

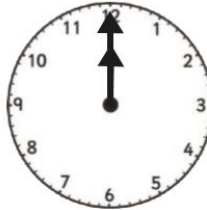
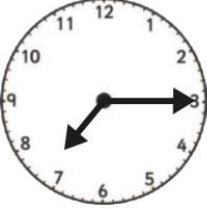
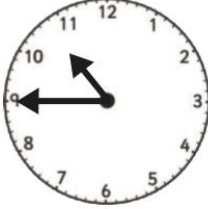
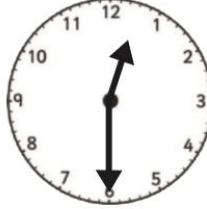


Year 2

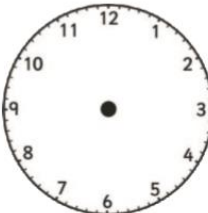
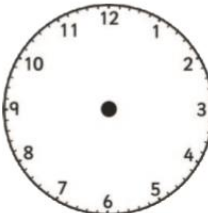
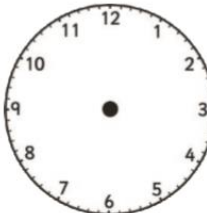
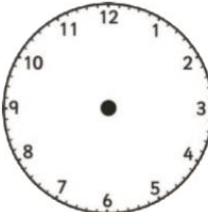
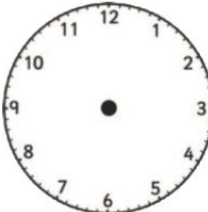
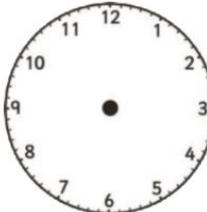
Mental maths homework

Know by heart all multiplication facts, and division facts, for 10, up to 10×12

Write the time under each of the clocks.

Draw the hands on the clocks to show the time.

		
6 o'clock	half past 7	quarter past 5
		
quarter to 4	half past 2	quarter to 8

Arctic Yoga Instructions

Follow these instructions to create some arctic yoga poses:

The Walrus

1. Begin by sitting with the soles of your feet together.
2. Touch your fingers to each side of your head.
3. Gently bounce your knees to flip your walrus flippers.

The Whale

1. Firstly, lay flat on your tummy.
2. Breathe out and lift the top part of your body off the floor.
3. Gaze forwards or look slightly upwards.
4. Hold this for a few seconds and then drop back down.
5. Repeat this move five times while pretending to be a whale squirting water from its blowhole.



Quick Questions

1. Which parts of your feet have to touch together to do the walrus pose?



2. Which word has the author used instead of 'look' in the whale instructions?



3. Why are these exercises called Arctic yoga poses?



4. Do you think that you would be good at Arctic yoga? Why or why not?

