

Tuesday 29th September

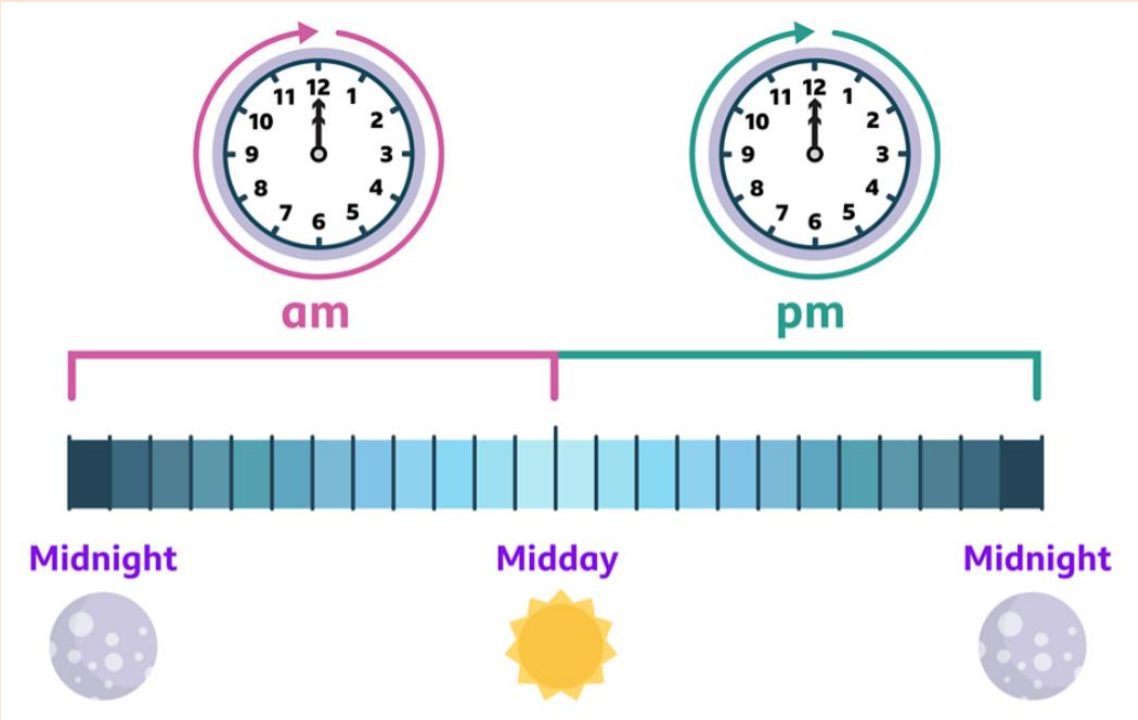
Morning challenge

Draw the table and sort the times into am and pm.

- 1)15: 00
- 2)3:05 in the morning
- 3)14:30
- 4)7:10 in the evening
- 5)19: 10
- 6)13:20

am	pm

2:30 p.m.	7:10 a.m.	8:40 p.m.	12:35 p.m.	6:50 a.m.	9:20 a.m.	9:05 p.m.	11:15 a.m.
earliest ←————→ latest							



Tuesday 29th September
Close Reading - TBAT: Use words in context.

4

Tiger, Tiger...



ut the very next moment something happened that changed my mind altogether. I was still sitting there by the river when I felt Oona's trunk touching me softly on the back of my neck. It moved along on my shoulder, snuffling at me, exploring me. I watched it encircling my chest, pulling at me gently, yet insistently. She was turning me round to face her. She stood over me for a

89



moment, looking down at me, groaning at me reproachfully, as if she knew I'd been doubting her, as if she realised I'd been thinking of leaving her.

She began to lower herself down on to her front knees. At first I thought she was probably tired after all her exertions in the river, and was just going to lie down beside me and rest. And indeed that's what she did, but it soon became apparent to me that this wasn't because she was tired at all. She was reaching out her trunk again towards me, curling it round my waist and then drawing me in towards her. It took a while for me to understand why she was doing this.

Then I knew what she was trying to tell me. There could be no doubt about it. This had to be an invitation to climb up. She was helping me all the way, nudging me, lifting me, supporting me until I found myself astride her neck, sitting there behind the twin domes of her head. Until now I had only really thought she had one dome on the top of her head, but now it was clear to me there were two.

Oona heaved herself up then, her trunk steadying me all the while, until she was standing upright again on

90



all fours. But without the *howdah* there was no rail for me to hold. I panicked, and threw myself forward on her neck, clutching it. Then I found Oona's trunk right there in front of me. She was offering it to me. She knew I had to have something to cling on to. And cling on I did. I dared not let go of it. Terrified she'd take it away, all I could do to make myself feel more secure was to grip hard with my knees and my heels.

But I found my legs were too short and splayed too wide apart, so that any real grip was impossible. If Oona's trunk wasn't there to hold on to, if she took it away – and sooner or later I knew she'd have to – I could see I was going to have to rely almost entirely on balance to prevent myself from falling off. I really did not know if I could stay on her once she began to move. And if she started to run, then I knew I'd be in real trouble.

But to my great relief, when Oona did begin to walk on up into the jungle she moved only slowly. She took me on a gentle wander, meandering through the trees, and all the time her trunk was there for me to hang on to. I hung on tight with two hands, because at first, even

91



Tuesday 29th September

Close Reading - TBAT: Use words in context.

Teacher talk

Reproachfully

Bravado

Exertion

though she was going so slowly, every step she took was nerve-racking for me.

But after a while, when I found I was still up there, that I hadn't fallen off, I began to feel my confidence growing. I was already learning how to attune my balance to the rhythm and sway of Oona's walk. And what I was beginning to sense as well, was that she was adjusting her walk to me all the time, that she was teaching me, helping me, that she would not let me fall. In no time at all I found I was more relaxed, that I was enjoying riding her again. I was beginning to look around me, at the parrots flying through the forest, cawing at me, squawking, cackling, then at the dizzying height of the trees, and the sunlight filtering through.



It wasn't long before I trusted myself enough to take one hand off her trunk, and for a few moments even two. She left her trunk there for me all the same, which was just as well, because my new-found bravado was more fragile than I thought. More than once, when I became too overconfident, my balance failed me, and I did come



very close to falling off. But each time this happened and I didn't fall, it gave me new self-belief, that I could do this, that I could stay up there, that Oona would always do what she could to look after me.

As soon as the fear of falling left me though, my hunger pains came back, sharper and more insistent than ever now, gnawing at my stomach. And as the hours passed, I began to feel an irresistible weakness coming over me. I could feel that the little strength I had left was fast draining away. I forced myself to concentrate harder, told myself that I mustn't loosen my grip on Oona's trunk. But my head was swimming now. I felt I might lose consciousness and slip off at any moment. Sometimes I couldn't work out whether I was daydreaming or sleeping. I kept imagining I was in the aeroplane with Mum, that I was asleep beside her and dreaming I was riding on an elephant along a sandy beach, with Mum running alongside taking photographs of me, and telling me to smile and wave.

Time and again I came out of my daydream to discover that it was only partly true. I was riding on an



Tuesday 29th September

Close Reading - TBAT: Use words in context.

1. "Oona looked down at me, groaning at me **reproachfully**, as if she knew I'd been doubting her..."

What does **reproachfully** mean in this sentence?

- A. In a playful and friendly way
- B. In a disappointed or disapproving way
- C. In a frightened and anxious way
- D. In a confused manner

2. "At first I thought she was probably tired after all her **exertions** in the river..."

What does **exertions** mean in this sentence?

- A. Physical efforts and hard work
- B. Quiet periods of rest
- C. Discussions with Will
- D. Journeys through the jungle

3. "She left her trunk there for me all the same... because my new-found **bravado** was more fragile than I thought."

What does **bravado** mean in this sentence?

- A. A feeling of sadness
- B. A strong friendship
- C. A show of confidence or bravery that may not be real
- D. A deep understanding of elephants

29.9.26

TBAT- convert between 12 and 24 hour.

1) There are 12 eggs in a box. How many eggs are in four boxes?

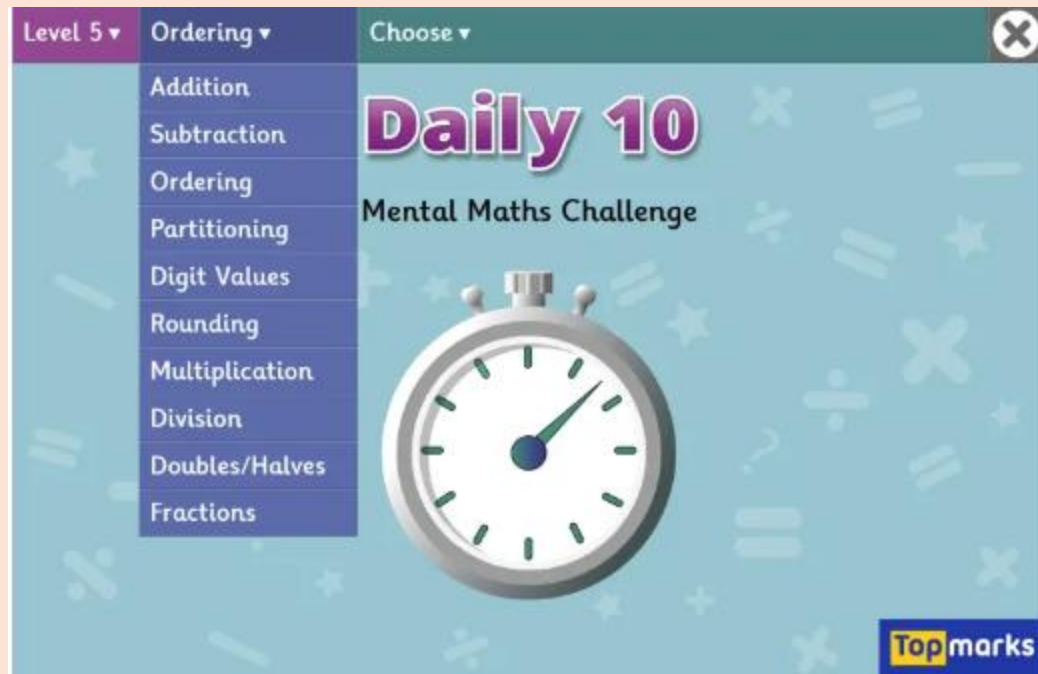
2) $56.78 \times 100 =$

3) 4,500 people bought tickets to a concert. 2,300 of the viewers were children, so how many were adults?

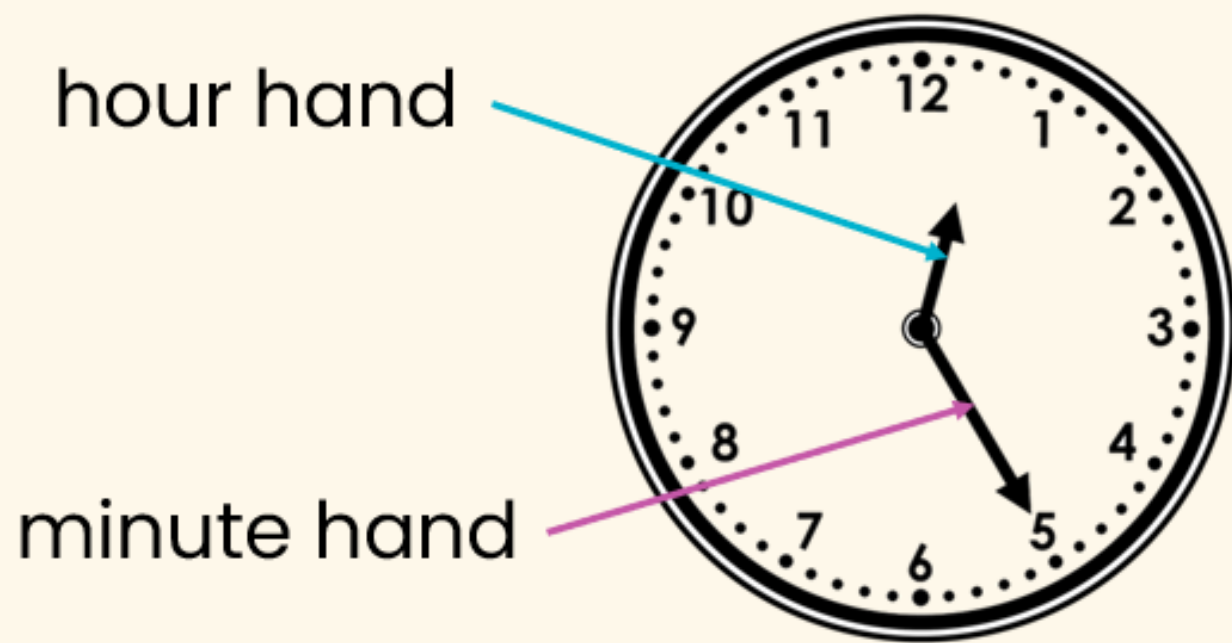
Challenge: 5.6 m _____ 78 cm
 4,555g _____ 2kg

Daily 10

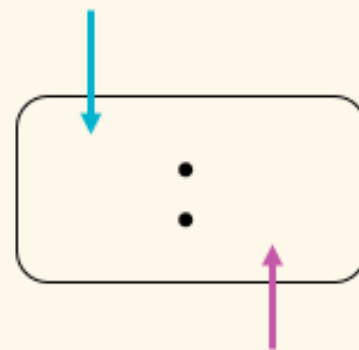
x 9s



Daily 10 - Mental
Maths Challenge -
Topmarks



hours number



minutes number

Blue

How many seconds are in two minutes?

Green

How many minutes are in three hours?

Challenge:

If I were to start a programme at 13:30 and finish it two hours and 10 minutes later, what is the time that it finishes?

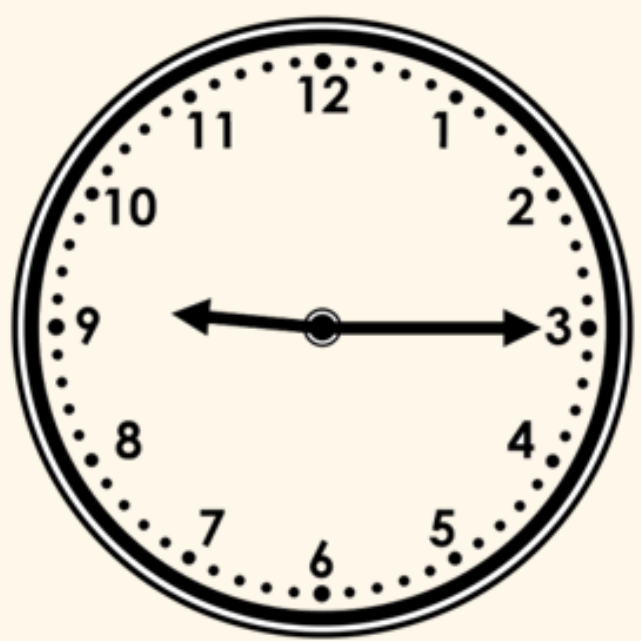
True or false?



5 : 40



4 : 57



9 : 15



Blue What is the similarity between the 12 and 24 hour clocks?
Green – What is a difference between the 12 and 24 hour clocks?

7 : 00 AM

12-hour clock



07 : 00

24-hour clock





— : — — AM

— — : — — AM

Hint: 12 – hour has three digits, 24- hour has 4 digits.

Talk partners: Identify the pattern.

What has happened to the number on the clock to convert from 12 to 24-hours?

A 24-hour clock can also tell us whether it is morning or afternoon/night-time.

08 : 00

8 o'clock in the morning



20 : 00

8 o'clock in the evening



True or false? Explain.

12-hour clock

2 : 00 PM



24-hour clock

14 : 00





— : — — AM

— — : — — PM

12 hour	24 hour
1pm	13:00
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	
11pm	
12am	

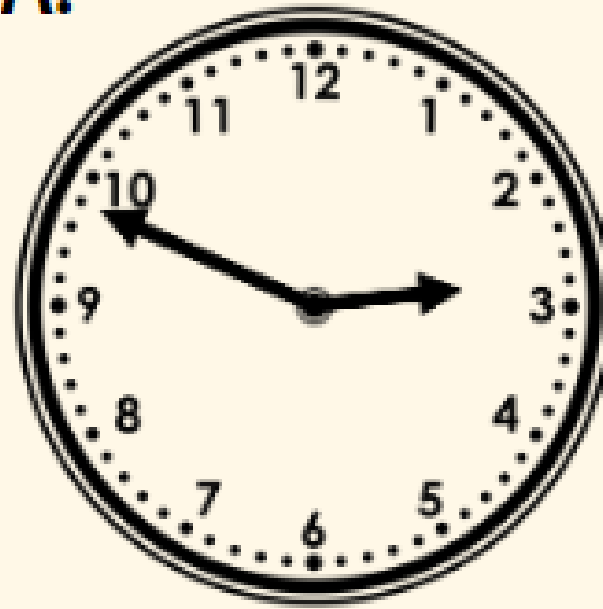
Draw a table in your books and write the 12 and 24 hour times.

Paired Work:

12 hour

24 hour

A.



in the afternoon

C.



in the morning

Blue

B.



in the evening

Green

D.



at night

Independent: Write the sentences in your book and underline the words you have added.

There are ____ hours in one day.

A 24-hour clock is split into ____ and pm.

The 24-hour clock always contains ____ digits.

To convert to the 24-hour clock, we add ____ hours to the pm times.

Convert the times

1)	7:35am =	2)	2:50pm =	3)	11:53am =
4)	5:16pm =	5)	1:35pm =	6)	3:40am =

12-hour digital clock

3 : 18 AM

1 : 18 AM

3 : 18 PM

24-hour digital clock

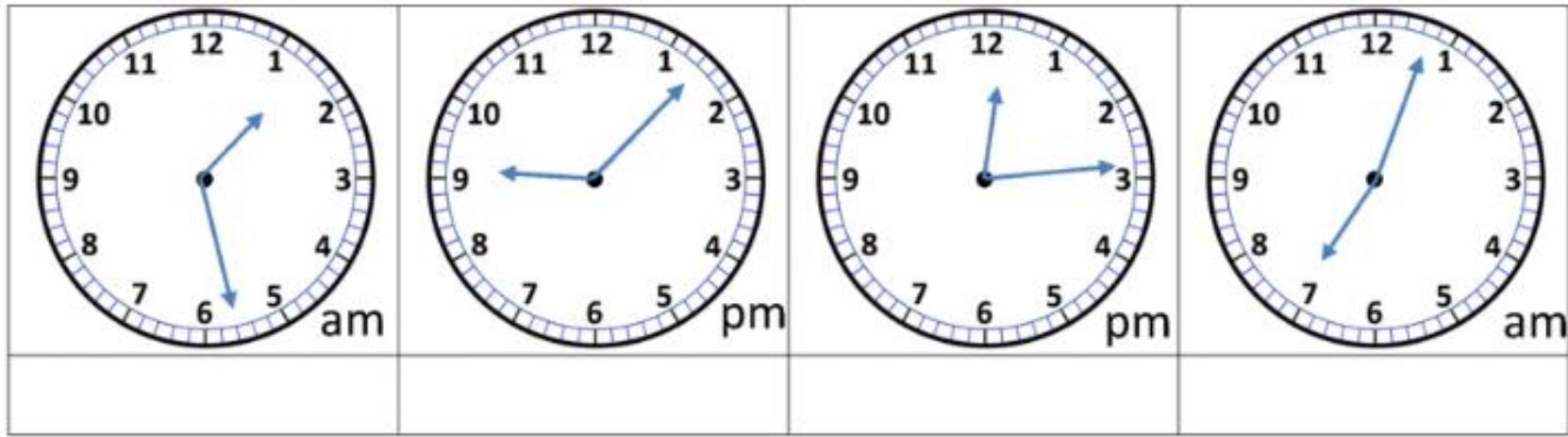
13 : 18

15 : 18

03 : 18

Challenge:

Write the correct 24 hour clock time with each analogue clock.



Greater Depth: A production finished at 18:20. It lasted for 1 hour and also had a 15 minute interval. What time did it begin? Write in 12 and 24 hour.

Tuesday 29th September

TBAT: Use relative clauses.

3 in 3

1

Underline the **relative clause** in the sentence below.

We are going to go back to Devon, where I first learnt to surf.

2

Which type of **pronoun** has been underlined in this sentence? Tick **one**.

That's the lady who teaches me to play the drums.

possessive pronoun ☐

relative pronoun ☐

personal pronoun ☐

3

Circle the word that indicates the **degree of possibility** in the sentence below.

Samira is definitely a faster runner than James.

Challenge:

True or false:

The sentence below uses a relative clause correctly:

Mum, who was a strong swimmer, could have survived the tsunami.

Tuesday 29th September
TBAT: Use relative clauses.

What is a relative clause?

What is a relative pronoun?

True or false: The sentence below contains a relative clause?

Mum was really kind.

Tuesday 29th September
TBAT: Use relative clauses.

Talk partners:

The chef, **who was very famous**, prepared a delicious dish of roast potatoes.

Which two things tell us that the section in black is a main clause?

- a** It could be a complete sentence on its own.
- b** It contains a verb.
- c** It does not make sense on its own.



Tuesday 29th September
TBAT: Use relative clauses.

The **relative clause** always follows the noun or noun phrase it tells us more about.

noun phrase

The bicycle, **which had a red frame**, belonged to my little sister.

noun

Barbados, **which is an island surrounded by clear water**, is a popular holiday destination.



Tuesday 29th September
TBAT: Use relative clauses.

The bicycle, **which had a red frame**, belonged to my little sister.

Which two things help us know that **which had a red frame** is the **relative clause**?

- a** It comes after the noun phrase 'the bicycle' and tells us more about it.
- b** It is a type of subordinate clause: it couldn't be a sentence on its own.
- c** It could be a sentence on its own.



Tuesday 29th September
TBAT: Use relative clauses.

A **relative clause** comes after a noun to tell us more about it. It always starts with a **relative pronoun**.



if the noun
is a person
or character

Lucas, who has quick reflexes, finally caught the slippery fish.



if the noun
is a place
or thing

Barbados, which is an island surrounded by clear water, is a popular holiday destination.



Tuesday 29th September
TBAT: Use relative clauses.

Teacher models on whiteboards.

Talk partners: What is the correct order?

, ran into the jungle. who sensed the danger Oona ,

Tuesday 29th September

TBAT: Use relative clauses.

Rewrite the sentences including the correct **relative clause**.

- 1) February, _____, is often extremely cold.
- 2) The guard, _____, stopped us from entering the castle.
- 3) Izzy, _____, asked the teacher for help.
- 4) The house, _____, was at the edge of the village.

Relative clauses

- who finds R.E. difficult
- who was wearing armour
- which had roses around the door
- which is my favourite month

Tuesday 29th September
TBAT: Use relative clauses.

Match the main clause to the relative clause:

Oona, _____, led the way
along a narrow path.

**which was alive with the
sounds of wildlife**

The monkeys, _____, seemed
curious about our journey.

**who knew the jungle far
better than I did**

The jungle, _____, felt magical
and mysterious.

**that watched us from the
trees**

Tuesday 29th September

TBAT: Use relative clauses.

Independent: Using the relative clauses, create a sentence with a main clause:

who guided me through the thick undergrowth

which was full of strange noises

which I will never forget

Ch: Write your own sentence containing a relative clause
which could be used in your diary.

Tuesday 29th September

TBAT: Sing in a round.

Banaha (Si Si Si) can be sung as a three part **round**. 



¹Sisi, sisi, dolada, **yaku sine ladu banaha.**
Sisi, sisi, dolada, **yaku sine ladu banaha.**
²Banaha, banaha, **yaku sine ladu banaha.**
Banaha, banaha, **yaku sine ladu banaha.**
³Ha, banaha, **yaku sine ladu banaha.**
Ha, banaha, **yaku sine ladu banaha.**

The **numbers** show when each new part enters.



Aisha

Tuesday 29th September

TBAT: Sing in a round.

Fruit Canon (Mango, Mango, Mango) is a really fun three-part **round**. You won't be able to stop singing it!



Laura



¹Mango, mango, mango, mango,
Mango, mango, mango!



²Kiwi, kiwi, kiwi, kiwi, kiwi, kiwi,
Kiwi, kiwi, kiwi, kiwi, kiwi, kiwi,



³Banana, banana,
Banana, peel!



Handwriting

apply

supply

identify

occupy

multiply

Tuesday 29th September

Q: Where did the Islamic Empire start, and which regions did it cover?

1 The revelations that Muhammad (PBUH) received were written in the _____, which contains the teachings of Islam. Fill in the blank

2 Which city is a place of pilgrimage for Muslims? Tick 1 correct answer

☐

Mecca

☐

Baghdad

☐

Jerusalem

☐

Medina

3 The Muslim leader and ruler and next-in-line of Muhammad (PBUH) after his death was known as the... Fill in the blank

Tuesday 5th May

Q: Where did the Islamic Empire start, and which regions did it cover?

What is a **caliph**?

Describe how other religions were treated by the Muslim army.

Keywords

Umayyad

Umayyad was the name of a line of caliphs based in Damascus that ruled from 661 CE to 750 CE.

dynastic

Dynastic means that power and leadership is handed down from one generation of a ruling family to the next.

Silk Roads

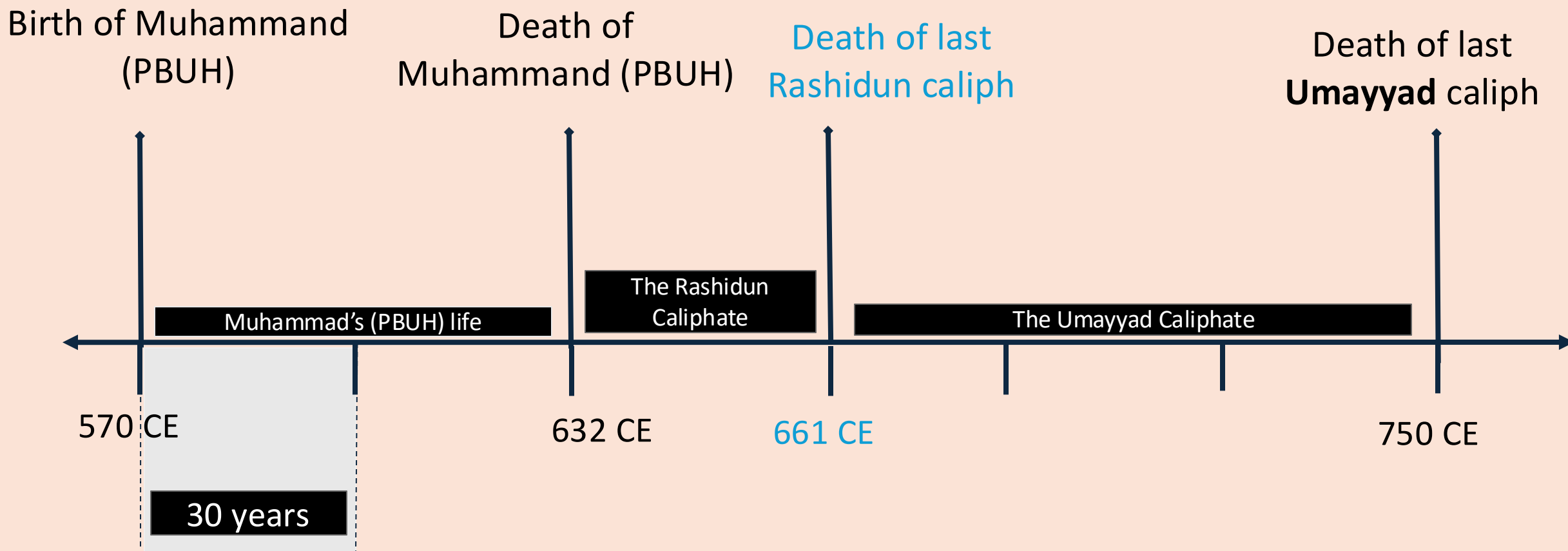
The Silk Roads refers to a network of ancient trade routes between China and Europe.

lucrative

When something is lucrative, it makes a lot of money.



The Rashidun Caliphate ended in 661 CE. Then the **Umayyad** Caliphate began.



After the first **Umayyad** caliph established himself as the leader of the Islamic world, the **Umayyads** followed a **dynastic** rule.

Dynastic means that the caliph was the son (or other male relative) of the previous caliph.

Illustration of the first caliph of the **Umayyad** caliphate



True or false?

The **Umayyad** Caliphate followed a **dynastic** rule.



True



False

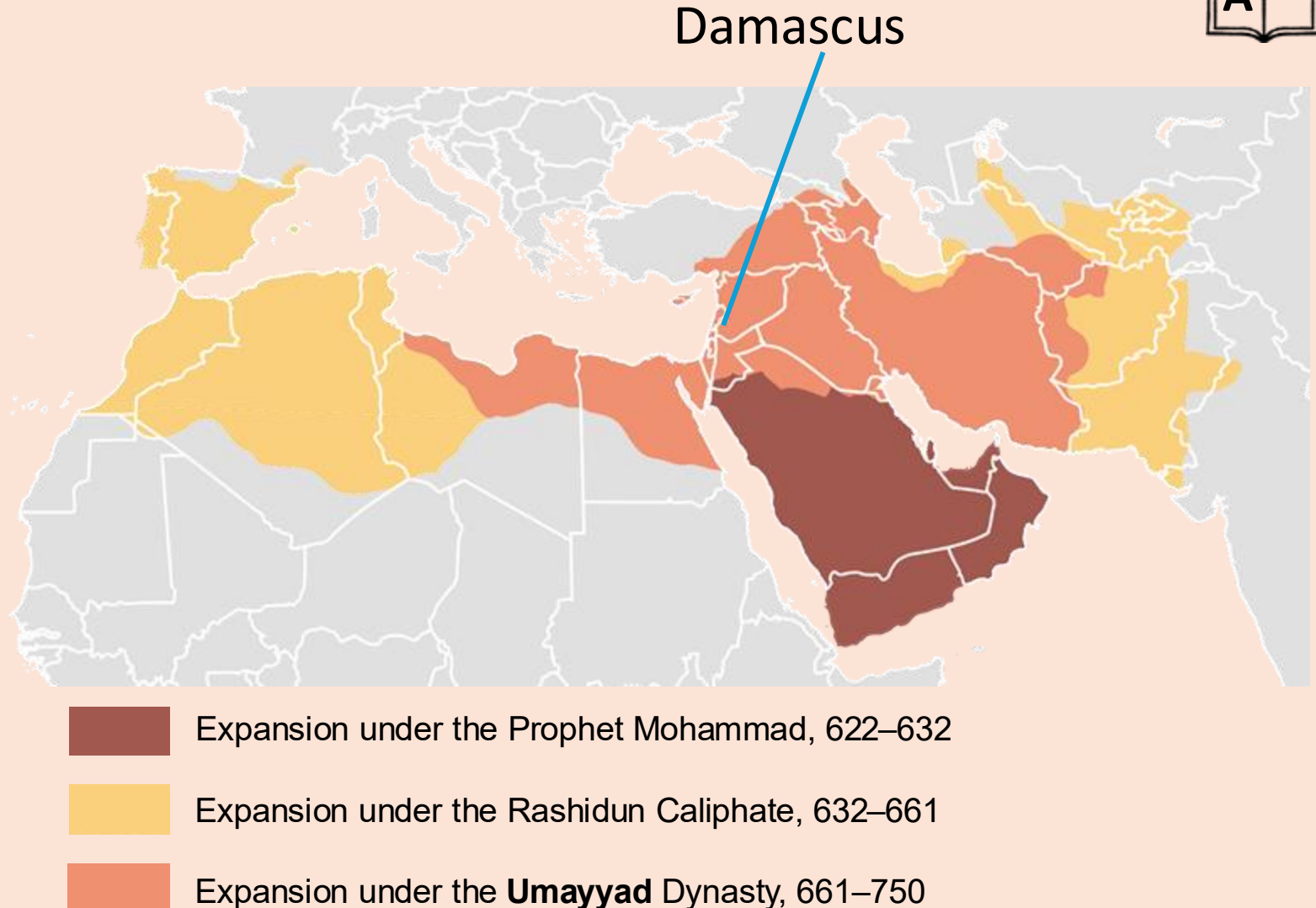
Why?

The next caliph would be the son (or other male relative) of the previous caliph.



The **Umayyad** Caliphate was the largest empire at that time. They ruled from Syria with Damascus as their capital.

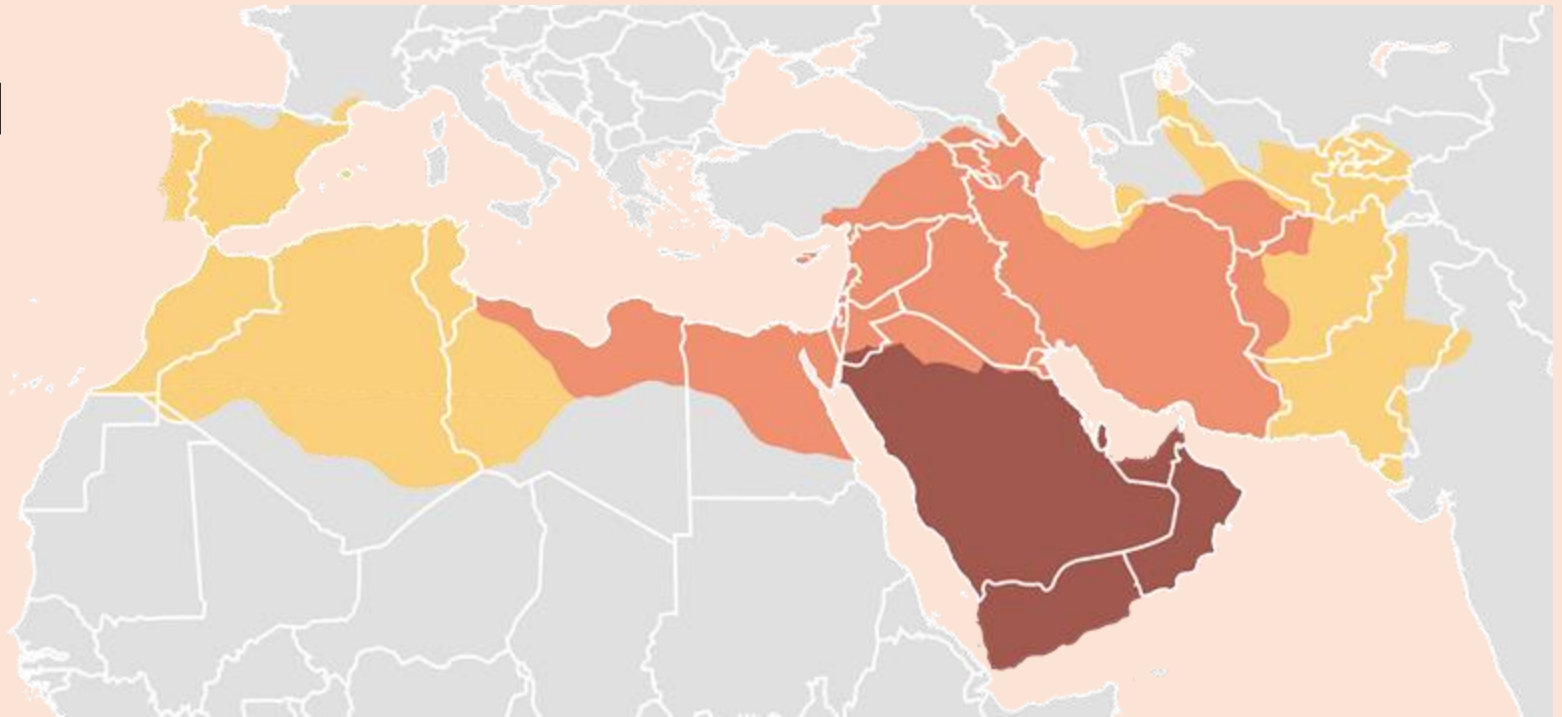
Map showing the expansion of the Islamic empire under the caliphs





They controlled the Middle East, parts of Asia as far as India, North Africa, and most of Spain.

Map showing the expansion of the Islamic empire under the caliphs



Expansion under the Prophet Mohammad, 622–632



Expansion under the Rashidun Caliphate, 632–661



Expansion under the **Umayyad** Dynasty, 661–750

Select the areas controlled by the **Umayyad** Caliphate.

a

Spain



b

Britain

c

North Africa



d

Syria



Tell your learning partner **three** facts about the **Umayyad** Caliphate.

You might want to mention these words:

dynastic	caliph	largest	Damascus	Middle East
-----------------	--------	---------	----------	-------------

Write these facts in your books under the title:

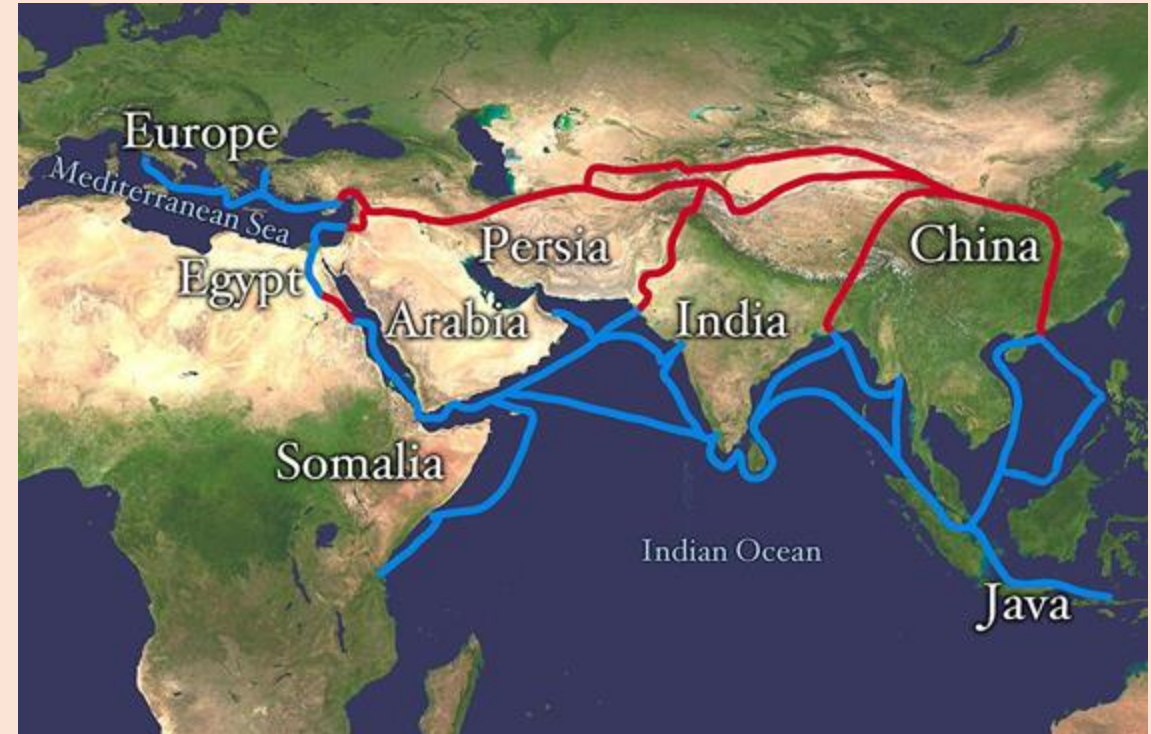
Umayyad caliphate

Tell your learning partner **three** facts about the **Umayyad** Caliphate.

Your answers may have included:

1. They followed a **dynastic** rule where a male relative would become the next **caliph**.
2. They ruled over the **largest** empire at the time, controlling all of the **Middle East** and further.
3. They ruled from their capital city of **Damascus** in Syria.

The **Silk Roads** was a network of trade routes that snaked through countries in the Islamic Empire, such as the Arabian Peninsula, Persia (modern-day Iran), Mesopotamia and North Africa.



Map of the ancient **Silk Roads** between China and Europe

True or false?

The **Silk Roads** were actual roads that traders used to carry goods between China and Europe.

T True

F False ✓

Why?

The **Silk Roads** refers to many routes used by traders to carry goods between China and Europe.



The **Silk Roads** were used for trading luxury goods, such as spices, silk, horses and tea.



Photos of luxury goods that were transported on the **Silk Roads**



Photo of a **Umayyad** coin

The **Silk Roads** proved to be very **lucrative** for Muslims, because it ran through parts of the **Umayyad** Caliphate.



Merchants and traders on the **Silk Roads** travelled in large caravans.

Photo of a caravan of camels

Use the image below to help you complete the sentence.

Merchants and traders travelled in caravans to protect them from being robbed on the **Silk Roads**.



Photo of camels



People travelling and meeting to trade along the **Silk Roads** also helped spread ideas, knowledge, culture, art and inventions across the **Umayyad** Caliphate.

Photo of a caravan of camels on the **Silk Roads**

Which **two** reasons explain why the **Silk Roads** were important to the **Umayyad** Caliphate?

a

It meant that all Muslims wore clothes made of silk.

b

It was **lucrative** and brought wealth to the Muslim territories.



c

It helped spread ideas, knowledge, culture and art across the Islamic Empire.



Write **two or three** sentences to explain how the **Silk Roads** helped the **Umayyad** Caliphate to be successful.

A good explanation should include the following words:

- **lucrative**
- ideas
- knowledge

Write **two or three** sentences to explain how the **Silk Roads** helped the **Umayyad** Caliphate to be successful.

Your answer could have included:

The **Silk Roads** were used for trading luxury goods, such as spices, silk, horses and tea. It proved to be very **lucrative** for Muslims, because it ran through parts of the **Umayyad** Caliphate and made them very rich. Not only were goods transported on the **Silk Roads**, but also it helped spread **ideas**, **knowledge**, art and inventions across the **Umayyad** Caliphate to improve it.

Q: Where did the Islamic Empire start, and which regions did it cover?

Exit questions:

1. What were the Umayyads a line of?
2. What does **dynastic** mean when talking about the Umayyad caliphate?

Write a sentence which tells me why the silk roads were lucrative for the Umayyad caliphate.

29.09.2026

TBAT- know how to take care of myself and understand mindfulness.

Mindfulness is a form of meditation that helps the mind. It's the name given to a series of activities and exercises you can do which can help to form deeper connections with others, make you feel happier and relieve stress and anxiety.

Other benefits can include helping to lower blood pressure, improving your sleep and attention and focus. You'll also probably experience feelings of calm and stillness.

Write two examples of how mindfulness can help you.

Find another word for worries.

Blue

Mind map ways that you can keep your mind healthy.

Green

Mind map ways that you can keep your body healthy.

How do you keep your body healthy?



Hobbies



Healthy eating



Sleep



Exercise



Rest

How do you keep your mind healthy?



Spending less
time on devices



Sleep



Healthy eating



Hobbies



Rest



Talking with
friends



Exercise

Sleep

Do you like bedtime?



Why do we need sleep?



The importance of bedtime routine

What's your bedtime routine?

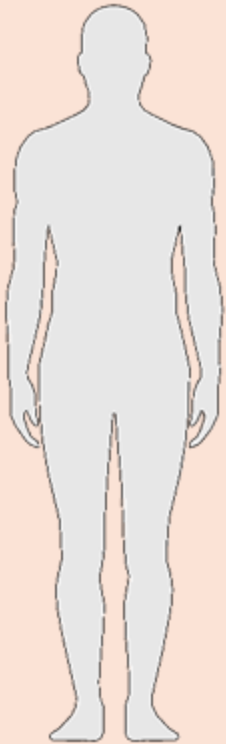
As a class, let's think of some ways to create a good bedtime routine. What things can we do to make sure we get good-quality sleep?

Discuss in pairs, then share ideas together.



Healthy bodies and healthy minds

Write all the ways in which you can help to keep your body healthy.



Write all the ways in which you can help to keep your mind healthy.



Why is sleep important

Super Mood Movers - Look after yourself - BBC Teach

Talk partners:
What is
mindfulness?



What is mindfulness?

Do you ever find yourself feeling very busy or stressed?

Or do you find that you aren't really concentrating on what you are doing because you are always thinking or worrying about something else?



Mindfulness means paying attention to the present, slowing down to notice what you are doing, thinking and feeling.

What are some different ways to be mindful?



Ways to be mindful



Mindful walking



Mindful meditation



Mindful eating



Mindful colouring

Activity 1- Mindful listening

- Listen to a piece of classical music or a mindful meditation.
- Listen to the rhythm; try to hear each note.
- If there are any particular instruments you can hear in the music, listen carefully to them and follow them throughout the piece.



Activity 2- Mindful drawing

- Spend time choosing the shapes you want to use.
- Take your time to recognise how it feels when you are drawing.
- Focus on the movement of your hands, arm or other parts of the body. —
- Listen to the sound of the pencil and the feel of it in your hand.



There are lots of different ways to practise mindfulness throughout the day.

- **Mindful walking** can be undertaken by noticing how each step feels under your feet or how your body responds to walking. Try it barefoot.
- **Mindful meditation** is an activity where you try to clear your mind in order to focus on how you are feeling inside and outside; this can calm your thoughts.
- **Mindful colouring/drawing** is something that many people find relaxing. The act of drawing and colouring in keeps your mind and hands occupied, which can help calm anxiety.