with good _____.

Ignoring _____ will lead to bad _____.

2. What is the difference between Dana and Seva?

Challenge – Choose an item used in worship. Predict how these items might be used differently in a **home puja** and in a **temple puja**.

Wednesday 8th October

KQ – What is Dhama and how does this lead to fulfilling good karma?

Exit Quiz

1. What does dharma mean for Hindus?

- it's a set of chores that must be done
- it's a personal duty to act kindly, fairly and truthfully
- it's a set of rules that must be followed closely

2. What does seva mean?

- serving others without expecting anything in return
- giving gifts to family members so they can give you a gift to
- the true essence of all living things

3. Why do many Hindus practice dana?

- by sharing their wealth with family only
- by creating good karma by helping others in need
- by gaining fame and recognition in their community

Challenge

Which of the following actions are examples of good karma? (Tick 2 correct answers)

- ☐ donating pocket money to a local charity
- ☐ being careless with your litter
- ☐ helping parents keep the house clean and tidy
- ☐ not helping siblings with their homework

Wednesday 8th October

TBAT: plan a poem around Harvest.

3 in 3

1. Tick the sentence that uses **capital letters** correctly.

Tick **one**

We sailed along the river Stour with uncle Steve and his friend.

☐ 1

We sailed along the River Stour with uncle Steve and his friend.

☐ 2

We sailed along the River Stour with Uncle Steve and his friend.

☐ 3

We sailed along the River Stour with Uncle Steve and his Friend.

☐ 4

2. Draw a line to match each **suffix** to a word to make four different words. Use each suffix only once.

1) thunder

ible

2) access

ation

3) cautious

ous

4) confront

ly

3. Rewrite the sentence below in the **passive**. Remember to punctuate your answer correctly.

The pupils washed the fruit.

Challenge – add a subordinate clause to the sentence in question 3.

Wednesday 8th October

TBAT: plan a poem based around Harvest.

B – What types of poems can you think of?

G – What do you need to remember when writing a poem?

Challenge – How many other features can you think of that needs to be included when writing a poem?



Poetry

Wednesday 8th October

TBAT: plan a poem based around Harvest.

Harvest Travels

From golden fields in far-off lands,
To busy ports with helping hands,
The food we eat has made its way,
Across the seas, both night and day.

Bananas sail from Ecuador,
On ships that hum and engines roar,
They travel far to reach our shelves,
Picked by farmers, not by elves!

Rice from India, beans from Peru,
Coffee from Kenya, cocoa too,
Packed in crates and flown by plane,
Through sun and storm, through wind and rain.

Apples grown in English air,
Are sent abroad with loving care,
While mangoes from a tropic shore,
Arrive at last in our food store.

So when we sit and eat our meal,
Let's think of all the hands that feel,
The soil, the sun, the sweat, the rain -
Their work brings harvest home again.

Wednesday 8th October

TBAT: plan a poem based around Harvest.

For each of the food items below research:

- Where has it come from.
- How did it grow?
- When is it harvested?
- How many miles it is to the UK?
- How does it travel to the UK?
- Is it made into anything else?
- Where do we buy it?

Have I...	✓
kept to a rhyming pattern?	
used some of:	
• alliteration?	
• similes?	
• personification?	
• onomatopoeia?	
used powerful verbs and adjectives?	
used a distinctive and memorable style?	
used repetition and word play to good effect?	
chosen vocabulary carefully?	
thought about rhyme, pattern and sound?	
taken care over where I place my words?	
linked my poem to the title?	
shown mood and feelings?	

Think about:

Verses

Rhyming or repetitive lines

Description

Personification

Vocabulary

Onomatopoeia

Challenge – can you use a piece of onomatopoeia to describe the harvest of bananas?

<u>Bananas</u>	<u>Coffee</u>	<u>Harvest Vocabulary</u>
<u>Rice</u>	<u>Apples</u>	<u>Rhymes</u>

Word Bank:


Fields
Grains
Farmer
Scarecrow
Sun-kissed
Golden
Abundance
Orchard
Pumpkin
Harvesting
Ripe
Feast
Gather
Meadows
Wheat
Produce
Sunlit
Gilded
Fruit grove
Gathering
Gratitude
Banquet

Wednesday 8th October

TBAT: plan a poem based around Harvest.

Planning

Food Journeys: Bananas, Coffee, Rice, Apples

Question	Bananas	Coffee	Rice	Apples	
Where has it come from?	Central & South America (Ecuador, Costa Rica, Colombia)	Brazil, Colombia, Ethiopia, Vietnam	Asia (India, China, Thailand, Pakistan)	UK (Kent, Herefordshire) & imports (France, Poland, New Zealand)	
How did it grow?	In bunches on tall banana plants (herb, not tree)	Coffee beans grow inside cherries on coffee plants (shrubs)	In flooded fields called paddies	On apple trees in orchards	
When is it harvested?	All year round, picked green	Once a year in dry season (varies by country)	Often twice a year, mainly late summer & autumn	Late summer to early autumn (Aug–Oct UK)	
How many miles to the UK?	~5,000–5,500 miles	~5,500–6,000 miles	~5,000 miles	0 miles (UK-grown) or ~11,500 miles (New Zealand)	
How does it travel to the UK?	Refrigerated ships in containers	Cargo ships with beans in sacks	Cargo ships in sacks/containers	Lorries (UK/Europe) or refrigerated ships (New Zealand)	
Is it made into anything else?	Banana chips, bread, smoothies, baby food	Ground/instant coffee, drinks, desserts	Rice flour, noodles, milk, cakes	Juice, cider, sauce, pies, dried apples	
Where do we buy it?	Supermarkets, greengrocers, markets	Supermarkets, coffee shops, cafés	Supermarkets, Asian food shops	Supermarkets, greengrocers, farmers' markets	

Word Bank:

Fields
Grains
Farmer
Scarecrow
Sun-kissed
Golden
Abundance
Orchard
Pumpkin
Harvesting
Ripe
Feast
Gather
Meadows
Wheat
Produce
Sunlit
Gilded
Fruit grove
Gathering
Gratitude
Banquet

Wednesday 8th October

TBAT: plan a poem based around Harvest.

Planning

Question	Bananas	Coffee	Rice	Apples
Where has it come from?	_____	_____	_____	_____
How did it grow?	In bunches on tall _____ plants	Coffee beans grow inside _____	In flooded fields called _____	On _____ trees in orchards
When is it harvested?	_____	_____	_____	_____
How many miles to the UK?	About _____ miles	About _____ miles	About _____ miles	UK = _____ miles, New Zealand = _____ miles
How does it travel to the UK?	By _____	By _____	By _____	By _____
Is it made into anything else?	_____	_____	_____	_____
Where do we buy it?	_____	_____	_____	_____

Wednesday 8th October
KQ – What is the human circulatory system? (A Plan)

Quick Quiz

1. What is absorbed in our intestines? Circle 2.

food nutrients water

2. _____ are important substances that living things use to stay alive and healthy.

air blood nutrients hearts

3. Blood flows through blood _____.

4. Match these parts to their key functions.

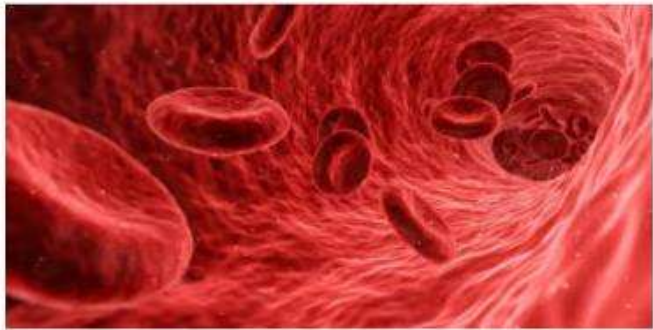
Blood vessels Small tubes which transport blood around the body

Veins Pumps blood around the body.

Arteries Blood vessels that transport blood away from the heart.

Heart Blood vessels that transport blood back to the heart.

Blood is made of different parts. True or False? Explain.



Keywords

blood vessels

Blood vessels are tubes through which blood flows around the body.

circulatory system

The circulatory system is a network of the heart, blood and blood vessels working together to circulate blood around the body.

heart

The heart is an organ that pumps blood around the body.

flowchart

A flowchart is a diagram that shows the steps of a process from beginning to end.

draft

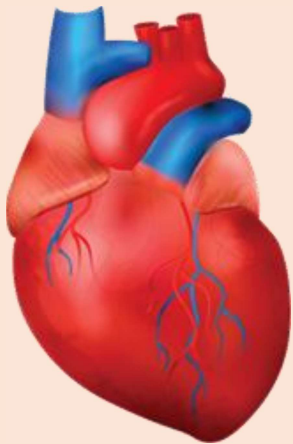
A draft is a detailed outline that provides the information you need to complete a task.

The circulatory system

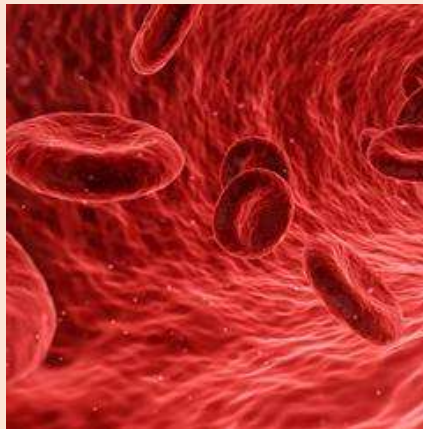


Another system in the human body is called the **circulatory system**. It consists of three important components.

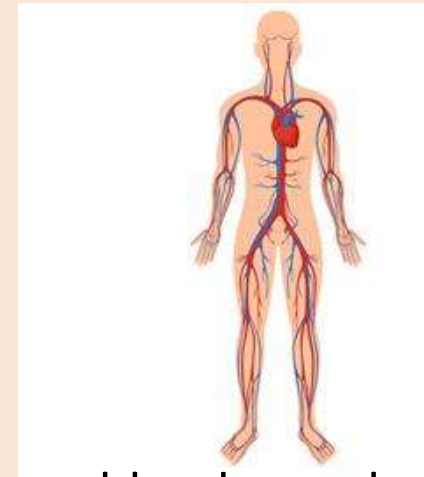
What three body parts make up the circulatory system?



heart



blood



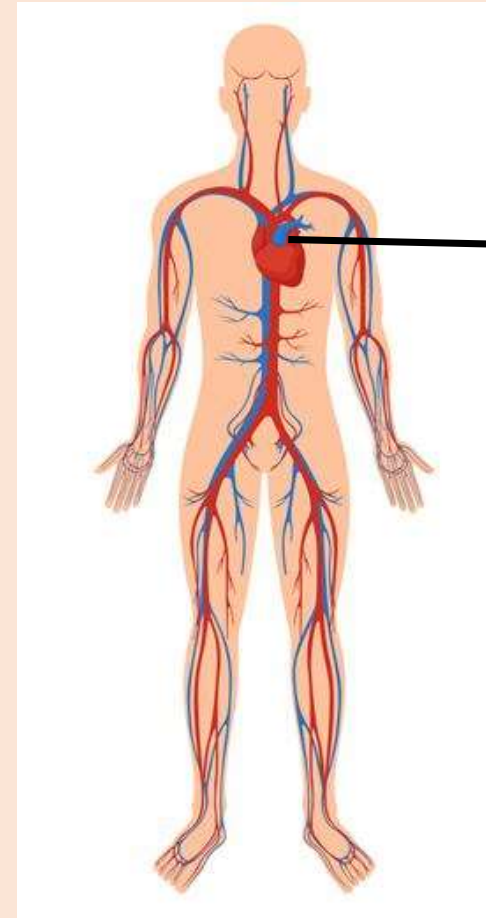
blood vessels

The circulatory system



The circulatory system consists of the **heart**, blood and **blood vessels**.

They all work together to ensure that blood circulates around the body, performing its important functions.



The heart pumps blood through blood vessels.

circulatory system

The circulatory system



The **circulatory system** is responsible for the flow of blood through the **heart** and around the body through tubes called **blood vessels**.



drawing of a blood vessel

What does blood carry to all parts of the body?

What does blood carry back from the body to be removed?



Sofia

The lungs are part of another system in the human body called the respiratory (breathing) system.

The **circulatory system** supports the respiratory system by bringing blood to and from the lungs.

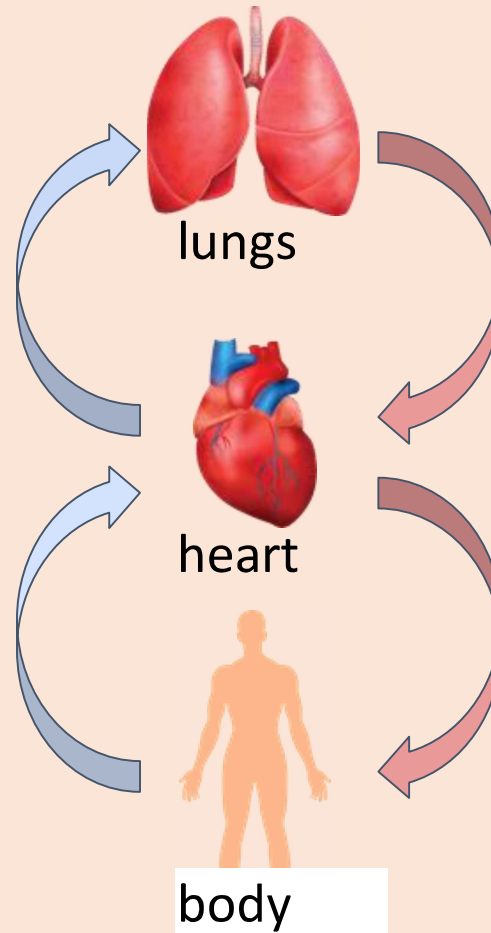
At the lungs, blood picks up oxygen and drops off carbon dioxide.



Blood vessels stretch their way to the lungs to absorb oxygen.

Blood carries carbon dioxide to the lungs to be exhaled.

Veins transport blood that has collected carbon dioxide from the body back to the **heart**



Blood collects oxygen from the lungs.

Arteries transport this oxygen rich blood from the heart to every part of the body.

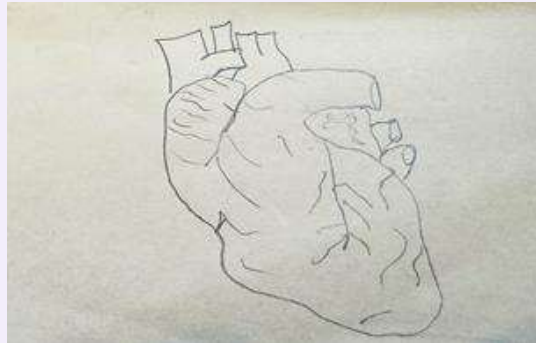
Task A The circulatory system



Feedback

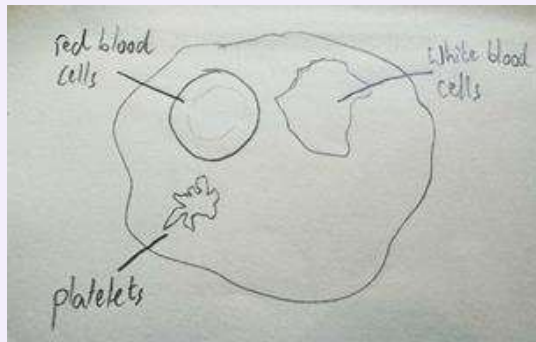
Match each function to the diagram and function.

heart



Pumps blood around the body by relaxing and contracting.

blood



Transports oxygen, nutrients and waste products.



Jacob

Task A The circulatory system



Feedback

arteries

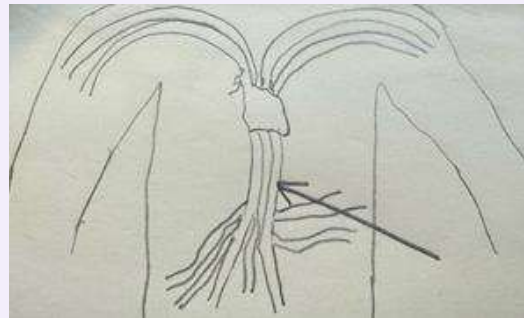


Transports oxygen rich blood around the body.



Jacob

blood
vessels



Tubes through which
blood flows around the
body.

veins



Transports blood low in
oxygen back to the
heart.

Task B

Planning to present the circulatory system



2. Put these cards in order, to make a flowchart.

The lungs absorb carbon dioxide to be exhaled.

The heart pumps blood to the lungs to collect oxygen.

The heart pumps blood low in oxygen back to the lungs.

Blood rich in oxygen is returned to the heart to be pumped around the body.

Blood delivers oxygen and nutrients to the body and picks up waste products including carbon dioxide.

Veins take blood low in oxygen back to the heart.

The blood absorbs oxygen and travels back to the heart, ready to be pumped around the body again.

When blood passes the intestines, it picks up nutrients that have been absorbed from food.

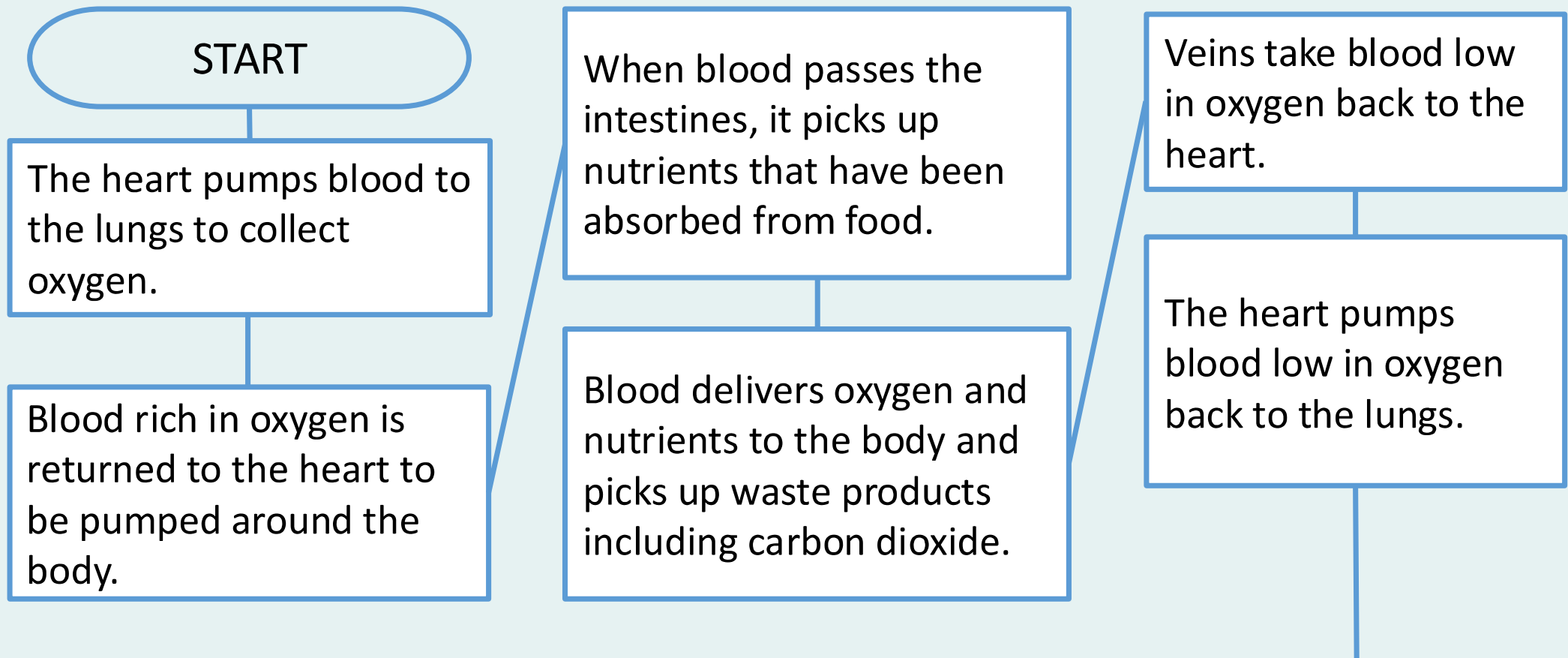
Task B

Planning to present the circulatory system



Feedback

2. Put these cards in order, to make a flowchart.
Compare this with your draft plan.



Task B

Planning to present the circulatory system



Feedback



Lucas

FINISH

The blood absorbs oxygen and travels back to the heart, ready to be pumped around the body again.

The lungs absorb carbon dioxide to be exhaled.

Wednesday 8th October

KQ – What is the human circulatory system? (A Plan)

Complete each subheading with 3 bullet points:

-introduction

-heart

-blood

-blood vessels

-conclusion

The circulatory system consists of the heart, blood vessels and blood working together in the human body.

The circulatory system supplies the body with nutrients and oxygen and removes waste products that it doesn't need.

A flowchart is a diagram using boxes, lines and arrows that shows the steps of a process from beginning to end.

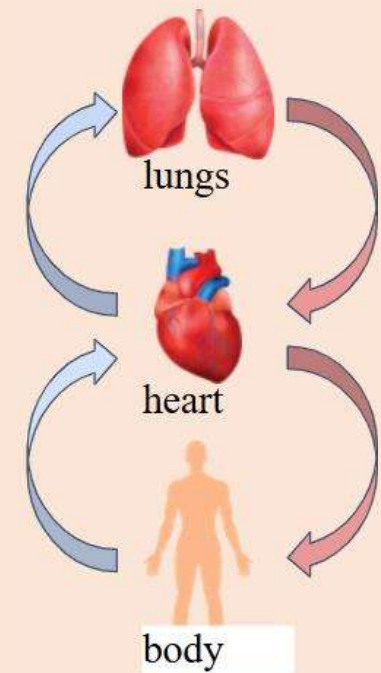
Writing a draft plan gives you an opportunity to find ways of improving your work.

Challenge

Explain why a non-chronological report will use headings and subheadings.

Mastery

Look at the labelled diagram of the human circulatory system. How could you use this image to support a non-chronological report?



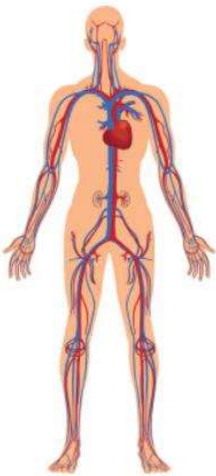
Wednesday 8th October
KQ – What is the human circulatory system? (A Plan)

Exit Quiz

1. The circulatory system consists of the heart, blood and _____ all working together in the human body.
2. In the human body, a system is...
 - a selection of different muscles working together.
 - everything that helps our body move and breathe.
 - an organisation of different organs to perform complex functions.
 - an organisation of brain cells to help us move and function.
3. Which statements are true about the human circulatory system?
 - It supplies the body with nutrients and oxygen.
 - It supplies the body with nutrients and carbon dioxide.
 - It removes waste products that it doesn't need.
 - It removes oxygen that it doesn't need.

Challenge

- 1 The system responsible for pumping blood around the body is the called the _____ system. Fill in the blank



Wednesday 8th October

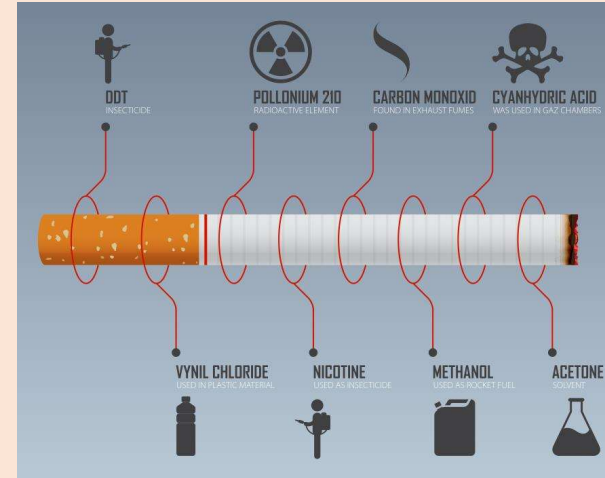
KQ: What are the effects of smoking on the body?



What's the difference?



E-cigarettes contain nicotine and other chemicals. The e-cigarette heats up the chamber with liquid chemicals inside until it becomes a vapour, which can be inhaled.



Cigarettes contain tobacco and a variety of toxic chemicals as well as the drug nicotine, which is highly addictive.

How Does Smoking Affect the Brain?

When someone smokes, the nicotine in the smoke goes to the brain. The cells in our brains then send messages to the rest of our body.

These messages can make a person feel more relaxed. However, when this feeling wears off, the person feels like they need to smoke again.

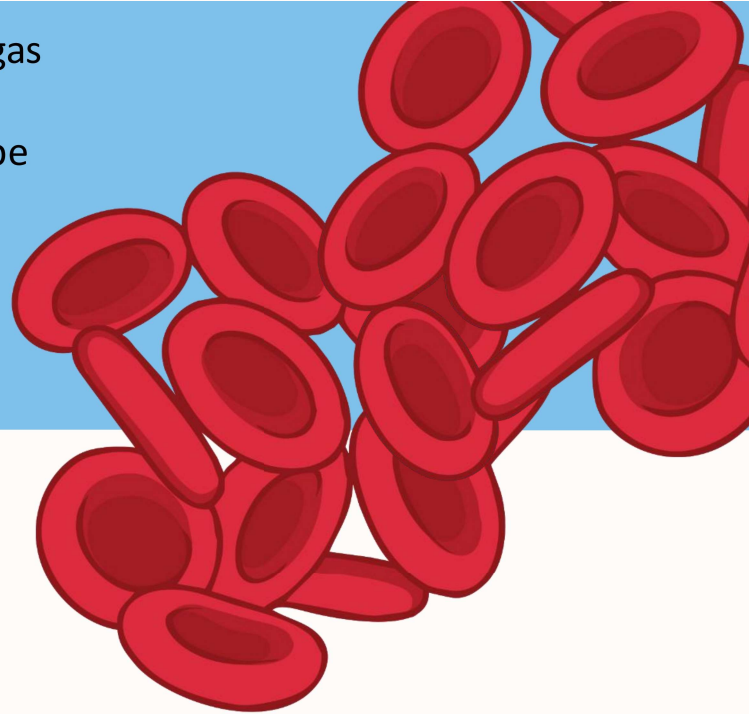
This is called a **craving** and makes smoking addictive.



How Does Smoking Affect the Heart and Lungs?

Nicotine from smoke reaches the brain and triggers something called **adrenaline**. Adrenaline makes the heart beat faster.

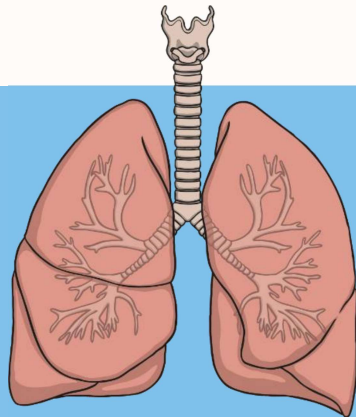
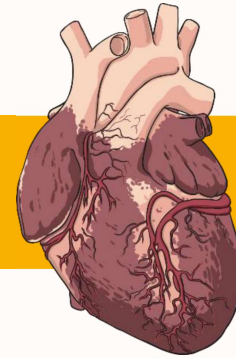
Smoking also releases a poisonous gas called **carbon monoxide** into the bloodstream. This causes there to be less oxygen than normal flowing through the blood.



How Does Smoking Affect the Heart and Lungs?

As there is less oxygen in the blood, the heart starts to beat faster to create more oxygen to pump round the body.

This means that the heart is working harder than it normally does (sometimes up to 30% harder).



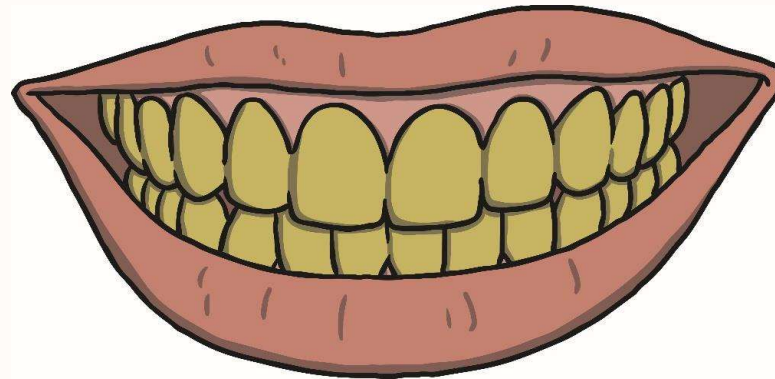
The longer a person smokes, the more fatty deposits build up in their blood vessels. This can cause problems like heart attacks.

Are There Any Other Effects of Smoking?

Cigarettes also contain a substance called **tar**.

Tar is a sticky substance that can leave the ends of a person's fingers, nails and teeth stained yellow.

The poisons and smoke in cigarettes also cause problems for the lungs.
These problems can be as simple as a chesty cough or as serious as cancer.



What Is Passive Smoking?

Breathing in smoke from another person's cigarette can also be damaging. This is called **passive smoking**.

Passive smoking can even affect pets in a house!

Passive smoking can cause the same sorts of illnesses as actual smoking, especially if you are exposed to cigarette smoke a lot.

In some cases, childhood asthma has been linked to breathing in someone else's cigarette smoke.



What parts of the body and brain can smoking affect?

