

Daily activities:

	Monday	Tuesday	Wednesday	Thursday	Friday
Vocabulary Times Tables 	TTRockstars /Numbots	Pre-Recorded lesson uploaded New word: enthusiastic	TTRockstars /Numbots	Pre-Recorded lesson uploaded Roll the dice activity.	TTRockstars /Numbots
Reading 	Class book next chapter See Class Dojo for video.	Select a book from rising stars or audible.	Class book next chapter See Class Dojo for video.	Select a book from rising stars or audible.	Class book next chapter See Class Dojo for video.
English (Grammar or Writing) 	Live lesson at 9:10am Why the Koala has a Stumpy tail Part 1 Vocabulary	Live lesson at 9:10am Why the Koala has a Stumpy tail Part 2 Comprehension	Live lesson at 9:10am Why the Koala has a Stumpy tail Part 3 Comparing characters from the story.	Live lesson at 9:10 am Why the Koala has a Stumpy tail Part 4 Comparing the two Dreamtime stories.	Pre-recorded Free writing- Using the stimulus, what are you inspired to write.
Phonics	Live lesson at 10am. /or/ Introduce various spellings	Live lesson at 10am /or/ revision Word sort Polysyllabic word building	Live lesson at 10am Revisit /s/ Polysyllabic word reading	Live lesson at 10am /or/ spelling Dictation	Pre-recorded Seek the sound /or/
Maths 	Live lesson at 11am Naming 2D shapes	Live lesson at 11am Creating 2d shapes.	Live lesson at 11am What is symmetry?	Live lesson at 11am Identifying symmetrical shapes and patterns.	Pre-recorded Patterns with 2D shapes.
Afternoon Activities	Live lesson at 12:45pm Express yourself - Wellbeing week. You will need a piece of paper and some colours.	Pre-recorded lesson How can we help keep ourselves calm?	Screen-free Wednesday See below the grid for information about this afternoon.	Pick from the get creative/Get thinking grid below.	PE: Pick from the Get Active grid below. Whole school assembly Zoom details to follow.

Blue are live sessions

Yellow are pre-recorded independent sessions

Get Thinking	Get Active	Get creative
<p style="text-align: center;"><u>PSHE</u></p> <p>We have been thinking about emotions. Follow the link to a lesson about how to express yourself when you are feeling worried.</p> <p>https://classroom.thenational.academy/lessons/dont-worry-about-a-thing-68u32d</p>	<p style="text-align: center;"><u>Take a Healthy Selfie!</u></p> <p>Choose an activity that you enjoy doing outside (be it going for a bike ride, jumping in puddles or whatever you enjoy) and take a selfie with your family joining in.</p> 	<p style="text-align: center;"><u>Create your own Rain stick</u></p>  <p style="text-align: center;">The instructions for this are below.</p>
<p style="text-align: center;"><u>Express Yourself!</u></p> <p>Think about a creative activity that makes you happy or someone in your family happy. Complete it with them ☑</p> 	<p style="text-align: center;"><u>Cosmic Yoga</u></p> <p>https://www.cosmickids.com/category/watch/</p> <p>Have a look through the website to find a cosmic yoga session that you are interested in.</p> 	
<p style="text-align: center;"><u>Science</u></p> <p>How do we know if something is alive, dead or never alive? Watch the lesson below and create a poster about what you have learnt.</p> <p>https://classroom.thenational.academy/lessons/what-are-the-characteristics-of-living-things-70u30c?activity=video&step=1</p> 	<p style="text-align: center;"><u>Design an obstacle course</u></p> <p>Make an obstacle course outside and explain it to another person. Time each other and work out the difference in your times.</p> 	<p style="text-align: center;"><u>Get cooking!</u></p> <p>Help an adult make a meal or snack! You can use our work on weighing and measuring to help you!</p> 



Screen free Wednesday!

Throughout the current pandemic, it is more apparent than ever that wellbeing, physical and mental health are more important than ever. Due to the nature of home-schooling, it has potentially increased the amount of screen time that your child is receiving. Add to this the strains, worries and concerns of changes in routine, missing friends and working differently, sometimes this can be too much for both children and adults alike.

With this in mind we are introducing 'Well-being Wednesday'. This is an afternoon that is dedicated to non-screen based activities such as construction, natural and physical activities that do not require a screen to support their learning. Each week I will provide some ideas that your child can do during this time.

If it suits your family and routine to do this on a different day, that is absolutely fine. You could have Mindful Monday, Thoughtful Thursday - catchy name is optional! Also if you have more than one child in different year groups, you can select just one activity from either one of their grids rather than doing one from each. This is supposed to be a fun activity that you can share - not a stressful one.

Here are some ideas for this week.

You could: play a board game.

You could play a board game with your family or if you have not got one, make one of your own.

You could: make a rain stick

You will need:

2 x A4 paper, selotape, stapler, paint/pens and dry rice.

1. Roll the A4 paper lengthways into a tube. Tape the tube together along the middle.
2. Roll another piece of paper around the first to make it stronger. Tape it along the middle.
3. Press one end together and staple it closed and tape to reinforce.



Week beginning 1st February 2021



4. Decorate the tube with a pattern. You could practise the Aboriginal patterns we have been learning.
5. Add half a cup of rice to the tube and then staple the end shut.
6. Finally gently turn your rain make up and down to make the sound of rain.