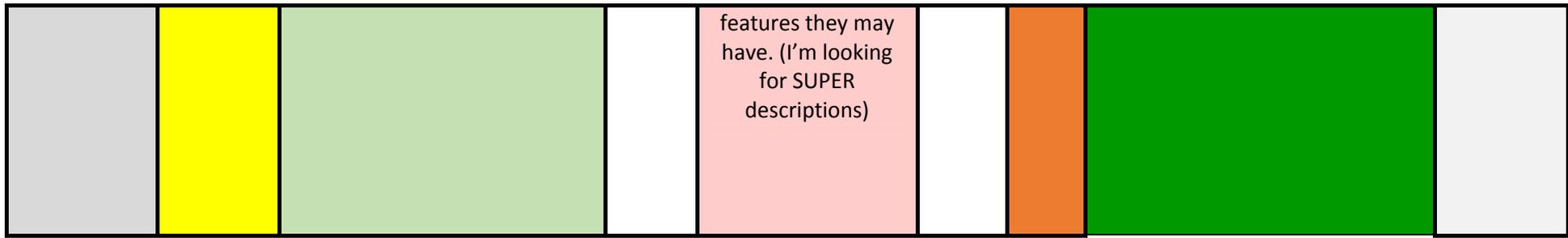


Ash Class- Home Schooling Timetable Week 4- Healthy Habits!

	9:00-9:30	9:30-10:30	10:30-10:50	10:50-11:05	11:05-12:10	12:10-1:10	1:10-1:15	1:15-1:45	1:45-2:15	2:15-2:45	2:45-3:15
Monday	Joe Wick's live work out (on his You tube channel)	<p style="text-align: center;">Maths</p> <p><u>10 minute starter:</u> Mathletics or TT Rockstars</p> <p><u>Main activity:</u> This week, we will be continuing to use the White Rose Maths Home Learning resources, which can be found at www.whiterosemaths.com/homelearning/</p> <p>Start with the resources for your year group (Lesson 1). If you find them too difficult or too easy, you could try a year group above or below. There is a video explaining each learning step, a worksheet and an answer sheet.</p>	Enrichment activity- choose a different enrichment activity to do each day		<p style="text-align: center;">English Starter:</p> <p>Take your 10 spellings and write them out in your neatest bubble writing.</p> <p><u>Main activity:</u> Choose one of your reading comprehensions in your Home Learning pack.</p> <p>** Ongoing English activity: For 7 days, keep a food diary in the back of your home learning book. Remember to record your drinks too!</p>	Lunch	Science- Fill in the 'What I know about food' sheet on supporting resouces. Alternatively, you can write your answers straight into you Home Learning book using the headings on the sheet for guidance.		Quiet time- reading a book/meditating/ yoga		
Tuesday	Joe Wick's live work out (on his You tube channel)	<p style="text-align: center;">Maths</p> <p><u>10 minute starter:</u> Mathletics or TT Rockstars</p> <p><u>Main activity:</u> Please complete Lesson 2 of your chosen year group on</p>	Enrichment activity- choose a different enrichment activity to do each day		<p style="text-align: center;">English Starter:</p> <p>Take 5 of your spellings and write them into a sentence.</p> <p><u>Main activity:</u> Write out a set of</p>	Ask if there are any jobs you can do around the house- e.g. wash up your lunch bits. Spellings (on the school website)	Handwriting practise- Go to supporting resources, Week 4 Handwriting		Science Take a look at the Healthy Eating PowerPoint on the website. Have a think of the different food groups. Now, complete the		

		https://whiterosemaths.com/homelearning/		<p>instructions on how to prepare a fruit salad.</p> <p>Make sure you include time connectives AND adverbs to describe how you can carry out each instruction.</p>			<p>Healthy Eating Meal activity (sheet found on the website).</p>
<p>Wednesday</p>	<p>Joe Wick's live work out (on his YouTube channel)</p>	<p>English Starter:</p> <p>Take the remaining 5 spellings and write them into a sentence.</p> <p>Main activity:</p> <p>Reread your set of instructions from yesterday. Now edit them. Have you missed out an important step? Can you expand on some noun phrases? Use a dictionary to check your spelling of any words you are unsure of. Have you used a wide variety of adverbs?</p> <p>If you want an acting challenge afterwards- film yourself making your fruit salad, following your instructions. (You could pretend to be</p>		<p>Maths 10 minute starter:</p> <p>Mathletics or Tt Rockstars</p> <p>Main activity:</p> <p>Please complete Lesson 3 of your chosen year group on</p> <p>https://whiterosemaths.com/homelearning/</p>		<p>Independent reading/ share a story</p>	<p>Science</p> <p>Design your own healthy school meal. Feel free to use the template on supporting resources, or just draw your meal straight into your Home learning book. Then if you would like to, prepare and make your very own healthy meal. Remember to ask a grown up to help. Can you explain which groups each of your food belong to and why they are healthy?</p>

		on your own cookery show)						
Thursday	Joe Wick's live work out (on his You tube channel)	<p>Maths</p> <p>10 minute starter: Mathletics or TT Rockstars</p> <p>Main activity: Please complete Lesson 4 of your chosen year group on https://whiterosemaths.com/homelearning/</p>			<p>English Starter:</p> <p>Use chalk on your patio, some paints to write your spellings out. Now try writing them with your eyes closed.</p> <p>Main activity: Write a letter to me explaining why it important to eat healthy. (Think about what sugar and unhealthy foods can do to your body) If you wanted to you could post your letters to school or email them over.</p>		<p>PSHCE</p> <p>Find out what the word grateful means. Write a list of everything that you are grateful for.</p>	<p>P.E.</p> <p>Create your own circuit training/obstacle course in your back garden. Each time you complete the course, think of how you could make it harder for next time. For example, you might want to see if you can complete it in a certain time, or add in 20 star jumps at the beginning and end.</p>
Friday	Joe Wick's live work out (on his You tube channel)	<p>9.30-10.50</p> <p>Maths Starter: Speed tables (10 mins)</p> <p>Main Activity: Please complete Lesson 5 of your chosen year group on https://whiterosemaths.com/homelearning/</p>			<p>English Starter: Spelling test</p> <p>Main activity: Design your own healthy eating superhero. You MUST label your superhero with their different special powers or</p>		<p>Choose one of your Enrichment activities on the Home Learning grid found on the school website. I would love to see some pictures!</p>	Tablet time



**** Active sessions**

Please note: The timings on this timetable are just for guidance, do not feel obliged to follow this, do what works for your family. Remember if your child has another interest, let them pursue this instead, during this challenging time. We would love to see this in their Home Learning Book! You are doing a great job parents, keep in touch.