



**23.04.25**

**Year 4**

1. Read your reading book for 20 minutes each night.
2. Practise your times tables for 10 minutes each night and complete your maths worksheet.
3. Practise your spellings.
4. If you can, play Times Table Rock Stars, and Hit the Button for about 10 minutes each night.

### **PSHE**

In PSHE, we have been learning about how we can have a healthy lifestyle.

Create a fact file with tips on how to maintain a healthy lifestyle.



Points to include:

- The importance of eating a balanced diet
- The importance of exercise
- The importance of sleep

**Due: 28.04.26**

