

## Two Rivers Federation **Bishops Tawton Primary School**

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### Executive Head Teacher: Melanie Smallwood

Head of School: Karen Lintin

### Saunton home learning - 14.11.25

This week in English we have been developing our sentences and creating multi-clause sentences. In maths we have been practicing column subtraction with exchanging. In science, we have learnt to plan a fair test and in history we have been examining evidence of what life was like in North Devon in WW2

#### Home learning

This term our PE unit is gymnastics, and we have been working on develop our core strength to help us balance. Your home learning this week is to have a go at the plank challenge and see if you can improve your time across the week.

### Reading

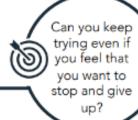
Hopefully, all children have now given you their homework login booklets, with their Boom Reader details inside. It has been lovely to see that some children are already customising their avatars and are logging their reading! The whole school expectation is that parents support their child to practising reading at home five times per week. This could be 5-10 minutes of reading, five times across the week. Thank you for your support.

### Time tables

Please make sure you are practicing your timetables on times table rockstars for at least 5 minutes a day.



# The Plank **60 Second Challenge**



Can you hold the 'plank' position for 60 seconds?



Make sure you keep your bottom down and back straight. Keep your forearms on the floor.

> If you're finding it tough stop

after 30 seconds and have

5 second rest.



## No equipment is required. Just make sure you use a clear,

open and safe space.

Achieve Platinum! To achieve platinum can you perform the plank for 90 seconds?

## Achieve Gold

60 seconds or more



### Achieve Silver

45 seconds or more



### **Achieve Bronze**

30 seconds or more























