



## Year 4 Home Learning – Wednesday 8<sup>th</sup> July 2020

Please email us your work to:  
[Year4@highworthcombined.co.uk](mailto:Year4@highworthcombined.co.uk)



### REMARKABLE WRITING! THIS CAN BE ALSO COMPLETED WITHOUT THE INTERNET!

Imagine coming up with the idea of travelling around the world in 80 days!

This is exactly the idea at the centre of a story written by Jules Verne in 1873. A mysterious gentleman named Phileas Fogg wagers his fortune that he can travel around the world in just eighty days.

Accompanied by his hapless servant Passepartout, Fogg sets out on a journey through jungles, deserts and mountains, across oceans and into great dangers.



You can either listen to, or read the story yourself, using this link:

<https://www.youtube.com/watch?v=czRCCmEwguo>

There is also a real life story of this involving the sportsman and adventurer, Mark Beaumont. You can read his story in the text attached below.

We would like you to plan your own around the world trip. You will need to think about the places you would want to visit on the way (not too many!) and where they are in the world so you can think of a suitable route. In the Topic Box below you will find links to some information about some of the Wonders of the World that may help to inspire you. Try to include some History and Geography as well as maybe a more current landmark. You can present your plan to us however you choose. For example: a world map (copy below) with places marked and information added; a poster or a booklet.

Alternatively, having thought about your trip, you could write it in the form of a story, like the Jules Verne story.

### MARVELLOUS MATHS!

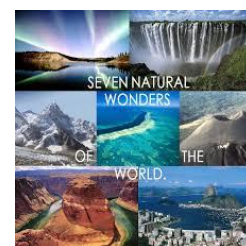
Can you use your marvellous maths skills to calculate the missing amounts in the distances of Mark Beaumont's journey around the world? There is a table with information below. You will need to think about what calculation you can use to work out the missing numbers. Please show us your working out!

**CHALLENGE:** There are some word problems themed around Mark Beaumont's journey attached below. You need to think about which information is important for you to decide the calculation you need to do to find the answers.

### GEOGRAPHY AND HISTORY: WONDERS OF THE WORLD!

The Wonders of the World are all places of special significance for different reasons. There are 3 well known categories:

- The Seven Wonders of the Natural World (information posters are on the website as a pdf)
- Seven Wonders of the Ancient World (can you find out what they are?)
- Seven Wonders of the Modern World: <https://www.youtube.com/watch?v=7Dbuc6vIRnE>



Can you make a poster or fact file either about one of these categories or about an individual wonder? Remember to make it eye catching, colourful and full of interesting information (use pictures and writing). Remember that fun facts or did you know facts are a good tool to use too!

## MORE GREAT GEOGRAPHY!

Flags show that we belong to a community, organisation or nation and that we share beliefs, goals, rules and regulations.

**Why do countries have flags? ...** Flags are national symbols. Every country has got a specific flag as their national symbol. The first flags were flown in the 18th century to tell others that we own a piece of land ('proclaim a possession') and that we rule over the people and land ('proclaim sovereignty'). Flags show that we belong to a community, organisation or nation and that we share beliefs, goals, rules and regulations.

Can you complete the Fantastic Flags activity attached below?

**CHALLENGE:** How many capital cities do you know? In the SPaG activity you have some capital cities. Do you know which country each one is from? There is a fortune teller to make, with just a few European Capital Cities, on the website. Or you could make your own with different countries and capital cities or even countries and their flags!

## WONDERFUL WELLBEING!



KINDNESS

Make a list of seven kind things you can do for someone else. This could be for people you live with (e.g. do the dishes one evening, tidy your room, read with your brother or sister) or people you don't get to see every day (send someone a compliment by text, draw a picture and send a photo of it to your grandparents, etc). Each day, do one of the seven kind things from your list.

## SPLENDID SPAG!

**WORD PLAY!** Have a go at this fun word challenge using city names from around the world.

**CHALLENGE:** Add some more capital cities to your word play!

### Capitals Around the World

#### Amazing Fact

The two closest capital cities in the world (apart from Rome and Vatican City) are Kinshasa and Brazzaville. At their closest point they are only one mile apart.

#### Challenge

Here are some of the world's capital cities.

See if you can link all the cities together by just one letter.

For example:

B	Use these city names:	
R		
K I N S H A S A	London	Warsaw
Z	Paris	Oslo
Z	Berlin	Madrid
A	Canberra	Dublin
V	Vienna	Rome
I	Brussels	Washington DC
L		
L		
E		



#### EXTRA CHALLENGE!

You could also try to find out:

- which countries Kinshasa and Brazzaville are in;
- some of the amazing facts about the Congo River;
- which countries in Africa have changed their names;
- what Vatican City is.

# Mark Beaumont: World Adventurer

Mark Beaumont - Around the World in 80 Days

## About Mark Beaumont

A world record holder and devoted professional sportsman, Mark Ian Macleod Beaumont was born in Scotland in 1983, went to school in Dundee and later to university in Glasgow.

Planning to use his education to become an accountant, he instead decided to pursue his passion for cycling and adventure. His dedication and enthusiasm for setting goals has been inspirational to many people around the world.

Having already ridden the length of Britain at just 15 years old, he has continued to break records with some amazing challenges, becoming famous for his courageous expeditions. Using his own video diaries, TV documentaries have been made of his previous cycling challenges along with the publication of best-selling books. Along the way, he has helped to raise thousands of pounds for charities and continues to be an inspiring speaker at events all over the world.



## His challenges so far...

Mark is an endurance athlete which means that he sets himself hugely ambitious targets that require enormous amounts of prolonged hard work for several days, weeks or months. One of his early accomplishments was to cycle the length of Great Britain, from John O'Groats to Land's End.



### Mark Beaumont - Around the World in 80 Days

#### Cycling Around the World

In 2008, he first achieved the Guinness World Record for cycling around the world unsupported. This was a distance of over 18 000 miles, which he completed in 194 days and 17 hours, averaging around 100 miles per day. During the trip, he suffered broken wheels while crossing Europe then had to battle through deserts, mountains and through exhausting heat or headwind.



#### Cycling Across America

Mark pedalled his way across America, completing another incredible achievement in 2010. As well as the solo cycle journey, he also added a mountaineering challenge along the way. He interrupted his riding to climb the two highest mountain peaks in North and South America! The entire journey took 268 days and was a distance of 13 000 miles.



#### Cycling the Length of Africa

More recently, in 2015, Mark broke the World Record for the fastest time cycling from Cairo (Egypt) to Cape Town (South Africa) in 42 days and 8 hours. That was a distance of 10 000km. In this epic adventure, he faced adversity in the form of sandstorms and lonely deserts, pushing himself to the limit both physically and mentally.

As well as his passion for two wheels, Mark has also attempted unbelievable challenges involving swimming, rowing, mountaineering and running. He was part of the first team to reach the North Pole by rowing boat and attempted to row across the Atlantic Ocean but capsized and his crew all had to be rescued from the sea.



# Questions

1. In what year was Mark Beaumont born?

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2. Which two cities did he attend school and university?

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3. Complete the table to show which years Mark completed some of his challenges:

Year	Challenge
	Cycled Around the World
2010	
	Cycled the Length of Africa

4. Look at the section 'About Mark Beaumont'. Find and copy a word which means 'follow or chase'.

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5. How long did it take Mark to cycle from Cairo to Cape Town?

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6. Look at the phrase: 'becoming famous for his courageous expeditions'. What do the words 'famous' and 'courageous' tell you about these expeditions?

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7. Where did Mark begin and end when cycling the length of Great Britain?

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8. According to the text, what kind of problems did Mark face when cycling around the world? Give two different examples.

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9. Look at the sentence ending with ‘...pushing himself to the limit both physically and mentally’. What is meant by this phrase?

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10. Which of Mark’s challenges do you think was the most difficult? Give evidence from the text to support your answer.

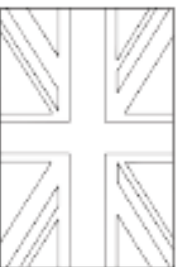
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# Fantastic Flags

Use an Atlas to colour the flags of these European countries correctly.



The UK



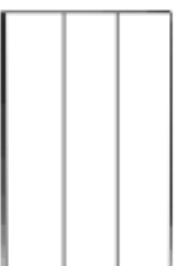
France



Spain



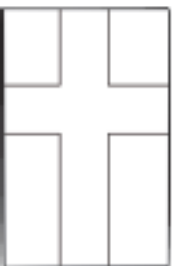
Italy



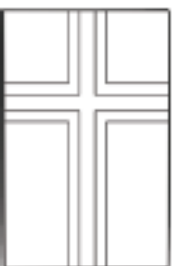
Germany



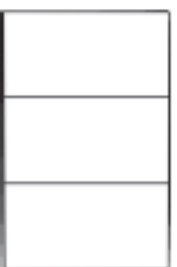
Greece



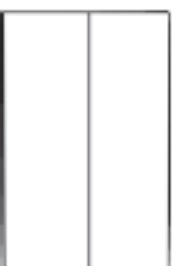
Finland



Iceland



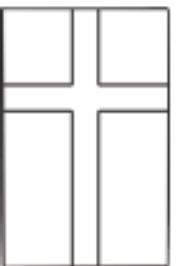
Ireland



Poland



Portugal



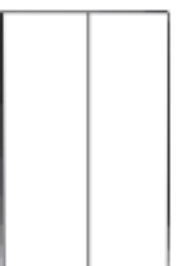
Sweden



Norway



Turkey



Ukraine



Russia



Netherlands



Hungary



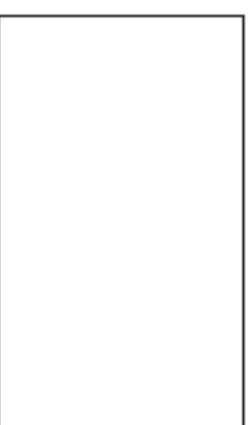
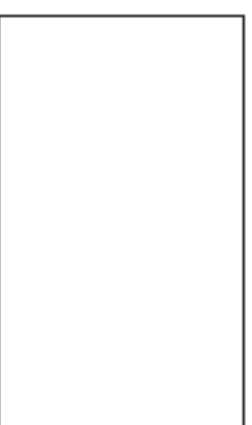
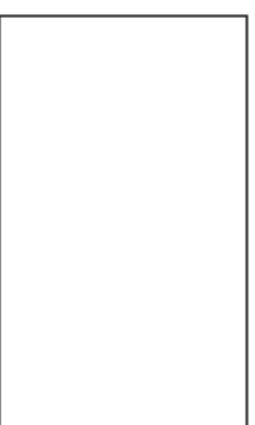
Romania



Denmark

## Challenge:

Choose 3 European flags!  
Can you draw and colour  
them correctly?



Use your maths skills to calculate the missing number of miles if each of these were the distances of the journey stages:

Country	Approximate Miles to Cycle in this Country	Total Miles Completed So Far
France	151	151
Belgium	109	
Germany		739
Poland	456	1195
Lithuania	247	
Latvia	138	
Russia	4097	5677
Mongolia		6301
China	415	6716
Australia	3627	
New Zealand	973	11 316
USA		12 794
Canada		16 600
Portugal	277	
Spain		17 463



# Maths Word Problems Challenge...

REMEMBER TO SHOW YOUR WORKING OUT!

## Calories

The expected energy needed to complete the required number of miles was greater than 6000 calories per day.

1. If there are 250 calories in Mark's favourite chocolate bar,
  - (a) how many calories will there be in 3 chocolate bars?
  - (b) how many calories in 5 chocolate bars?
  - (c) how many calories in half a chocolate bar?
2. How many of the chocolate bars would be required to consume 6000 calories?

One essential nutrient that Mark needed was protein. We all need some protein in our daily balanced diets but it is particularly important for athletes after exercise, as muscles need it to recover and grow.

Mark needed to consume 30g of protein every 4 hours.

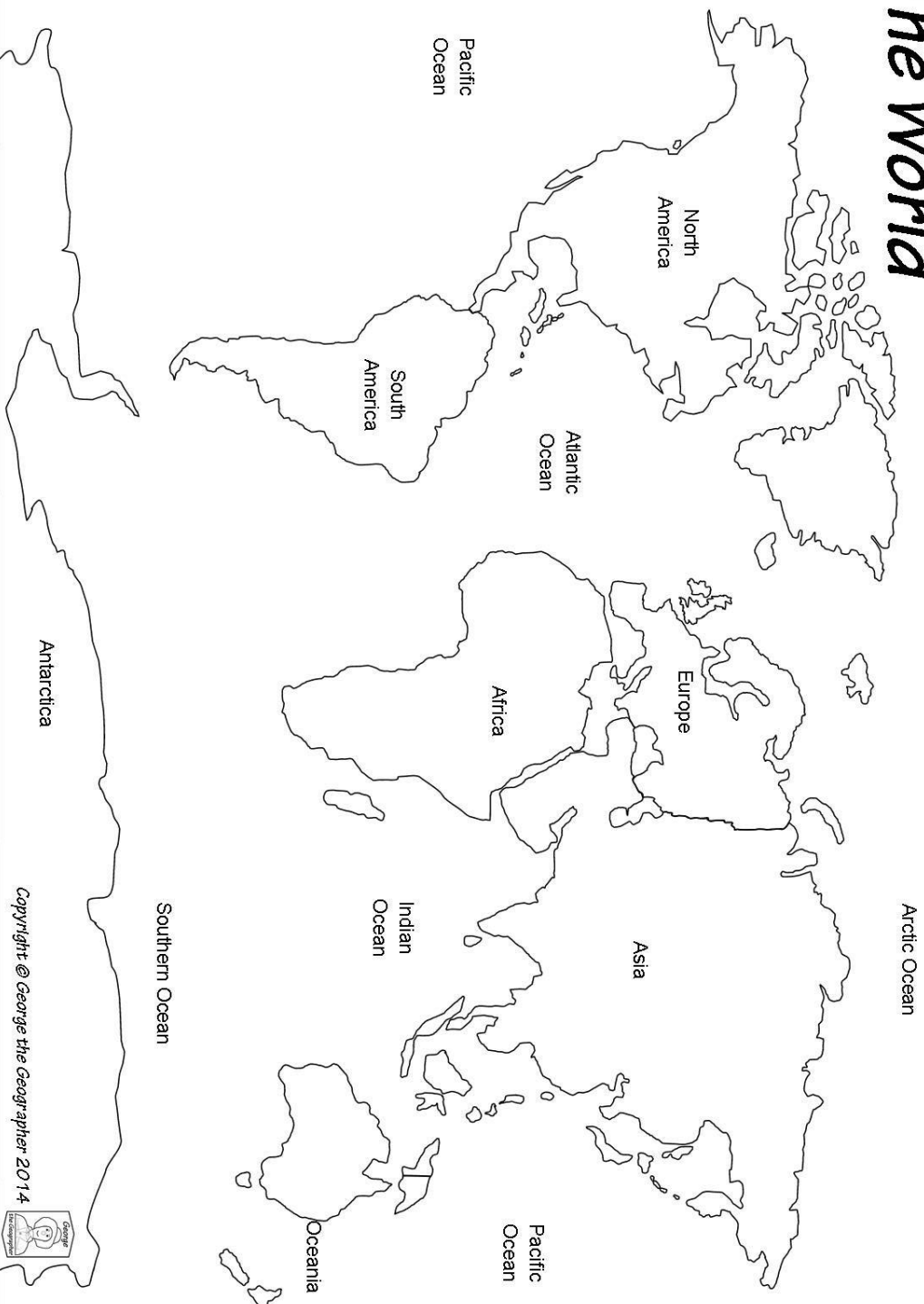
1 boiled egg contains around 6g of protein.

3. How many eggs would he need to eat to consume 30g of protein?
4. How many eggs would be needed for enough protein to cover 16 hours of cycling?

Around 50 pistachio nuts have the same protein as 1 egg.

5. How many pistachio nuts would be required to consume 30g of protein?
6. How many pistachio nuts would be required to cover a full day of 16 hours cycling?

# The World



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