

Mill Green School

Entry Level 2
Learner Work Pack









Name:

Date:

E2 - Money

LO: Have an awareness of the use of money

Tick all the things you use money for:

Cooking a meal 		Paying bills 	
Savings 		Watching TV 	
Buying a house 		Making a bed 	
Playing games 		Give as a present 	

Name one other thing you use money for:

Name: _____

Date: _____

E2 - Money

LO: Be able to recognise coins and notes



AC 2.2:



Name:

Date:

E2 - Money

LO: Be able to recognise coins and notes

Draw a circle around the **most** valuable coin?



Name:

Date:

E2 - Money

LO: Be able to recognise coins and notes

Draw a circle around the **least** valuable coin?



E2 Money

LO: Use money in real life situations



A1

55p



A2

52p



A3

58p



B1

57p



B2

46p



B3

53p



C1

45p



C2

53p



C3

52p



A1

85p



A1

90p



A1

80p

Name:

Date:

E2 - Money

LO: Use money in real life situations

Use the information from the vending machine to answer the questions

Work out the change from £1 and show your workings

1. How much is a bar of Dairy Milk?

How much change do you get from a £1?

2. How much is a bag of Quavers?

How much change do you get from £1?

3. How much is a bottle of Coke?

How much change do you get from a £1?

4. How much is a Toffee Crisp?

How much change do you get from a £1?

5. How much is a bottle of Oasis?

How much change do you get from a £1?

6. How much is a bag of Doritos?

How much change do you get from a £1?

7. How much does it cost for a bag of Ready Salted crisps and a Kit Kat?

How much change do you get from a £1?

Name:

Date:

E2 Money

LO: Use money in real life situations

Shopping

How much change from a £1.00 would you get if you bought:

Show your workings.

 Milk 39p	 Mars 43p	 Eggs 74p	 Cheese 92p
 Crisps 61p	 Bread 37p	 Butter 56p	 Coke 29p

1. A pint of milk?

2. A loaf of bread?

3. A bottle of Coke?

4. A bag of crisps?

5. A box of eggs?

Name:

Date:

E2 - Money

How much change from a £1.00 would you get if you bought:

Show your workings

6. A pint of milk and a loaf of bread?

7. A loaf of bread and a tub of butter?

8. A bottle of Coke and a Mars bar?

9. A bag of crisps and a bottle of Coke?

10. A tub of butter and a pint of milk?


Name:

Date:

E2 Money

LO: Use money in real life situations

How much change would you get if you gave £1 to pay for each of these things.



45p

Change


p



29p

Change


p



12p

Change


p



75p

Change


p



45p

Change

p



37p

Change

p

Name:

Date:

E2 Money

LO: Solve problems involving money

Solve the problems and show your workings

1, Jane buys a pen for 30p and a rubber for 20p. How much change will she get from £1?

2. Alex gives his friend 20p. He is left with 20p. How much did he have to begin with?

3. George buys some apples for 70p. He pays with a £1 coin. How much change will he have?

4. Thomas is given 45p by a friend. He had 40p already. How much does he have now?

5. Anna has four 20p coins. She buys a bottle of water for 50p. How much money will she have left?

6. Ellie has four coins. She has 50p. What coins must she have?

7. Ian spends 30p on a packet of crisps and 40p on a drink. He gets 30p change. He gives the shopkeeper 2 coins. What were the coins?

Name:

Date:

E2 Money

LO: Solve problems involving money

Solve the problems and show your workings

1a. On a cake stall bun's cost 5p each. Peter buys 5 buns.

How much does he spend in total?

1b. Peter pays with a 50p coin. How much change would he get?

2. Animal badges cost 2p each. Sarah wants to buy 11.

How much money would she need?

3a. In her purse Holly has three 2p coins. How much is in her purse?

3b. Would Holly be able to buy a toffee bar which costs 10p?

4. Each week Sam saves a 5p coin. Altogether he has saved 25p. How many weeks has he been saving?

5. What am I? I am a round silver coin. I am between 5p and 20p.

Name:

Date:

6. A bus ticket costs 50p, how much would two bus tickets cost?

7a. Paul has two 10p coins and one 50p coin, how much does he have?

7b. How much more does he need to buy an 80p ice-cream?

8. Katie's mum buys a loaf of bread for 70p and a chocolate bar for 30p. How much does she spend?

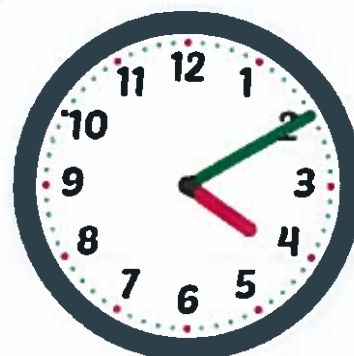
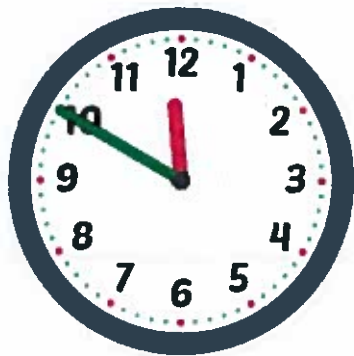
10. Harry uses a £1 coin to buy a magazine which costs 70p. How much change would he get?

Name:

Date:

E2 – Time and Date

L.O: Be able to read, measure and record time in the 12-hour format



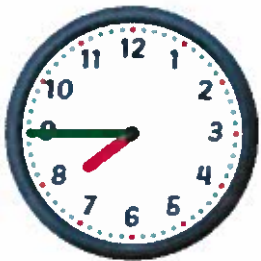
Name:

Date:

E2 – Time and Date

L.O: Be able to read, measure and record time in the 12-hour format

Draw a line to the matching time



12:15



3:00



10:20



7:45



1:30

Name:

Date:

E2 – Time and Date

L.O: Be able to read, measure and record time in the 12-hour format

Draw a line to the matching time



22:00



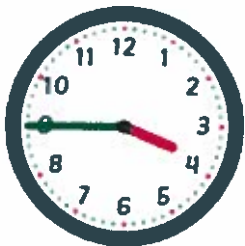
3:45



17:55



20:40



03:25

Name:

Date:

E2 – Time and Date

LO: Be able to read and record common date formats



General Term Dates

Academic Year Sept 19 – July 2020

Autumn Term

Start of term

Close (Half Term)

Re-open

Training Day

Close (Christmas)



Tues 3rd September

Fri 25th October

Mon 4th Nov

Fri 15th or 22nd November -(tbc)

Fri 20th Dec

Spring Term

Re-open

Close (Half Term)

Re-open

Close (Spring Break)



Mon 6th Jan

Fri 14th Feb

Mon 24th Feb

Fri 3rd April

Put the dates in the correct order

Summer Term

Re-open

May Bank Holiday

Close (Whit Half Term)

Re-open

Close (Summer Holidays)



Wed 3rd June

Fri 17th July

Fri 8th May

Mon 20th April

Fri 22nd May

Alphabetical Order

A) Put each line of words into alphabetical order.

Look at the **first** letter.

1. dog you bean animal lion

2. just grab kneel cat east

3. hay out island queen farm

B) Look at the **second** letter of each word when arranging them alphabetically.

1. plank press panic punch perch

2. clever crisp centre candle cheat

3. grape geese guilty garden goose

C) Look at the **third** letter this time.

1. decide demand deadly defeat debt

2. harmful habit has hatch hamster

3. prune prepare produce price prank

Commas Look at this sentence: -

At the farm Peter saw geese and cows and pigs and an old cart.

The sentence does not sound right; there are too many ands.

It should be more like this: -

At the farm Peter saw geese, cows, pigs and an old cart.

Write out these sentences correctly.

Take out the extra ands and put in the commas.

1. The packet contained red and blue and green and yellow felt tips.
2. At the top of the league were Liverpool and Manchester United and Crewe Alexandra and Carlisle United.
3. Violins and recorders and drums and guitars were all set out in the music room.
4. Great Britain is made up of England and Scotland and Wales.
5. The tube was full of purple and green and yellow and red Smarties.
6. Tony had sandwiches and crisps and chocolate and cakes in his packed lunch box.
7. Helen had invited Chris and Terry and Fred and Bill and Charlie and Gary to her birthday party.
8. The children loved it at the zoo. They saw monkeys and hippos and tigers and lions and a big polar bear

Write a letter to a local newspaper suggesting ways to improve recycling in your town.
(about 100 words)

Brainstorming:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

Address

Date

Dear Editor,

I am writing to put forward my views on

There are numerous things we can do to help. Firstly,

Secondly,

Furthermore,

Moreover/additionally

To conclude I feel that

Thank you for your time. I hope you give my suggestions your serious consideration.

Yours faithfully

Name:

Date:

READ THE TEXT



My name's Daniel and my surname's Radcliffe. I'm from London, in England. I'm an actor, the protagonist of Harry Potter. I'm twenty years old.

I have got parents. They are from England, too. My father's name is Alan. He's a literary agent and he's 50. My mother's name is Marcia and she's an actress and a film director. She's 42. I haven't got brothers or sisters. I have got a grandfather and a grandmother. I have got four aunts and three uncles. I haven't got cats, but I have got two dogs. Their names are Binka and Nugget. My favourite TV programme is The Simpsons. My favourite sports are football and cricket. My favourite colours are blue and yellow.

A) ARE THE SENTENCES TRUE OR FALSE?

1. Daniel is Harry Potter.
2. He's an actor from England.
3. His father is 50.
4. His sister's name is Marcia.....
5. His dogs' names are Binka and Alan.....

B) ANSWER ABOUT DANIEL.


1. How old is Daniel?
2. Where is Daniel's father from?
3. Is his mother an actress?
4. Is volleyball his favourite sport?

C) COMPLETE WHAT DANIEL SAYS. USE "HAVE GOT/HAVEN'T GOT".

1. I a brother.
2. I aunts and uncles.
3. I a favourite TV programme.
4. I two grandfathers.
5. I children.

D) USE THE WORDS IN THE BOX TO COMPLETE THE TEXT.




 Hello! My name's Emma and my 's Watson. I'm
 actress, the protagonist of Harry Potter, I from
 Paris, in France. I live in England. I'm nineteen old. My
 name in Harry Potter is Hermione Granger. My 's name
 is Jacqueline and is a lawyer. My father..... name is
 Chris. Myname is Alex and a student.

AM - AN - BROTHER'S - HE'S - MOTHER - 'S - SHE - SURNAME - TOO - YEARS

E) WRITE ABOUT YOU AND YOUR FAMILY. READ DANIEL'S DESCRIPTION AS A GUIDE.

[illegible]

Name:

Date:

Meerkats



Meerkats are a type of small mongoose. In the wild they live in desert areas of Africa, such as the Kalahari Desert.

A meerkat is about 35 cm to 50 cm long and also has a long tail, about 25 cm long. Their eyes have black patches around them and they have brown noses and small black ears.

The coat is usually brown, tan or grey. Across their backs they have stripes and each meerkat has a different pattern of stripes.

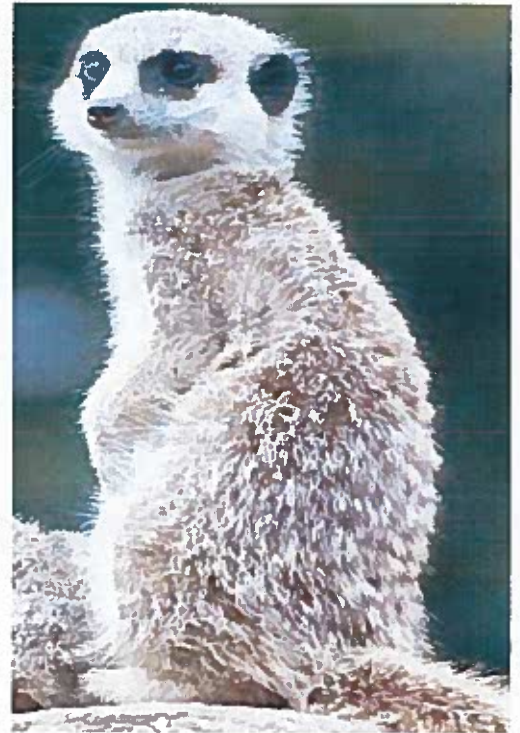
They have 4 toes on each foot with claws which are ideal for digging burrows underground as well as for climbing.

Meerkats like to live in family groups in underground warrens.

They move to new warrens quite frequently. A group of meerkats is called a 'mob' a 'clan' or a 'gang'. The clan usually has about 10 meerkats in it but sometimes there can be as many as 30 or more living together.

The babies are born with hair, but their eyes are shut.

For the first two weeks of their lives they are fed with the mother's milk and stay underground. When they come out into the open they are taught how to catch food by elder meerkats. They eat insects and other animals such as worms, small lizards, spiders, eggs and fruit. They quite like to eat scorpions, despite the danger from the scorpion's stings.



When they go outside during daylight hours one of the meerkats will take it in turns to be the guard. It will sit upright and keep a lookout for danger, such as a bird of prey, large snakes or hyenas.

Meerkats are often featured on TV adverts

Fill in the missing words:

1. Meerkats live in
2. They live and dig
3. During the they hunt for

Try to answer these questions in sentences:

4. How long is a meerkat's tail?

.....

5. What food do meerkats eat?

.....

.....

6. What job does the meerkat guard do?

.....

.....

Nouns

A. Use the words below to fill the spaces in the following sentences:

lance, optician, nutmeg, clown, pen, trumpet, eagle, hoe, mechanic, stetson.

1. The pupil used a _____ to write an essay about his family.
2. The _____ soared high in the clear sky before swooping down on the startled rabbit.
3. The gardener used a _____ to remove the weeds from the vegetable patch.
4. My mother sometimes uses _____ to make her meals tastier.
5. I need to go to the _____ to get my eyes tested.
6. The _____ at the circus made me laugh.
7. The knight used his _____ to knock his opponent off his horse.
8. The cowboy put on his _____ to give him protection from the sun.
9. There is a lot of _____ playing in Jazz music.
10. The _____ repaired my car after the accident.

B. Make a list of all of the nouns in these sentences:

1. The girl lost her doll.
2. The woman gave her cat some chicken.
3. Yesterday I ate a banana, an apple and a peach.
4. The teacher showed the class a cricket bat.
5. The sparrow swooped down and perched on the branch of the tree.

Verbs and adverbs

LO: To be able to use verbs and adverbs.

Underline the verbs in these sentences.

1. The mouse found the cheese.
2. The cat chased the mouse.
3. The frog leaped into the pond.
4. The boy ate the chocolate bar.
5. The car skidded round the bend and crashed.

Change the verbs in these sentences to alter the meaning. Choose from the list below:

lost iced hated cycled ate

The girl dropped the ice-cream.

The red team won the race!

The family loved camping.

The children baked a cake.

The boy ran across the road.

An adverb describes the verb.

For example: The alien suddenly jumped up behind them and burped loudly!

Underline the verbs in these sentences, then circle the adverbs.

1. The cat purred softly.
2. The giant sneezed loudly.
3. The man drove quickly.
4. She sang beautifully.

Choose a suitable adverb from the list below to change the adverbs in these sentences to alter the meaning:

carelessly quietly slowly

1. The boy **carefully** wrote his name.

2. The car **quickly** came to a halt.

3. The children played **noisily**.

LO: To be able to recognise and use present and past tense verbs.

Verbs

A verb is a doing word. It tells us what is happening (present tense) or what has already happened (past tense.)

Jack kicks the ball.
(present tense.)

Jack kicked the ball.
(past tense.)

Complete the sentences with a verb from the box.

bought	broke	licks	sat	mows
--------	-------	-------	-----	------

1. Sam _____ his ice-cream quickly.
2. Dad _____ the lawn every Saturday.
3. Harry _____ a newspaper at lunchtime.
4. The swing _____ when Amy _____ on it.

Complete the table with the verbs.

painted	eats	skips	laughs	danced	sleeps	drank	shouts	wrote	ate
---------	------	-------	--------	--------	--------	-------	--------	-------	-----

Present tense verbs	Past tense verbs

Change the verbs in this story from the present tense to past tense:

I get out of the car and step in a puddle. We hear the band playing. They have started already!
I run all the way to the hall.

I get up and 8 o'clock and go down stairs to make my breakfast. Then I brush my hair and wash my teeth. I leave my house at half past eight.

Planet Earth

Why do we live on Earth? Well, Earth is the only planet in our solar system that has all the things we need to live: oxygen in the air to breathe, water to drink and all at just the right temperature warmed by the Sun.

The Blue Planet:

Earth is third planet from the Sun and is also called 'The Blue Planet' because of how it looks from space – blue. This is because over $\frac{3}{4}$ of the Earth's surface is covered in water.



Did you know?

Age: about 4.54 billion years

Diameter: 13,000 km

Distance to Sun: 150,000,000 km

Surface Temperature: 15°C

Highest point: Mount Everest 8.8 km

Lowest point: Challenger Deep 10.9 km below sea level

I'm Spinning Around:

The Earth spins on its axis once every 24 hours – that's what gives us day and night as we spin to face the Sun and then away from it again. You wouldn't notice but the Earth's spin is actually slowing down by 17 milliseconds per hundred years. Eventually this will lengthen our days but it will take around 140 million years before our day will have increased from 24 to 25 hours. I wonder if children 140 million years from now will have an extra hour at school.

Whilst it is spinning, the Earth is also orbiting the Sun, which takes 365 $\frac{1}{4}$ days to do one full circuit. This gives us the length of our years. Our seasons are also dependent on the orbit of the Earth as our planet is tilted at an angle. This means that around one side of the Sun we are tilted towards it – giving us warmer temperatures and longer days...our summer. However, around the other side of the Sun we are tilted away from it giving us less light and cooler temperatures – so this is our winter. All in all, it's a pretty amazing planet and I, for one, am glad to call it home.

Photo courtesy of (Kevin M. Gill@flickr.com) - granted under creative commons licence - attribution

Questions About Planet Earth

1. How high is the highest mountain on Earth?

2. How long does it take the Earth to spin once on its axis?

3. Will the Earth always spin at this speed? If not, how will it change?

4. How many planets are between us and the Sun and can you name them?

5. Why do we experience summer around one side of the Sun?

6. Why is Earth also called 'The Blue Planet'?

7. What 3 things make it possible for us to survive on Earth?

8. Why do we need to add an extra day to our year every 4 years?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Questions About Planet Earth

Answers

1. How high is the highest mountain on Earth?

8.8km

2. How long does it take the Earth to spin once on its axis?

24 hours/1 day

3. Will the Earth always spin at this speed? If not, how will it change?

No – it is slowing down

4. How many planets are between us and the Sun and can you name them?

2 (Mercury and Venus)

5. Why do we experience summer around one side of the Sun?

The Earth is tilted towards the Sun

6. Why is Earth also called 'The Blue Planet'?

Water makes up 2/3 of the surface so it looks blue from space.

7. What 3 things make it possible for us to survive on Earth?

Water, air (or oxygen), warmth

8. Why do we need to add an extra day to our year every 4 years?

Due to the fact we have an extra ¼ day every year we orbit the Sun

9. Which fact or piece of information has amazed you the most and why?

Open ended to discuss.

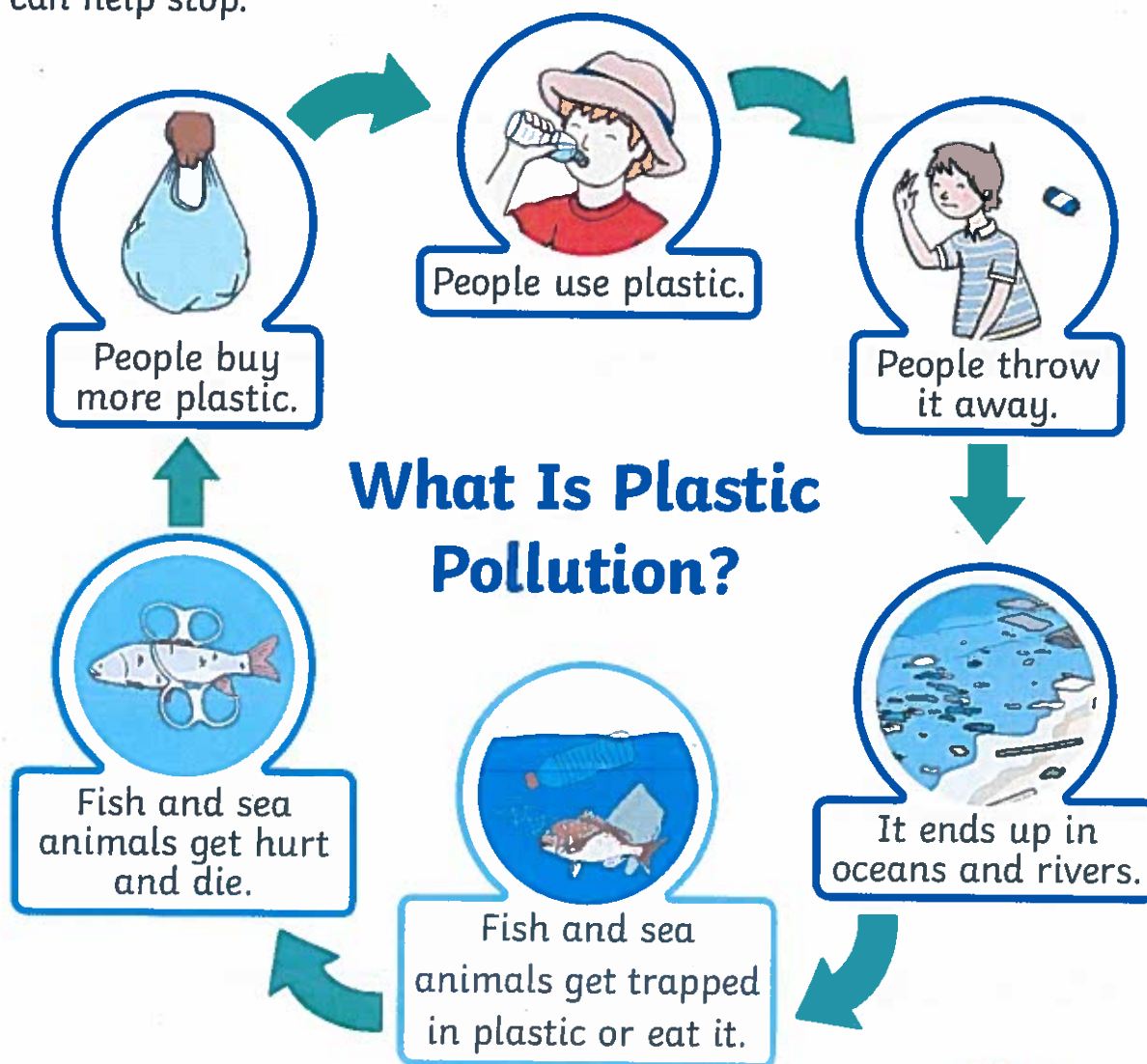
10. Find out more about Challenger Deep on the Internet.

Open ended to discuss. May want to do this as a class with the LA group presenting what they have found out.

End Plastic Pollution

Our Planet

Our planet is very special and we must look after it along with the animals and plants that live on earth. However, one big problem that is causing damage to our earth and many animals that live here is plastic pollution. This is a very serious issue that everyone can help stop.



What Can We Do?

There are lots of things we can do to help:

- Don't have plastic straws in drinks.
- Fill up a water bottle, don't buy a new one.
- Say no to plastic shopping bags.



Questions

1. Name two things that, along with our planet, we should look after.

2. What is plastic pollution causing damage to: Tick two.

- ☐ people
- ☐ the earth
- ☐ animals
- ☐ plants

3. What is **bad** about plastic pollution? Tick one.

- ☐ Trees get hurt and die.
- ☐ People get hurt and die.
- ☐ Animals get hurt and die.

4. Where does plastic end up? Tick one.

- ☐ in towns and cities
- ☐ in the bin
- ☐ in oceans and rivers

5. What should we **not** use? Tick two.

- ☐ plastic straws
- ☐ glass bottles
- ☐ plastic bags

Answers

1. Name two things that, along with our planet, we should look after.
plants and animals
2. What is plastic pollution causing damage to: Tick two
 - ☐ people
 - ☒ **the earth**
 - ☒ **animals**
 - ☐ plants
3. What is **bad** about plastic pollution? Tick one.
 - ☐ Trees get hurt and die.
 - ☐ People get hurt and die.
 - ☒ **Animals get hurt and die.**
4. Where does plastic end up? Tick one.
 - ☐ in towns and cities
 - ☐ in the bin
 - ☒ **in oceans and rivers**
5. What should we **not** use? Tick two.
 - ☒ **plastic straws**
 - ☐ glass bottles
 - ☒ **plastic bags**

End Plastic Pollution

Our Planet

Our planet is very special and we must look after it. Everyone has an important role in making sure we keep it clean and safe. We also have a responsibility to look after everything that lives in it including people, plants and animals. However, one huge problem that we have is plastic pollution which is damaging our planet and many animals living on it.

What Is Plastic Pollution?

Plastic pollution is when plastic that has been thrown away ends up in oceans and rivers, on beaches and in the countryside.



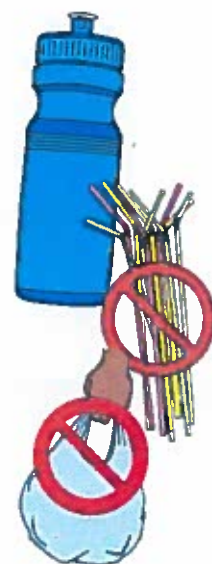
Many things we use every day are made of plastic. Plastic is very cheap and strong so when it is thrown away it lasts a long time and is hard to get rid of.

Lots of plastic ends up in oceans where it traps and harms fish and other sea animals.

What You Can Do

There are lots of things we can all do to help end plastic pollution.

- Reuse a water bottle instead of buying a new one.
- Don't use plastic straws for drinks.
- Carry shopping in fabric bags, not plastic bags.
- Talk to your family about buying things that are made of other materials, not plastic.
- Talk to your head teacher or school council about how your school can use less plastic.



Did You Know...?

- The amount of plastic that humans use every year weighs the same as 30 million elephants!
- By the year 2050, there could be more plastic in the world's oceans than fish!

Questions

1. Whose responsibility is it to look after the earth and everything in it?
Tick one.

- ☐ adults
- ☐ children
- ☐ everyone
- ☐ people who live near the sea

2. Draw lines to match these sentences.

By 2050 there could be

we can do to help
end plastic pollution.

Many things we use

every day are made
of plastic.

There are lots of things

more plastic in the
ocean than fish.

3. Number the events below to show the order in which they happen.

- ☐ Plastic ends up in oceans and rivers.
- ☐ People use plastic and throw it away.
- ☐ Plastic traps and harms fish and other sea animals.

4. Find and copy one word that describes plastic.

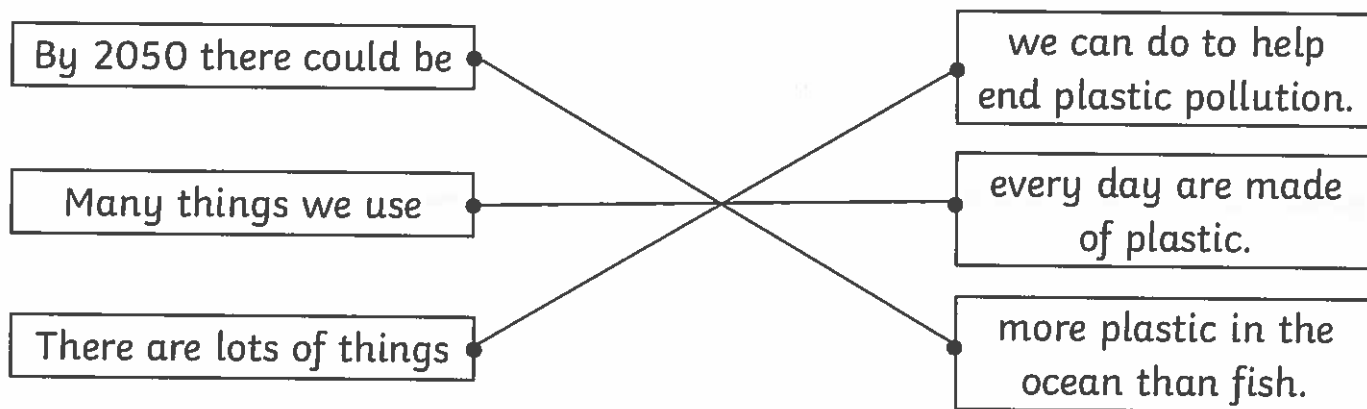
5. Find and copy one thing you can do to help end plastic pollution.

Answers

1. Whose responsibility is it to look after the earth and everything in it?
Tick one.

- ☐ adults
- ☐ children
- ☒ **everyone**
- ☐ people who live near the sea

2. Draw lines to match these sentences.



3. Number the events below to show the order in which they happen.

- Plastic ends up in oceans and rivers.
- People use plastic and throw it away.
- Plastic traps and harms fish and other sea animals.

4. Find and copy one word that describes plastic.

Accept any of the following: cheap; strong.

5. Find and copy one thing you can do to help end plastic pollution.

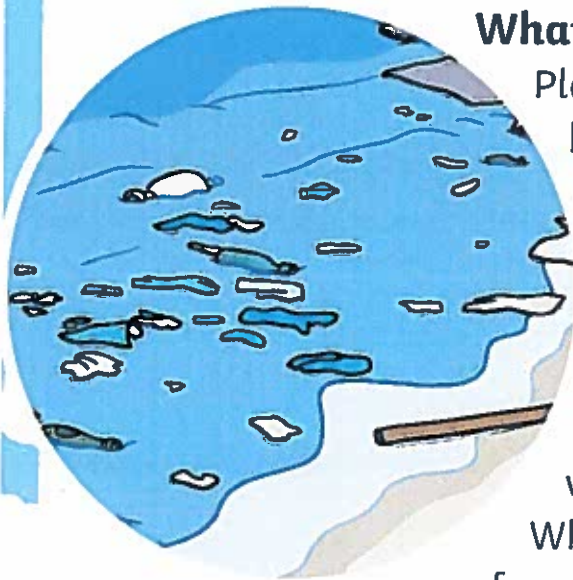
Accept any one of the points from the section 'What You Can Do', e.g.

Reuse a water bottle instead of buying a new one.

End Plastic Pollution

Our Planet

Our planet is very special and we must look after it. Everyone has an important role in making sure we keep it clean and safe. We also have a responsibility to look after everything that lives in it including people, plants and animals. Unfortunately, there are lots of things that we are doing that are damaging our planet and the things in it. One huge problem that we have is the amount of plastic that is polluting our planet. This plastic pollution is not only damaging to the earth but also to many creatures living on it.

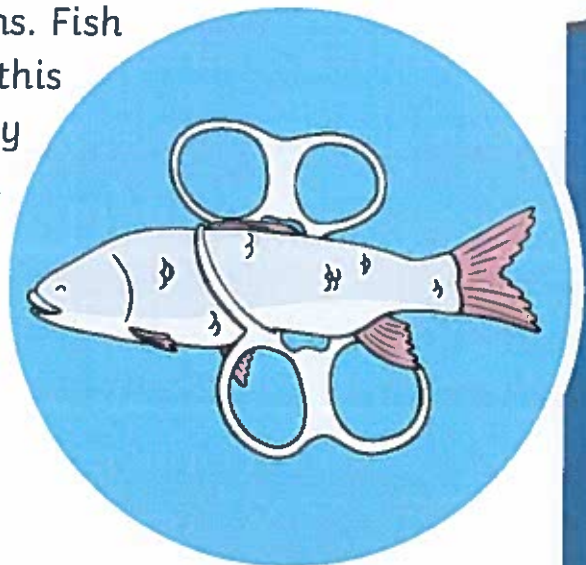


What Is Plastic Pollution?

Plastic pollution is when plastic that has been thrown away ends up in the environment. The environment means oceans, rivers, beaches and the countryside.

Plastic is very cheap to buy so humans throw a lot of it away. But plastic is very strong and made to last a long time. When it is thrown away, it takes hundreds of years before it rots away and disappears.

Sadly, lots of plastic ends up in oceans. Fish and sea creatures can get stuck in this plastic or eat it by mistake. This is very harmful to the animals and can even kill them. Plastic bags are killing over 100,000 fish and birds every year.



End Plastic Pollution

What You Can Do: Reduce, Reuse, Recycle

There are lots of things we can all do to help end plastic pollution.

- **Reduce:** Talk to your family, head teacher or school council about how your school and family can use less plastic. Say no to plastic straws.
- **Reuse:** Refill and reuse water bottles instead of buying new ones. Carry shopping in fabric bags, not plastic bags.
- **Recycle:** Look out for the special recycling sign on plastic. Remember to recycle when you can instead of throwing plastic away with the normal rubbish.



Powerful Plastic Facts

- The amount of plastic that humans use every year weighs the same as 30 million elephants!
- One plastic bottle takes about 450 years to break down.
- Scientists predict that by the year 2050, there will be more plastic in the world's oceans than fish!

Questions

1. Name one huge problem we have that is damaging our planet.

2. Draw lines to match these sentences.

environment

use less, say no

reduce

use again, instead of
buying new

reuse

oceans, rivers, beaches
and the countryside

3. Find and copy **one** adverb that shows the author of this text is unhappy about water pollution.

4. Fill in the missing word.

Plastic can be very _____ to fish and sea creatures.

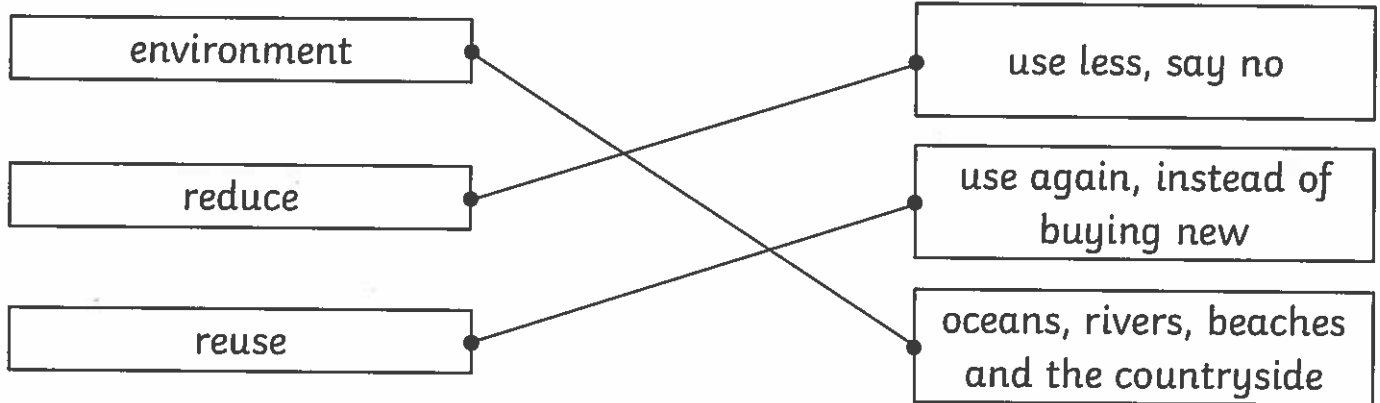
5. What can you do instead of buying new water bottles?

6. Which fact from this text do you think is the worst? Give two reasons for the fact you have chosen.

Answers

1. Name one huge problem we have that is damaging our planet.
plastic pollution

2. Draw lines to match these sentences.



3. Find and copy **one** adverb that shows the author of this text is unhappy about water pollution.

Sadly.

4. Fill in the missing word.

Plastic can be very **harmful** to fish and sea creatures.

5. What can you do instead of buying new water bottles?

Instead of buying new water bottles you can refill and reuse them.

6. Which fact from this text do you think is the worst? Give two reasons for the fact you have chosen.

Pupils' own responses. Accept any answer as long as one of the facts from the text is chosen and two reasons are given, such as: I think the worst fact is by 2050, there will be more plastic in the world's oceans than fish because fish were in the oceans before plastic and humans shouldn't be making so much rubbish.

The Moon

Do you ever look The Moon at night? Do you wonder what it would be like to visit the moon? Read on to find out more...

Moon and Sun:

The Moon shines very brightly, but it does not make its own light. It reflects the light of the Sun. When the Sun comes up for our daytime we think that the Moon goes away but it doesn't, it's just harder to see because the sky is so bright. Sometimes, if you look carefully, you can see the Moon in the sky during the day.



Did you know?

Day temperature: 107°C

Night temperature: -153°C

Distance from Earth: 238,857 miles

Diameter (from one side to the other): 2,160 miles

Length of Day: 708 hours

Orbit:

The Moon is the only thing that naturally goes round (orbits) the Earth – anything that does this is called a satellite. It takes the Moon about 28 days to go round the Earth once, we call this a lunar month.

Did you know we only ever see the same side of the Moon?

During its orbit the Moon is sometimes covered by a shadow of the Earth, this is what gives us the phases of the Moon, when it is waxing (growing bigger) and waning (getting smaller) with shapes including crescent and gibbous.

Moonwalking:

Only 12 people have ever walked on the Moon! The first person was Neil Armstrong on 20th July 1969. There were two other men on the mission: Buzz Aldrin and Michael Collins. Their space shuttle was called Apollo 11. It took them just over 3 days to get there.

You may have seen a film of people walking on the Moon and they bounce along. This is because the Moon's gravity is not as strong as the Earth's so people take longer to come back down when they go up in the air.

Photo courtesy of (shubhasharat, Aurel...@flickr.com) granted under creative commons licence attribution

Questions About The Moon

1. Who was the first man to walk on the Moon?

2. Where does the Moon get its light from?

3. How wide is the Moon?

4. How cold is the Moon at night?

5. What makes the shadow on the Moon to give it the different phases?

6. Why is the Moon warmer than Earth in the day?

7. Where does the Moon go in the daytime?

8. How long is a lunar month?

9. What is the distance from us to the Moon?

10. It took the astronauts just over 3 days to get to the Moon – how far could you travel in 3 days?

Questions About The Moon

Answers

1. Who was the first man to walk on the Moon?

Neil Armstrong

2. Where does the Moon get its light from?

It reflects the Sun's light/rays

3. How wide the Moon?

2,160 miles

4. How cold is the Moon at night?

- 153°C

5. What makes the shadow on the Moon to give it different phases?

The Earth

6. Why is the Moon warmer than Earth in the day?

It is nearer the Sun in the day.

7. Where does the Moon go in the daytime?

Nowhere – it stays in the daytime sky

8. How long is a lunar month?

About 28 days / 4 weeks / 27.3 days / 29-30 days

(The range is because it depends also on the position of The Earth)

9. What is the distance from us to the Moon?

238,857 miles

10. It took the astronauts just over 3 days to get to the Moon – how far could you travel in 3 days?

Open ended for discussion to put the journey into perspective and how fast they must have been travelling to get there in such a short time.

How Weeds Get Everywhere!

How come weeds get everywhere in our gardens? One minute your lawn can be lovely and green and the next minute it's covered - and I mean covered - in dandelions! Well, it's all to do with the clever way that plants spread their seeds to keep making more plants.

Making the Seeds

So, how do the plants make so many seeds?

Most plants are made up of some female and male plant parts. Bees and other insects come to the flower because they smell nice and have lovely colours. While the bees are in the flower, they help move pollen around to fertilise the plant. Sometimes even the wind can help with moving the pollen around to the right places.

Once the plant is fertilised, the seeds can grow. When this happens in a dandelion, the yellow flower turns into what we call a dandelion 'clock'. If you look closely at a dandelion clock, it is full of dark coloured seeds with light, feathery, white tops that look like umbrellas.



Fact File

- A weed is only a plant that someone does not want in their garden. They can be very pretty!
- Nettles can be used for making tea and medicines, so they are really useful.
- The world's largest weed is giant hogweed. It can grow up to 3.65m in height and have leaves that measure 91cm long.
- Some people think that if you hold a buttercup under your chin and the yellow reflects on your skin it means that you like butter.

Spreading the Seeds

So, how do the seeds get everywhere?

This is the clever bit...

As we said before, dandelions make lots and lots of seeds that look like umbrellas. This makes the seeds really good at floating and flying through the air. So, all they need is the wind to carry them off to another part of the garden, or sometimes even further. Before you know it, there are hundreds of seeds all over your lawn. These seeds are all ready to germinate and make yet more dandelions. Other flowers and plants have other clever ways of spreading their seeds, including putting them inside tasty fruit so that animals eat them. Eventually the seeds come out of the other end in their poo and start to germinate!

Questions about How Weeds Get Everywhere!

1. What is the name of the world's largest weed?

2. Which animals can move pollen around in the flower?

3. What are the dark-coloured objects that you can see in a dandelion clock?

4. What is a good thing that nettles can be used for?

5. What makes dandelion seeds good at floating in the air?

6. What do some people think it means if a buttercup reflects yellow under your chin?

7. How tall can the largest weed grow?

8. How many questions are there in the text?

9. In paragraph one, the author has used the contracted word **it's**. Write the full words without the apostrophe.

10. What happens when you blow on a dandelion clock and how does that help the dandelion?

Answers about How Weeds Get Everywhere!

Answers

1. What is the name of the world's largest weed?

Giant hogweed

2. Which animals can move pollen around in the flower?

A bee or other insect

3. What are the dark-coloured objects that you can see in a dandelion clock?

Seeds

4. What is a good thing that nettles can be used for?

Making tea or medicine.

5. What makes dandelion seeds good at floating in the air?

Accept any reference to them being; light, feathery, like an umbrella.

6. What do some people think it means if a buttercup reflects yellow under your chin?

It means you like butter. You could discuss whether they think this is true.

7. How tall can the largest weed grow?

3.65m / 3.65 metres.

8. How many questions are there in the text?

(Use question marks to spot them) 3

9. In paragraph one, the author has used the contracted word it's. Write the full words without the apostrophe.

It is

10. What happens when you blow on a dandelion clock and how does that help the dandelion?

You blow the seeds off the seed head and help it by spreading its seeds.

cardio jump workout

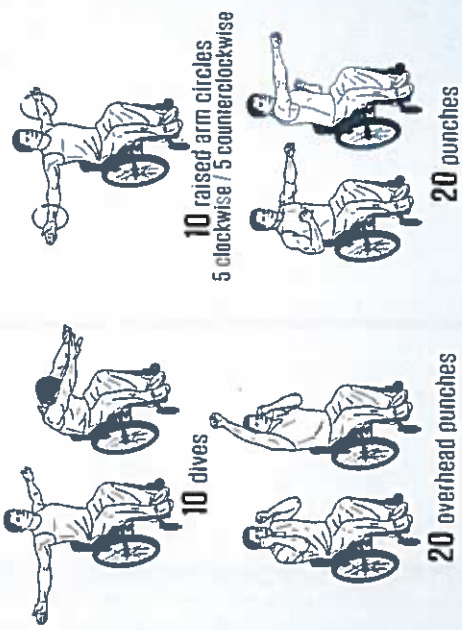
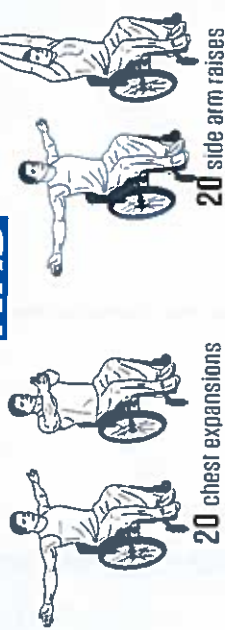
Repeat 3 times up to 2min rest between sets
© neilarey.com



www.nhs.uk **NHS choices**

Chair Exercises

WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets
www.nhs.uk **NHS choices**



NECK PAIN & TENSION RELIEF

DAREBEE WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS choices**



10 back and forth tilts



10 side-to-side tilts



10 neck rotations



10-count press



10-count press



10-count alternating side press



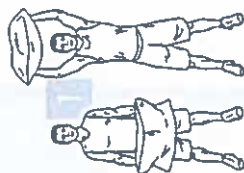
10-count alternating chin press



10-count alternating chin press

pillow workout

repeat 5 times | up to 2 minute rest between sets
© neilarey.com



20 pillow presses



10 pillow squats



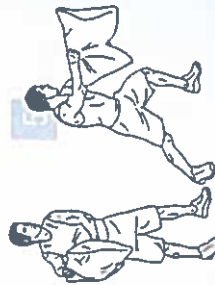
10 pillow high knees



20 pillow strikes



20 pillow lunges



www.nhs.uk **NHS choices**

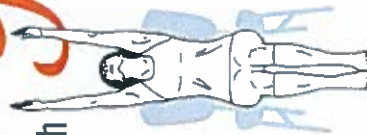
3-minute seated yoga

www.nhs.uk
NHS
 choices

OFFICE-FRIENDLY WORKOUT
 @ darebee.com
 30 seconds each



body fold



stretch up



alternating side stretch



alternating lotus twist



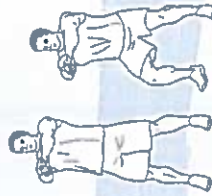
alternating lift & reach



alternating half lotus

Sofa Workout

Repeat 3 times | up to 2min rest between sets
 @ neilarey.com



20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles

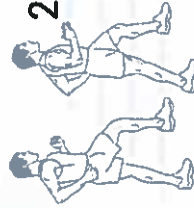
www.nhs.uk

NHS choices

Stairs Workout

Repeat 5 times | up to 2min rest between sets
Walk up the stairs 3 times before every circuit
© neilarey.com

20 step taps
alternating



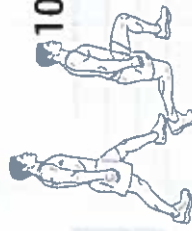
20 step-ups
alternating



10 step jumps



10 split squats
alternating



20 stair climbers
alternating



10 calf raises



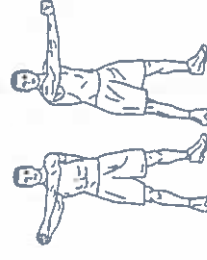
www.nhs.uk **NHS** choices

standing abs

repeat 5 times | up to 2 minute rest between sets
© neilarey.com



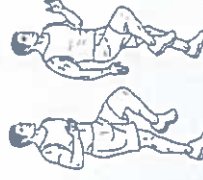
20 knee-to-elbows



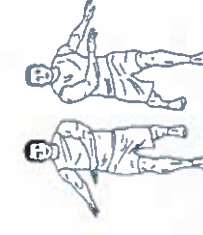
20 side-to-side chops



10 cross chops



20 high knees



20 twist jumps



10 side leg raises

www.nhs.uk **NHS** choices