

Daily Timetable – Wednesday 3rd February 2021

Please use the Remote Home Learning document that is available on the school website (found under the tab COVID19 Remote Home Learning and Support) and that has been sent to you by your child's class teacher at the start of the week (via Tapestry) as an overview of the learning for that week.

Below are timings for daily activities/tasks as well as the specific learning for the day.

Don't forget to add pictures or videos to Tapestry so we can see your learning!

Suggested learning for the morning:

English (up to 30 mins) WALT: Talk about your favourite part of the story	https://www.literacyshed.com/catchit.html Today we want you to watch the short story in the video. Today we want someone in your house to video you talking about your favourite part of the story and say why it is your favourite
Reading (up to 15 mins) WALT re-read books to build up fluency	Re-read your Big Cat reading book or a familiar book from home. Or use Oxford Owls or Big Cat e-books.
Assembly (10 mins)	
10:30-10:45 Virtual Playtime (15 mins)	
Phonics (up to 20 mins) WALT Read some letter groups that each represent one sound and say sounds for them. WALT Blend sounds into words.	Follow the teacher video for today's phonics. Teacher VIDEO 1: Watch Mrs Bentham's video. Copy the sounds and write the sentence. Challenge: Find one more word with our sound of the day and teach it to someone in your house.
Maths (up to 50 mins) WALT Explore counting in groups of two to find the total	Follow along and join in with Oak Academy Lesson 3 Exploring counting in groups of two to find the total (thenational.academy) Teacher VIDEO 2:

Suggested learning for the afternoon

Well-being Wednesday. This afternoon is your chance to step away from a screen and give your wellbeing a workout! On the next page are some ideas for activities you could do this afternoon.

While some tasks involve a device with a screen such as an iPad, computer, laptop, tablet, phone or TV, not all tasks will require such a device. It is important that children do not spend too much time in front of a screen (learning or having some down time) and are enjoying other activities such as colouring, drawing, playing with toys, being active, reading and interacting with those at home. Thank you.

Wellbeing Wednesday

Well-being Wednesday This afternoon is your chance to step away from a screen and give your wellbeing a workout! Here are some ideas for activities you could do this afternoon.

- Get outside! Nature is calming and life affirming. Go for a nature walk or bike ride. Use your Spiderman super senses to see what you can see, hear, smell, touch and even taste.
- Make a lard/fat and seed bird feeder and hang it outside for the birds in the cold weather.
- Get Exercising! Use the following moves to get your body and mind energised. Set a timer for 45 seconds exercise and then 15 seconds rest for a total of 7 minutes.

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a Frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can

□ Breathing Buddies – lay on your back with a favourite soft toy on your tummy. Concentrate on breathing in and out deeply. Count 3 as you inhale and 4 to exhale. The buddy will go up and down as you exhale or inhale which helps you focus on your breathing.

□ Put on your favourite music and have a dance.

□ Do some drawing or colouring.

Screen Time Warning

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a screen (learning or having some down time) and are enjoying other activities such as colouring, drawing, playing with toys, being active, reading and interacting with those at home. Thank you.