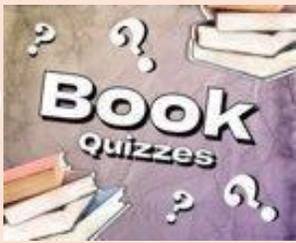


Thursday 19th March 2026

19.03.26

Morning Challenge

Good
Morning



Complete these calculations in your challenge book:

1. $45 \div 5 =$

2. Double 246

3. $\frac{2}{4}$ of 28 =

4. $2563 + 3647 =$

5. $8735 - 5248 =$

6. $6 \times 6 =$

7. $34 \times 8 =$

8. Half of 74 =

9. $56 \div 8 =$

10. 50, _____, _____, 125, 150, _____, _____.

19.03.26

Times tables

12 Times table BINGO

- Write **6 answers** from the 12 times table on your bingo grid.
- Your teacher will call out multiplication question from the 7 times table.
For example, "What is 2×12 ?"
- If you have the **answer** (24) on your grid, cross it off.
- When all 6 numbers on your grid are crossed off, shout "BINGO!"

BINGO		

19.03.26

TBAT: solve 4-digit subtraction using column method with more than one exchange.

3 in 3

1. Complete the sequence:

____, ____, 75, 100, ____, ____, 175.

2. Write $\frac{1}{4}$ as a decimal

3. Write these numbers as Roman numerals:

50 = _____ 100 = _____ 10 = _____

Challenge

Julia took 2 and a half minutes to complete a lap around the field.

How long will it take her to complete 5 laps?

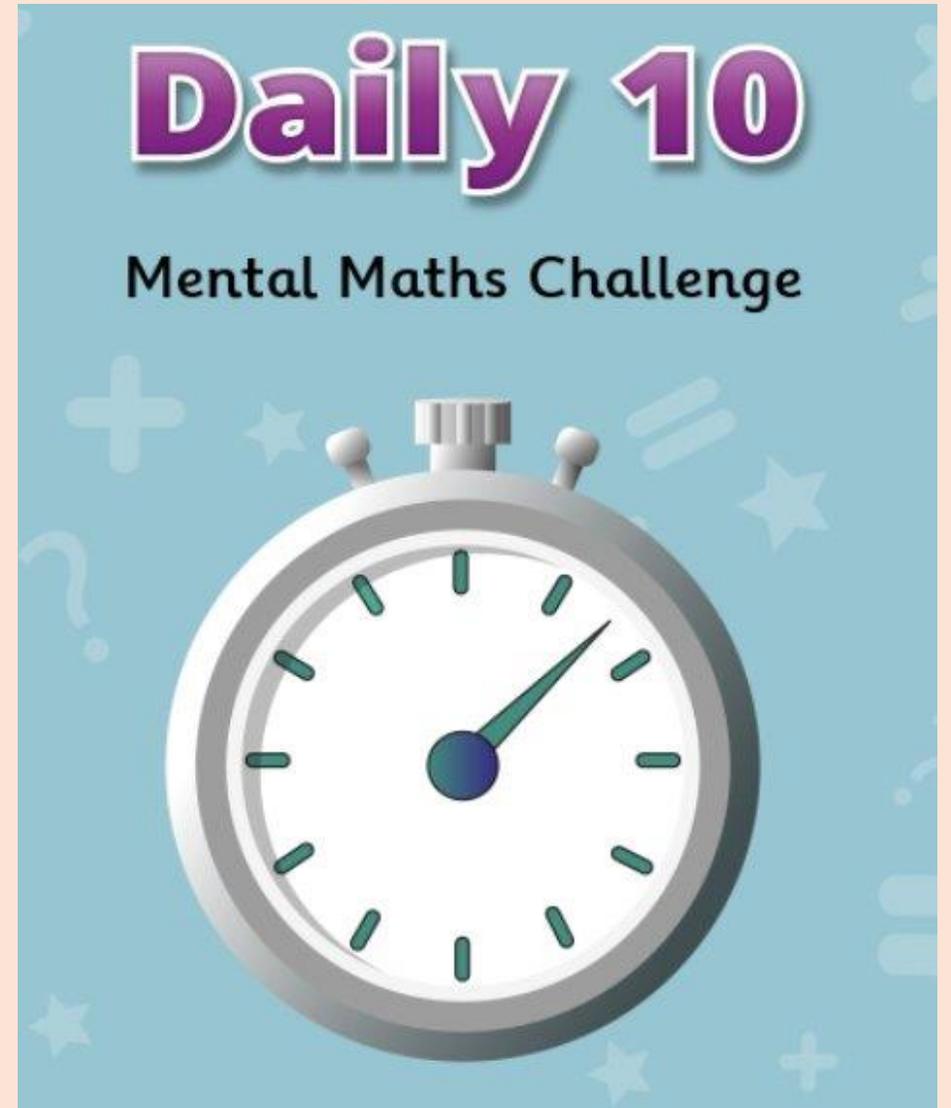
19.03.26

TBAT: solve 4-digit subtraction using column method with more than one exchange.

Key vocabulary

- Digit
- exchange

[Daily 10 - Mental Maths Challenge - Topmarks](#)
Level 4- 12 times tables



19.03.26

TBAT: solve 4-digit subtraction using column method with more than one exchange.

Yesterday, we subtracted 4-digit numbers with only one exchange. Today, you will be subtracting 4 digit numbers with more than 1 exchange.

Use the place value chart to help you to complete the column subtraction.

Th	H	T	O
 	 	  	

	Th	H	T	O
	4	5	7	2
-	3	7	2	3

Whiteboards

	Th	H	T	O
	6	3	2	1
-	5	1	3	2

Whiteboards

	Th	H	T	O
	9	2	3	4
-	3	4	2	8
	6	2	1	4

Whiteboards

	Th	H	T	O
	7	2	5	0
-	1	3	1	5

Reasoning and problem solving

Jodie needs to order food for her 4,760 wedding guests. 1,294 want vegan or vegetarian meals and the rest want roast chicken. She orders 3,534 roast chicken meals. Has she ordered correctly? Explain how you know.

19.03.26

TBAT: solve 4-digit subtraction using column method with more than one exchange.

Blue

	3	9	4	2
-		7	8	5
<hr/>				
<hr/>				

Green

	9	0	7	1
-	2	4	6	8
<hr/>				
<hr/>				

19.03.26

TBAT: solve 4-digit subtraction using column method with more than one exchange.

Independent

Use column subtraction to solve the calculations.

1. $7564 - 6453 =$

2. $5243 - 2878 =$

3. $9354 - 2767 =$

4. $5006 - 2489 =$

5. $8354 - 4768 =$

6. $7243 - 1536 =$

RP

The school library had 4,732 books at the start of the year.

After donating some books to another school, they had 2,986 books left. How many books did the library donate?

Challenge

4b. Rehan has used column subtraction to solve this calculation.

	8	0	⁴ 5	¹ 4
-		9	8	3
<hr/>				
	7	1	6	9

Is he correct? Explain how you know.

19.03.26

TBAT: solve 4-digit subtraction using column method with more than one exchange.

Mastery challenge

- 1) Use the clues to find the missing digit and solve the calculation.



Jia

The missing digit in $54 \square 1$ is an odd number greater than 1. The answer is a 3-digit number. None of the digits in the answer are repeated.

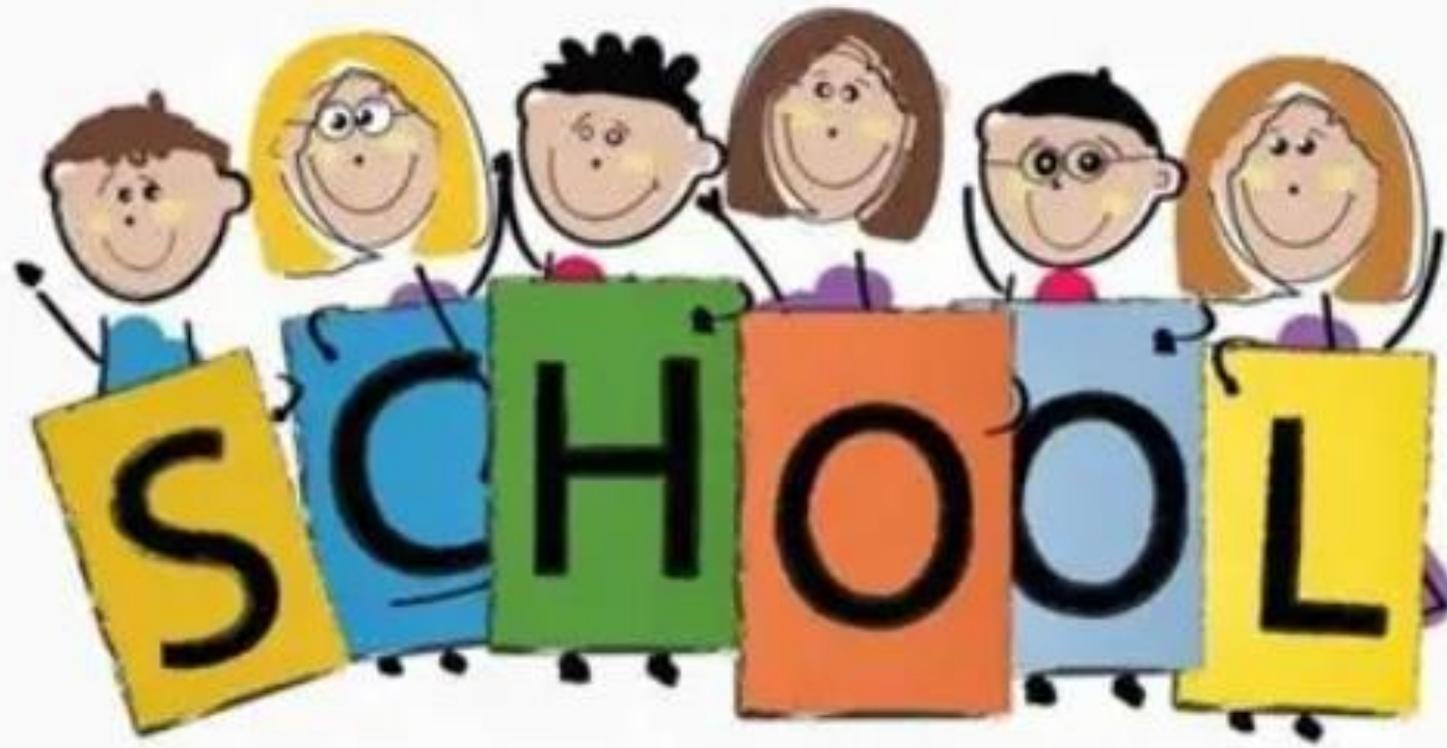
$$54 \square 1 - 4562 = \square$$

Greater Depth Mastery

Drew has used the digit cards 1 to 8 only once to create two 4-digit numbers. When they subtract the smaller number from the greater number, the answer is between 2000 and 2200.

	5		6	4	
-		1			
					Drew

What could the missing digits in Drew's numbers be? Find all possibilities.



ASSEMBLY

Thursday 19th March 2026

Word work- Indirect speech

What is the difference between direct and indirect speech?

Direct Speech

Uses the exact words someone said
Includes speech marks (" ")

Indirect Speech

Reports what someone said
No speech marks
Words often change (pronouns, tense, time words)

Direct: "I love science," said Mia.

Indirect: Mia said that she loved science.

Thursday 19th March 2026

Word work- Indirect speech

Indirect speech example for our Newspaper report:

Direct speech:

A witness said, “Jack and Rose ran straight into the tunnel before anyone could stop them.”

Indirect speech:

Another onlooker reported that Jack and Rose had run into the tunnel before anyone was able to stop them.

Thursday 19th March 2026

Word work- Indirect speech

Whiteboards: Change the direct speech example into INDIRECT speech

A witness shouted, "Jack and Rose have disappeared into the tunnel!"

You may have said:

A witness shouted that Jack and Rose had disappeared into the tunnel.

Thursday 19th March 2026

Word work- Indirect speech

Whiteboards: Change the direct speech example into INDIRECT speech

A police officer said, "We saw the two children run into the tunnel just after midday."

You may have said:

A police officer said that they had seen the two children run into the tunnel just after midday.

Thursday 19th March 2026

Word work- Indirect speech

Whiteboards: Change the direct speech example into INDIRECT speech

A local resident explained, "I warned them not to go near the tunnel, but they ran in anyway."

You may have said:

A local resident explained that they had warned the children not to go near the tunnel, but that the children had run in anyway.

Thursday 19th March 2026

Word work- Indirect speech

Task: In your books, Write both of the sentences and change them from direct speech into indirect speech.

A passer-by yelled, "Jack and Rose are heading deeper into the tunnel!"

A reporter said, "We think the children entered the tunnel to explore something unusual."

Challenge: Create your own sentence and write it using direct and indirect speech.

Thursday 19th March 2026

TBAT: use role-play to speak clearly and gather ideas for a newspaper introduction.

3 in 3

A reporter is someone who finds out what happened in an event and shares the news with others by asking clear questions and collecting important facts. An eyewitness is a person who actually saw the event take place and can describe what they noticed. Reporters talk to eyewitnesses because eyewitnesses can give true details that help explain what really happened.

1)What does a reporter do?

2)Who is an eyewitness?

3)Why is an eyewitness useful for a news report?

Thursday 19th March 2026

TBAT: use role-play to speak clearly and gather ideas for a newspaper introduction.

Blue: What did the tunnel look like?

Green: What sounds might be heard from the tunnel?

Challenge: Why might people be worried or interested about Jack and Rose?

Thursday 19th March 2026

TBAT: use role-play to speak clearly and gather ideas for a newspaper introduction.

What Does a Newspaper Introduction Need?

- **Who** was involved
- **What** happened
- **Where** it happened
- **When** it happened
- **Why** it matters / why it is news

<p>The Five Ws</p> <p>who? what? where? when? why?</p>		Who?	
When?		What?	
Where?		How?	

Thursday 19th March 2026

TBAT: use role-play to speak clearly and gather ideas for a newspaper introduction.

What Does a Reporter Do?

A reporter:

- Finds out what happened
- Asks people questions
- Collects facts and important details
- Writes or speaks about the event for the news
- Tries to be clear, accurate, and fair
- Makes sure the audience understands what happened



Thursday 19th March 2026

TBAT: use role-play to speak clearly and gather ideas for a newspaper introduction.

What Is an Eyewitness?

An eyewitness:

- Is someone who **saw the event happen**
- Can describe what they saw, heard, or noticed
- Shares details that the reporter cannot see
- Helps the reporter understand what really happened
- Only talks about what they actually witnessed



Thursday 19th March 2026

TBAT: use role-play to speak clearly and gather ideas for a newspaper introduction.

Partner A = Reporter

Partner B = Eyewitness (someone who saw Jack and Rose enter the tunnel)

Reporter stems:

- "Can you describe what you saw...?"
- "How did Jack and Rose seem as they approached the tunnel?"
- "What happened next?"

Eyewitness stems:

- "I noticed that..."
- "From where I was standing..."
- "Suddenly..."
- "I felt worried when..."

Switch roles after 3–4 minutes.

Task: Now write 2–3 sentences in your book:

What did the eyewitness say they saw when Jack and Rose entered the tunnel?

Why was this event important or newsworthy?

Include who, what, where

Use clear, factual sentences

Write in the past tense (because the event has already happened)

Example sentence starters:

- *The eyewitness said they saw...*
- *Jack and Rose were seen...*
- *This was important because...*

WAGOLL-

The eyewitness said they saw Jack and Rose standing nervously at the tunnel entrance before stepping inside. They noticed the tunnel was dark and echoey, and they saw Jack shining a torch as the pair disappeared into the shadows.

It was important because the tunnel is known to be dangerous and no one has entered it for years. People wanted to know why Jack and Rose went inside and whether they would come out safely.

Thursday 19th March 2026

TBAT: describe how many Muslims are inspired by the actions of Prophet Muhammad as a leader.

Keywords

template

something that shows you how to do or make something, like a pattern or model

interpret

to explain or understand something in your own way

worldview

the way you see and understand the world around you, based on your beliefs and experiences

unity

working together as one, or being joined together to make something stronger

Turn and talk

What makes someone a good leader?

A good leader is someone who helps and guides others in a positive way.

They make good choices, care about others and inspire people to work together.



Here are some of the qualities that make someone a good leader:

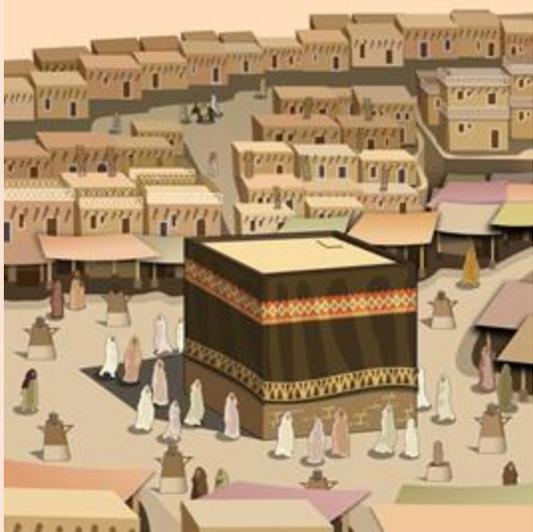
- kindness
- fairness
- honesty
- patience





For many Muslims, Prophet Muhammad is considered the best leader because of his actions, behaviour, and the way he treated others.

Many Muslims interpret the Story of the Treaty of Hdaybiyyah as demonstrating Prophet Muhammad's leadership qualities.



In the sixth year after the Prophet Muhammad and his followers moved to Madinah, he had a special dream. In the dream, he saw himself and his companions entering Makkah peacefully, performing Umrah (pilgrimage), and showing respect at the Ka'aba. Some of them shaved their heads, while others cut their hair. They also stayed at a place called Arafat. This was a special dream because the Prophet's dreams were like messages from Allah (God).

So, in the month of Zul-Qa'dah, the eleventh month in the Islamic calendar, the Prophet and about 1400 of his companions set out to perform Umrah in Makkah. But when they reached a place called Hdaybiyah, the people of Makkah stopped them from entering. That's when an important agreement known as the Treaty of Hdaybiyah was made between the Prophet Muhammad and the leaders of the Quraysh, the tribe that controlled Makkah at the time.

The Treaty of Hdaybiyah was very important because it helped bring peace between the Muslims and the people of Makkah. Even though the Muslims wanted to enter Makkah, the treaty allowed them to wait and return the next year. This showed that the Prophet Muhammad was patient and wise. He understood that making peace was better than fighting. By choosing peace, he prevented battle and opened the door for future cooperation.



Which of the following describes the Treaty of Hdaybiyyah?

- a** a trade agreement with Madinah
- b** a law created by Prophet Muhammad
- c** a peace treaty by Prophet Muhammad 



Prophet Muhammad showed fairness and patience by negotiating a peace treaty with a group who opposed him, despite difficult conditions.

Hence, the eleventh month of Islamic calendar is known as “the month of truce”.

This event helped bring peace and **unity**, showcasing Prophet Muhammad’s wisdom as a leader.

Andeep, Sofia, Lucas and Aisha are discussing the lessons they learned from the story of the Treaty of Hdaybiyyah.



Andeep

The Prophet stayed kind and calm, choosing peace, and showed we can be kind, even when we're upset.

The Prophet was fair, choosing peace, and we can be fair by treating others with equality.



Sofia



Lucas

The Prophet was honest, even when it was hard, and we can show honesty by telling the truth.

The Prophet showed patience, and we can be patient by waiting for the right moment.



Aisha



Lucas

Lucas wants to explain why Prophet Muhammad is an ideal leader for Muslims, using the example of the Treaty of Hdaybiyyah.

Help Lucas make a 'Leadership Qualities Chart' with four boxes, each representing one of the qualities of Prophet Muhammad.

In each box, write an example of how the Prophet showed that quality, and then write a sentence about how Muslims are inspired by these actions today.

kindness	fairness
honesty	patience



Your Leadership Qualities Chart might look something like this:

<p>kindness</p> <p>The Prophet stayed kind and calm, choosing peace, and we can be kind, even when we're upset.</p>	<p>fairness</p> <p>The Prophet was fair, choosing peace, and we can be fair by treating others equally.</p>
<p>honesty</p> <p>The Prophet was honest, even when it was hard, and we can show honesty by telling the truth.</p>	<p>patience</p> <p>The Prophet showed patience, and we can be patient by waiting for the right moment.</p>

5 minutes silent reading

Thursday 19th March 2026

TBAT: identify high- and low-pitched sounds and investigate which materials are effective sound insulators.

3 in 3

Sounds can be high-pitched, like a whistle, or low-pitched, like a drum. We hear pitch when an object vibrates quickly or slowly. Some materials can block or reduce sound, and these are called sound insulators. Materials like foam, fabric, or cardboard can help stop sound from travelling. By listening to different pitches and testing materials, we can learn how sound moves and how to make it quieter.

1) What do we call materials that block sound?

2) What kind of pitch does a whistle make?

3) Why do we test different materials?

Challenge: Which material do you predict will be the best sound insulator, and why do you think it will block the most sound?

Thursday 19th March 2026

TBAT: identify high- and low-pitched sounds and investigate which materials are effective sound insulators.

Blue- What is an insulator?

Green- What is a conductor?

Challenge- How can you tell if a sound is high-pitched or low-pitched?

Keywords

Thursday 19th March 2026

TBAT: identify high- and low-pitched sounds and investigate which materials are effective sound insulators.

We hear **sound** with our ears.

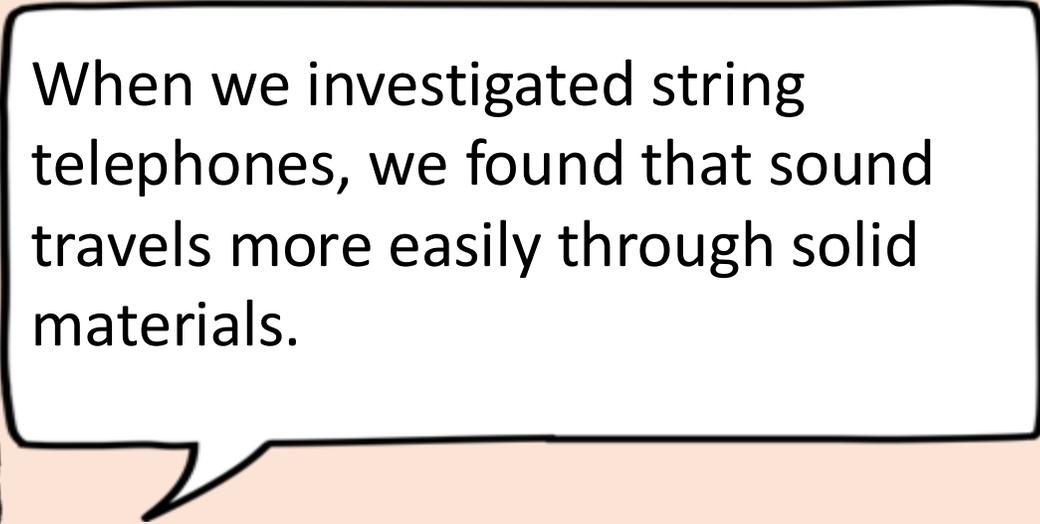
Materials are the things that objects are made from such as wood, metal or plastic.

Absorb means to soak up or take in.

A **sound insulator** does not allow sound to pass through it easily.

The **volume** of a sound is how loud or quiet the sound is.

Laura and Alex are discussing how **sound** travels through a solid medium.

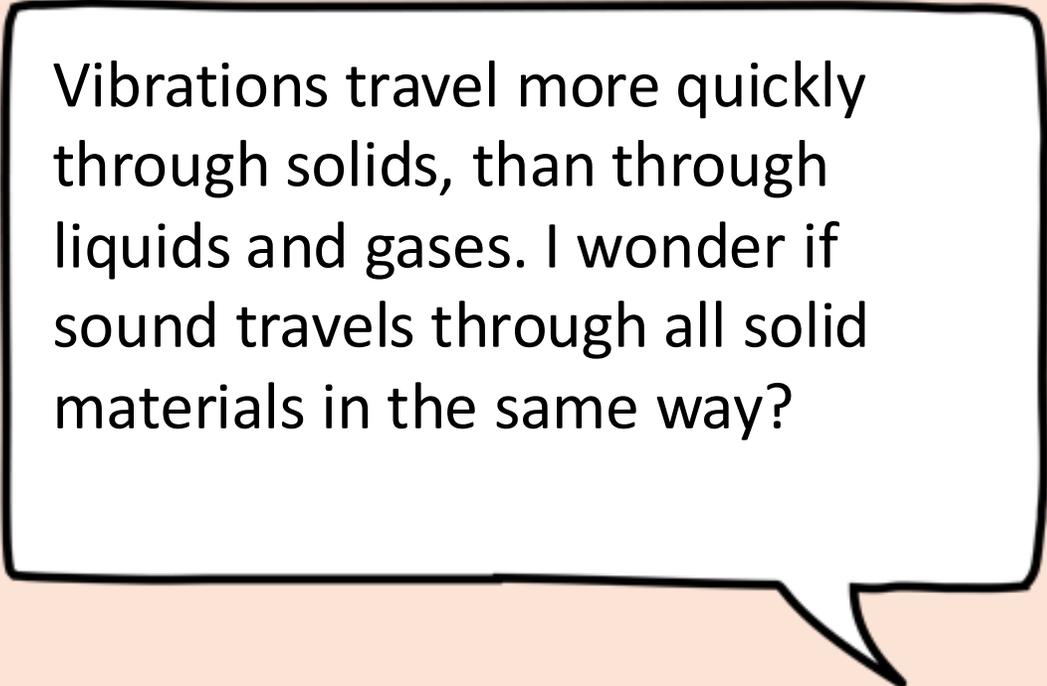


When we investigated string telephones, we found that sound travels more easily through solid materials.



Laura

What do you think?



Vibrations travel more quickly through solids, than through liquids and gases. I wonder if sound travels through all solid materials in the same way?



Alex

Scientists can measure the speed at which **sound** travels through different **materials**.

This provides evidence that some materials, such as metal, glass and wood allow sound to pass through them very easily.

Sound waves travel through steel at a speed of about 5,940 metres per second.

This is around 17 times faster than sound travelling through air!



steel floor

A few solid **materials** are actually poorer at allowing vibrations to pass through them than air.

These materials **absorb sound** waves, and this makes it difficult for sound to pass through them.

If you shout into a pillow, the sound does not travel very far as it is being absorbed by the padding material inside the pillow.



soft pillows

Materials that are better at **absorbing sound** waves are called **sound insulators**.

My brother plays his music really loudly. I will make a pair of ear defenders to absorb the sound waves and block the noise!



Laura

To make ear defenders you will need to test different materials to find out which are the best sound insulators.



Alex

Scientists carry out investigations to find out which **materials** are good **sound insulators**.

I will collect different materials, such as cotton wool, paper, aluminium foil and plastic bubble wrap.

How can I test each material to answer my question: Which material is the best sound insulator?



Laura

What do you think Laura could do?

Laura has an idea to use a data logger and sound sensor to record the **volume** of **sound** through different **materials**.

I will cover the sound sensor on my data logger with each material. When the music plays, I will record the volume of sound in decibels.
The material with the lowest volume recorded will be the best **sound insulator**.



Laura

Tp: show the sound sensor on the data logger

Use Laura's idea to record the volume of sound using insulators. You will work in 3 groups. Music will play on the board, and you will record the sound.

Test different materials and record your results in a table like this:

material	volume of sound (dB)

cotton wool

paper

aluminium foil

plastic bubble
wrap

Laura used a data logger with a sound sensor to measure the **volume of sound** through different **materials**.

Which material is the best **sound insulator**?



Laura

material	volume of sound (dB)
cotton wool	45
paper	60
aluminium foil	62

Share your results with the class.

Keywords

We hear **sound** with our ears.

Pitch is a measure of how high or how low a sound is.

To **detect** something is to find it or discover that it is present.

Vibrations are when an object moves very fast from side to side.

Sam and Izzy are talking about how **sounds** can be different.

Sounds can be loud or quiet.
I don't think sounds can be different in any other ways.



Sam

Sounds can be high or low too.
When I sing in the choir, some people have low parts, and some people have high parts to sing.



Izzy

Do you have any ideas?

Sam is not sure about this ...

I think we are talking about the same thing because loud **sounds** have high volume and quiet sounds have low volume.



Sam

What do you think?

Volume of sounds can be high or low, but also the **pitch** of a sound can be high or low, and this is different to volume.



Izzy

Izzy is right, the volume of a **sound** can be loud or quiet, but this is different to the **pitch** of a sound.

Pitch describes how high or low a sound is.



Birds chirping make high pitched sounds.



A parade drum makes low pitched sounds.

In Izzy's choir, different people have different parts to sing depending on the **pitch** of their voice.

I sing tenor and bass parts because I have a low pitched voice.



Alex



singing in a choir

I sing soprano parts because I have a high pitched voice.



Izzy

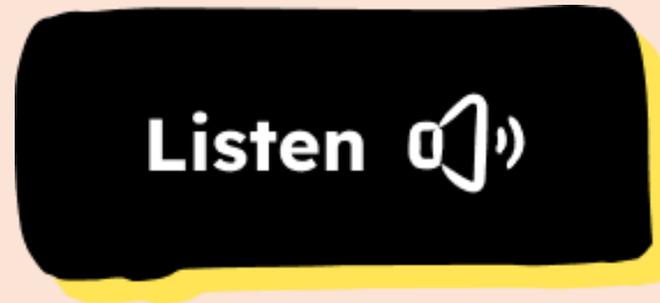


Task: In your books, complete the sentence.

Pitch describes how _____ or _____ a sound is.

Listen to this sound effect of a sliding whistle changing **pitch**.

Can you **detect** if the **sound** is getting higher or lower in pitch?



The sound of this whistle starts at a high pitch and becomes a lower pitch.

Identify these sounds.

Do they make a high or low pitched sound?

Listen 

Sound A

Listen 

Sound B

Listen 

Sound C

What other low or high pitched sounds do you know?

Sound is made when an object **vibrates**.



When hit, a cymbal vibrates to produce a high **pitched** crashing sound.



When roaring, a lion's vocal cords vibrate to make a low pitched sound.

Place three fingers lightly on your throat and make high and low **pitched sounds**.

What do the **vibrations** feel like on your fingertips?

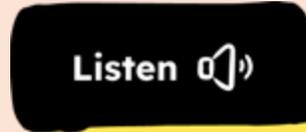
You will feel your vocal cords vibrating differently when you change the pitch of your voice.



feeling vibrations

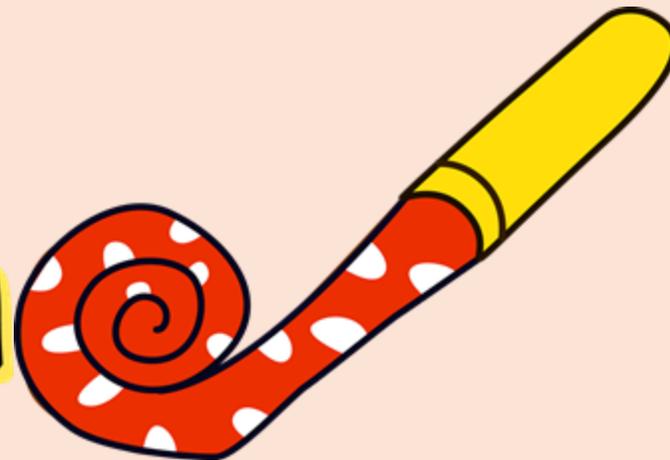
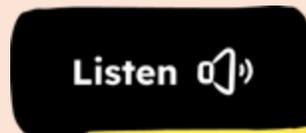
Some objects **vibrate** to produce more than one **pitched sound**. Can you identify these sounds?

Harp strings vibrate when they are plucked, and this makes a soundboard vibrate. A harp can produce different pitched sounds from low to high.



harp

When air is blown into a party blower, the reed and the paper tube vibrate to make a loud sound with a changing pitch.



party blower

Place a ruler over the edge of a table. Carefully push it downwards, then let it go, so that it vibrates to make a sound.

What pitch sound does it make?

Explore how to make the vibrating ruler produce more than one pitched sound. Tell a partner how you produced:

- a higher pitched sound
- a lower pitched sound

Assessment

Exit quiz

1 Which statement about sounds do you agree with. (Tick 1 correct answer)

- Pitch and volume are the same thing.
- High volume sounds have a high pitch.
- Low volume sounds have a low pitch.
- Pitch and volume are different things.

2 Pitch describes how high or _____ a sound is.

3 Materials that are good at absorbing sounds are called sound _____

4 Put these materials in order from the best sound insulator to the worst sound insulator.

	cardboard
	thick heavy fabric
	steel

5 Sound needs to travel through a _____ in order to be heard.

Thursday 19th March 2026

Q – What is first aid?

Key vocabulary

- first aid
- injury
- unconscious
- breathing
- recovery position
- asthma
- splinter
- fracture
- choking



First aid

Turn and talk

What is first aid?

First aid is an **initial assessment** of a medical situation. It's important not to do anything that you aren't trained to do.

First aid allows the first contact with a patient to help them until a medical professional can get to them.

Some examples of first aid might be having antiseptic spray and a plaster applied to a cut after falling in the playground, having ice applied to a sprained ankle in a football match or using tweezers to take out a splinter.



What types of first aid problems are most common?

asthma

cuts

unconsciousness

**head
injury**

choking

splinter



fracture/sprain

**nose
bleed**

How can you help?

Look around the area that the patient is in. Is it safe? It's important that you assess this as you might be putting yourself in danger.

If their condition is serious or they are not breathing, **call 999** straight away.

Carry out first aid if you have been trained to do so. For example, you should not do mouth-to-mouth rescue breaths if you have not be trained to do this.

[OAT]
Oxendon Academies Trust
ACHIEVING MORE TOGETHER

First Aid for different medical issues: What should I do?

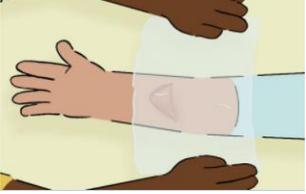
 Burns and scalds	 Choking	 Bleeding and shock
 Head injuries	 Bone Fractures	 Bites and Stings

Task A:

Visit Dr Emeka's essential first aid on BBC Teach.

Watch the six film clips and write instructions in each box to explain what someone should do in these scenarios. [Dr Emeka's Essential First Aid - BBC Teach](#)

First Aid for different medical issues: What should I do?

 <p>Burns and scalds</p>	 <p>Choking</p>	 <p>Bleeding and shock</p>
 <p>Head injuries</p>	 <p>Bone Fractures</p>	 <p>Bites and Stings</p>

The recovery position

Task B:

Put a patient in the recovery position if they are **unconscious** but breathing.



The instructions are:

1. With the patient lying on their back, place the nearest arm to you at a right angle to their body.
2. Move the other arm across the chest with the back of the hand underneath the patient's cheek.
3. Bend the leg furthest away to you until the foot is flat on the floor.
4. Holding the bent leg and with your hand underneath the patient's cheek, roll the patient onto their side.
5. Tilt their head back to open their airways.

Unconscious is as if someone is asleep but you can't wake them up.