

## Dragonflies Suggested Home Timetable – Week Beginning 11<sup>th</sup> May.

\*Please Check Class Dojo for a weekly spelling test.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9.00 - 9.30</b> <b>“Wake and Shake”</b>	Walk your dog or go for a walk, Jo Wicks “The body coach” Youtube Live PE Lesson, Go Noodle, “Just Dance” Videos on youtube, “Cosmic Kids Yoga” on Youtube, or any other active games you may have!				
<b>9.30 – 10.30</b> <b>Academic Hour</b> <b>Reading/Writing</b>  <b>Please upload one or more of your reading/writing activities to Class Dojo</b>	<p>English Daily Lessons can be found here on <b>BBC Bitesize</b>: <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a></p> <p>or here on <b>Oak Academy</b>: <a href="https://www.thenational.academy/online-classroom/schedule/#schedule">https://www.thenational.academy/online-classroom/schedule/#schedule</a></p> <p><b>Now that we have tried both sites. Please choose which you would like to follow. If you would like to continue where we left off from BBC bitesize then please feel free to do so.</b></p>	<p>English Daily Lessons can be found here on <b>BBC Bitesize</b>: <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a></p> <p>or here on <b>Oak Academy</b>: <a href="https://www.thenational.academy/online-classroom/schedule/#schedule">https://www.thenational.academy/online-classroom/schedule/#schedule</a></p>	<p>English Daily Lessons can be found here on <b>BBC Bitesize</b>: <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a></p> <p>or here on <b>Oak Academy</b>: <a href="https://www.thenational.academy/online-classroom/schedule/#schedule">https://www.thenational.academy/online-classroom/schedule/#schedule</a></p>	<p>English Daily Lessons can be found here on <b>BBC Bitesize</b>: <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a></p> <p>or here on <b>Oak Academy</b>: <a href="https://www.thenational.academy/online-classroom/schedule/#schedule">https://www.thenational.academy/online-classroom/schedule/#schedule</a></p>	<p><b>This week’s Reading task:</b> Reading Comprehensions: See website to download.</p>
<b>10.30 – 11.00</b> <b>Break</b>	“Downtime”, Play in the garden, play with your toys, eat some fruit.				
<b>11.00 – 12.00</b> <b>Academic time</b> <b>Maths</b>  <b>Please upload one or more of your maths</b>	<p>Maths Daily Lessons can be found here on <b>BBC Bitesize</b>: <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a></p> <p>or here on the <b>White Rose Home Learning Hub</b>:</p>	<p>Maths Daily Lessons can be found here on <b>BBC Bitesize</b>: <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a></p> <p>or here on the <b>White Rose Home Learning Hub</b>:</p>	<p>Maths Daily Lessons can be found here on <b>BBC Bitesize</b>: <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a></p> <p>or here on the <b>White Rose Home Learning Hub</b>:</p>	<p>Maths Daily Lessons can be found here on <b>BBC Bitesize</b>: <a href="https://www.bbc.co.uk/bitesize/dailylessons">https://www.bbc.co.uk/bitesize/dailylessons</a></p> <p>or here on the <b>White Rose Home Learning Hub</b>:</p>	<p><b>Daily Lessons and Timestable practise:</b> Play “Hit the button” <a href="https://www.topmarks.co.uk/maths-games/hit-the-button">https://www.topmarks.co.uk/maths-games/hit-the-button</a></p>

<b>activities to Class Dojo</b>	<a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a>  or here on <b>Oak Academy:</b> <a href="https://www.thenational.academy/online-classroom/schedule/#schedule">https://www.thenational.academy/online-classroom/schedule/#schedule</a>  <b>Now that we have tried both, please choose the website that you feel suits you and your child best and continue their daily lessons.</b>	<a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a>  or here on <b>Oak Academy:</b> <a href="https://www.thenational.academy/online-classroom/schedule/#schedule">https://www.thenational.academy/online-classroom/schedule/#schedule</a>  	<a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a>  or here on <b>Oak Academy:</b> <a href="https://www.thenational.academy/online-classroom/schedule/#schedule">https://www.thenational.academy/online-classroom/schedule/#schedule</a>  	<a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a>  or here on <b>Oak Academy:</b> <a href="https://www.thenational.academy/online-classroom/schedule/#schedule">https://www.thenational.academy/online-classroom/schedule/#schedule</a>  	Or use this link to find lots of timetable games and worksheets. <a href="https://home.oxfordowl.co.uk/kids-activities/fun-maths-games-and-activities/">https://home.oxfordowl.co.uk/kids-activities/fun-maths-games-and-activities/</a>
<b>12.00 – 12.30</b>	Lunchtime				
<b>12.30 – 1.30 Household chores and playtime/creative time.</b>	Help around the house, tidy up after lunch, do the washing up, polish all the tables, tidy your bedroom, organise your toys, ask mum or dad what you can do!  Once you've done something helpful around the house, it's free play time or spend some time being creative. Creative play ideas - Legos, drawing, crafting, listen to music, dance, cooking, gardening, sewing				
<b>1.30 – 2.00 Reading</b>	Reading for Pleasure or listen to an audio book				
<b>2.00 – 3.00 Academic Hour Foundation</b>	<b>Spanish</b>  <a href="https://www.thenational.academy/year-3/foundation/saying-your-birthday-in-spanish-year-3-wk3-2">https://www.thenational.academy/year-3/foundation/saying-your-birthday-in-spanish-year-3-wk3-2</a>  Saying your birthday in Spanish/	<b>BBC Bitesize – Science – Light</b> Shadows Watch the video about shadows: <a href="https://www.youtube.com/watch?v=IOIGOT88Aqc">https://www.youtube.com/watch?v=IOIGOT88Aqc</a>  Learn more about shadow puppets here: <a href="https://www.bbc.co.uk/bitesize/clips/z87jmp3">https://www.bbc.co.uk/bitesize/clips/z87jmp3</a>  Please complete the shadows worksheet (See Resources). Then have a go	<b>PSHE -</b> Find a quiet place to sit and be comfortable and then start with some rainbow breathing: <a href="https://www.youtube.com/watch?v=O29e4rRMvV4">https://www.youtube.com/watch?v=O29e4rRMvV4</a>  <b>One way we can help to keep our minds healthy, is by exercising.</b> Plan your own exercise routine and then lead your family through your plan. This could be a new dance routine, a yoga class, a fitness class or active game outside. Don't forget to plan a warm up and cool down.	<b>Music – Pulse and Rhythm</b>  <a href="https://www.bbc.co.uk/bitesize/articles/zh7hnrđ">https://www.bbc.co.uk/bitesize/articles/zh7hnrđ</a>	<b>Foundation Friday – Project Day</b> <b>Please use this time to work on your chosen project.</b>  Our topic this term is Shipwrecked. You could choose to base your project around this and learn about The Titanic!

		<p>at creating your own shadow puppets! You can do this using your hands, or using some paper/card and a stick.</p> <p>What do you notice when:</p> <ol style="list-style-type: none"> <li>1. The light is closer or further from the shadow?</li> <li>2. The light is at different angles including directly above?</li> </ol> <p><i>You could make your own shadow puppet show for your family!</i></p>	<p>You can use the planning sheet to help you (See resources)</p> <p>Here are some Youtube Examples for some ideas. These videos have been taken from GoNoodle which is free to sign up to:</p> <p>Fitness:  <a href="https://www.youtube.com/watch?v=3KReaoKLA-4&amp;list=PLAwOTEJXH-cOZhAkeI9tkWPKtaMvy2mMN">https://www.youtube.com/watch?v=3KReaoKLA-4&amp;list=PLAwOTEJXH-cOZhAkeI9tkWPKtaMvy2mMN</a></p> <p>Yoga:  <a href="https://www.youtube.com/watch?v=6csheNs32WA&amp;list=PLAwOTEJXH-cPHFIVRr0HW7ykW9L8jUT8s&amp;index=3">https://www.youtube.com/watch?v=6csheNs32WA&amp;list=PLAwOTEJXH-cPHFIVRr0HW7ykW9L8jUT8s&amp;index=3</a></p> <p>Dancing:  <a href="https://www.youtube.com/watch?v=DHscaKsr0IU">https://www.youtube.com/watch?v=DHscaKsr0IU</a></p>		
<p><b>3.00 – 4.00</b> <b>Quiet time</b></p>	<p>Puzzles, Drawing, writing for pleasure, Reading, colouring, play quietly, choose one of the education games to play, rest.</p>				

**Please Note:** We understand that during this time each family is facing unusual circumstances so please adapt this timetable to suit your needs and your child

