

	Wednesday	Thursday	Friday
Morning	<p>FITNESS</p> <ul style="list-style-type: none"> Go onto YouTube and find a Go Noddle Workout If you don't have access to the internet refer to the pack provided for exercises. Record thirty seconds of your exercise, add to our seesaw blog <p>ENGLISH</p> <p>SMART Spelling –</p> <ul style="list-style-type: none"> Type your words out in a list and then print them Write your words in a list and then highlight the difficult part in the word. <p>Writing –</p> <ul style="list-style-type: none"> Write an imaginative text using the prompt I have linked on seesaw from our brainstorm 	<p>FITNESS</p> <ul style="list-style-type: none"> Go onto YouTube and find a Go Noddle Workout If you don't have access to the internet refer to the pack provided for exercises. Record your exercise and add it to our seesaw blog <p>ENGLISH</p> <p>SMART Spelling –</p> <ul style="list-style-type: none"> Using a dictionary, look up the meanings of each of your words. Using a thesaurus, look up your words and find its antonym, (opposite of it) <p>Writing –</p> <ul style="list-style-type: none"> Log onto Pobble365; find yourself a prompt and write a plan and draft it- take a picture and upload it to OUR WRITING folder please 	<p>FITNESS</p> <ul style="list-style-type: none"> Go onto YouTube and find a Go Noddle Workout If you don't have access to the internet refer to the pack provided for exercises. Record your exercise and add it to our seesaw blog <p>ENGLISH</p> <p>SMART Spelling –</p> <ul style="list-style-type: none"> Ask a person in your home to give you a spelling test- record yourself spelling out your words please. <p>Writing –</p> <ul style="list-style-type: none"> Publish your piece of writing Google docs which can be accessed through your student portal-G Suite, Google Docs and place into the Writing folder

	<p>Reading Eggs/ readtheory.com- 15 minutes</p> <p>Reading –</p> <p>Predict what will happen in your book then write a summary of what you have had, using DETAIL!</p> <p>These questions may guide you</p> <ol style="list-style-type: none"> 1. What is the title of your book? 2. What was the chapter about? 3. Who is the main character? 4. What was the complication in the chapter? <p>Remember our 5Ws (What, who, where, when, why and how)</p>	<p>Reading Eggs/ readtheory.com- 15 minutes</p> <p>Reading –</p> <p>Predict what will happen in your book then write a summary of what you have had, using DETAIL!</p> <p>These questions may guide you</p> <ol style="list-style-type: none"> 1. What is the title of your book? 2. What was the chapter about? 3. Who is the main character? 4. What was the complication in the chapter? <p>Remember our 5Ws (What, who, where, when, why and how)</p>	<ul style="list-style-type: none"> • (Or publish on paper, take a picture and upload it into our writing folder. <p>Reading – Write a book review using the template linked.</p> <p>Predict what will happen in your book then write a summary of what you have had, using DETAIL!</p> <p>These questions may guide you</p> <ol style="list-style-type: none"> 1. What is the title of your book? 2. What was the chapter about? 3. Who is the main character? 4. What was the complication in the chapter? <p>Remember our 5Ws (What, who, where, when, why and how)</p>
Break			
Middle	<p>MEDITATION</p> <ul style="list-style-type: none"> • Take 10 minutes to focus after your break. You can just sit and relax or you can use an activity on Smiling Mind to help you relax and calm down. 	<p>MEDITATION</p> <ul style="list-style-type: none"> • Take 10 minutes to focus after your break. You can just sit and relax or you can use an activity on Smiling Mind to help you relax and calm down. 	<p>MEDITATION</p> <ul style="list-style-type: none"> • Take 10 minutes to focus after your break. You can just sit and relax or you can use an activity on Smiling Mind to help you relax and calm down.

	<p>MATHEMATICS</p> <p>Gametime: Using a dice play the Race to 20, 50 or 100</p> <p>Mathletics –</p> <ul style="list-style-type: none"> • Spend 20 minutes on these tasks <p>Timetables –</p> <ul style="list-style-type: none"> • Practice your 2, 5, and 10 timetables <p>Extension –</p> <ul style="list-style-type: none"> • Come up with your own addition sums (it can be decimal numbers or 3, 4, 5 digit numbers). Be sure to show your working out. 	<p>MATHEMATICS</p> <p>Gametime: Using a dice play the Race from 20, 50 or 100</p> <p>Mathletics –</p> <ul style="list-style-type: none"> • Spend 20 minutes on these tasks <p>Timetables –</p> <ul style="list-style-type: none"> • Practice your 3, 4, and 6 timetables <p>Extension –</p> <ul style="list-style-type: none"> • Come up with your own subtraction sums (it can be decimal numbers or 3, 4, 5 digit numbers). Be sure to show your working out. <p>Post your working out to seesaw and it into appropriate folder</p>	<p>MATHEMATICS</p> <p>Gametime: Using a dice play the Race from OR TO 20, 50 or 100</p> <p>Mathletics –</p> <ul style="list-style-type: none"> • Spend 20 minutes on these tasks <p>Timetables –</p> <ul style="list-style-type: none"> • Practice your 7, 8, and 9 timetables <p>Fractions</p> <p>Using items you can find, make many fractions, and post them into our folder for Fractions</p>
Break			
Afternoon	<p>Reading –</p> <ul style="list-style-type: none"> • Read your book for 15 minutes 	<p>Reading –</p> <ul style="list-style-type: none"> • Read your book for 15 minutes 	<p>Reading –</p> <ul style="list-style-type: none"> • Read your book for 15 minutes

	<p>SCIENCE</p> <p>Study the impact of EROSION on a landscape of your choice (using Google to research).</p> <p>Write down ten facts and share them onto our blog</p>	<p>PE</p> <ul style="list-style-type: none">• Keep a diary of physical activity you participate in each day this week. Record the time spent each time.• How could you improve your throwing, catching or kicking skills?• Respond: Write a list of strategies you could use to improve your skills.• Practise: kick, throw, or bounce a ball towards a target. Observe how you can change your body position to apply different amounts of force to the ball.	<p>Wind down/ plotting</p> <ul style="list-style-type: none">• Watch a movie and plot it onto the our 7 steps story graph, (record the sizzling start, pebble, rock and boulder and identify the exciting ending)
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EXERCISES FOR KIDS



1. Planks



2. Push-ups



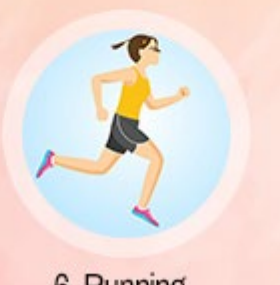
3. Crunches



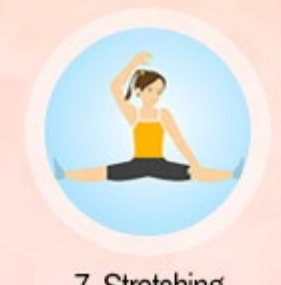
4. Cycling



5. Lunges



6. Running



7. Stretching



8. Bridge Lift