

Good morning,

It's challenge day!! We hope you all feel ready to make your exercise videos and complete the 5th challenge set by Mrs Mitchell and Miss Fermor. We can't wait to see them!

We are aspiring, persevering, reflective learners, so we will be doing some work in our reflective journal to think about what we have learnt.



You will recognise the lessons linked to the challenge as it has a **AYOC** to show it is part of *The year of change* activities.

Please send us your work from the previous learning if you haven't done so already.
Have a good day!

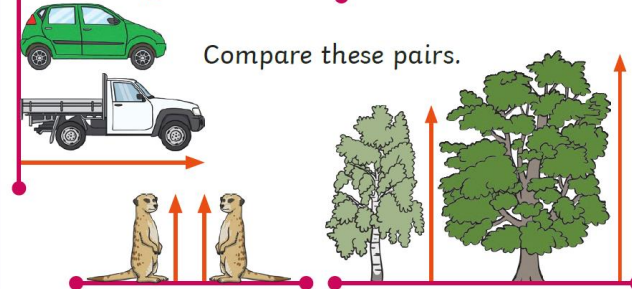
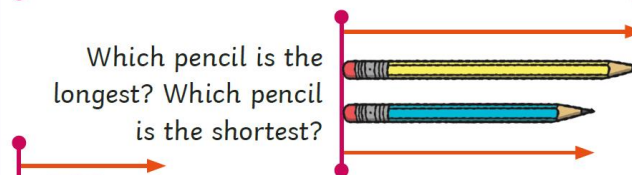
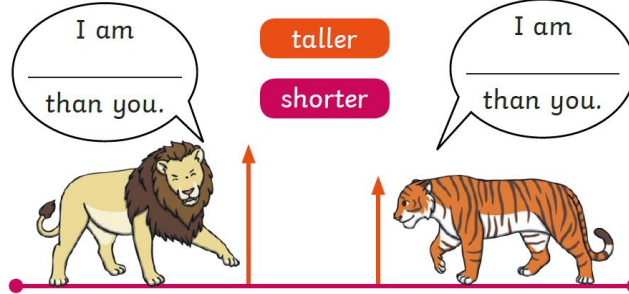
Time	Learning
9-9:30	<p>Wake up Shake up - please use this time to exercise.</p> <p>There are lots of different options, here are a few you could choose from:</p> <p>Joe Wicks - https://www.thebodycoach.com/blog/pe-with-joe-1254.html</p> <p>Cosmic yoga - https://www.youtube.com/user/CosmicKidsYoga</p> <p>Just dance - https://www.youtube.com/watch?v=oe_HDfdmnaM</p> <p>You could use this time to take a walk/bike ride as your daily exercise.</p>
9:30-10:00	<p>Phonics</p> <p>Your child should start their phonics session by watching a video which introduces a new sound. The video can be found here: https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ?fbclid=IwAR2zPh6YahiI_fOxLD_ikMQES-EWj_l_6L8MYTCYYUYMBv-1DePkw5_7--E.</p> <p>If the link doesn't work try clicking on this link https://www.ruthmiskin.com/en/find-out-more/help-during-school-closure/ and then click on either the YouTube link or the Facebook link on the first line.</p>

	<p>The videos are only streamed at certain times of the day and are set depending. The times are:</p> <ul style="list-style-type: none"> • Set 1 Speed Sounds at 9.30am • Set 2 Speed Sounds at 10.00am • Set 3 Speed Sounds at 10.30am <p>(It may be better to do mental maths and problem solving first and come back to phonics, if your video is at a later time)</p> <p>In terms of the reading section of the phonics lesson, Oxford Owl are making all the phonics books available online as ebooks. Here is the link https://home.oxfordowl.co.uk/reading/reading-schemes-oxford-levels/read-write-inc-phonics-guide/</p> <p>Once you've clicked on the link then click on ebooks and then you need to register but it is completely free. Once registered you can then open all the ebooks and choose the correct banded level for your child.</p> <p>This means you do not need to look at the RWI books on the school website and we will not be adding any further books there.</p> <p><u>Guided reading:</u></p> <p>If your child is not in a phonics group and instead does guided reading, please find newly uploaded texts on the Butterflies home learning page here: https://www.sealprimary.com/page/?title=Home+Learning&pid=470, please find today's timetable and the text will be there.</p>
10:00-10:15	<p>Problem solving and reasoning</p> <p>LO: to use mathematical language to explain height and length</p>

Compare Lengths and Heights



Use these words to compare the heights.



Useful words:
length height taller shorter longer same

Solution video <https://www.youtube.com/watch?v=2NpnIM-3NV4>

10:15-10:30

Spirituality

Take this little bit of time out of your day to relax.

Find somewhere that makes you feel calm and happy, make it comfortable and lie down.

Play some calming music, you could use this music:
<https://www.youtube.com/watch?v=WUXEeAXywCY>.

Think about all the exciting things you have done this week. All the brilliant learning. Think about the beautiful signs of Spring we are seeing. Think about your family and friends. Think about the fact that God loves you and that he is all around us.

Do some deep breathing and relax, sometimes it is good to just sit and focus on what is all around us.

10:30 - 11:00	Breaktime/snacktime
11:00 - 12:00	<p>English</p> <p>Instructions</p> <p><u>LO: to use instructions.</u></p> <p>SC1: I know what an instruction is.</p> <p>SC2: I can use instructions to direct someone.</p> <p>SC3: I can put instructions into a sequence.</p> <p>In our exercise video we are going to need to use instructions so that the people watching know what to do.</p> <p>We use and follow instructions every day. We use instructions so that we know what we are doing. When you are following a cake recipe you are following the instructions for how to make a cake. Your instructions should be bossy!</p> <p>Watch this video to see what can go wrong when instructions aren't very good: https://www.bbc.co.uk/bitesize/clips/zb43cdm</p> <p>Have a look at these instructions for making a pirate hat. You can have a go if you like, just find yourself a piece of paper. What would happen if one of the instructions wasn't clear or if one was missing?</p>

How to Make a Pirate Hat



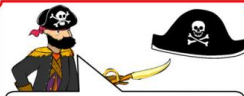
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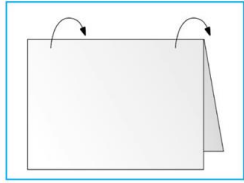
1 Use a large rectangular piece of paper. A sheet of newspaper is ideal.



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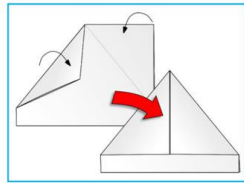
2 Fold the paper in half.



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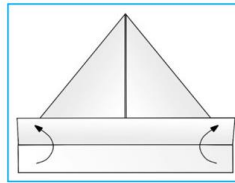
3 Fold over the top corners so they meet in the middle.



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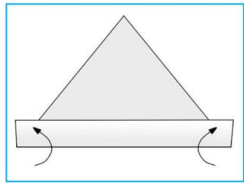
4 Lift up the front flap at the bottom and fold.



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5 Flip the paper over and repeat.



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Now have a look at your exercise plan. See if you can write some instructions for your exercise video. Your instructions need to tell your viewers exactly what they need to do and for how long. Here are some sentence starters that we use at school, that you could use for your instructions:



First



Next



After that...



Finally...

Instead of saying "do some star jumps" you should say "do 10 star jumps, you need to move your arms and legs out and in at the same time".

Now just before lunch, see if you can give somebody in your home instructions for washing their hands and see if they can do it properly from your instructions. Or use some time to practise what you will say in your challenge video!

12:00- 1:15

Lunch

1:15-1:30

Cursive handwriting practise

1:30- 2:30



PE

Now we are going to use our plan to film our exercise video.

You will probably need someone to help you with the filming.

Remember, you need to make sure you know which exercises you are going to do in your video. You need clear instructions, or the people watching won't know what to do.

If you need some inspiration you could watch some of these videos again to help you:

<https://www.youtube.com/watch?v=d3LPrhIOv-w&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k>


https://www.youtube.com/watch?v=L_A_HjHZxfI&t=57s

Remember your video needs a warmup at the start and a cool down at the end - these don't need to be too long.

You might choose to have some music playing during your workout, but remember we need to hear your voice!

We can't wait to see and try out your exercise videos - we think they will keep us fit and healthy during the lockdown!

Challenge: which parts of your body and muscles are you using during your exercising?

	<p>You could watch this video to help you to think: https://www.bbc.co.uk/bitesize/clips/zj2kjxs</p>
2:30-3:00	<p>Reflective journal </p> <p>Now it is time to reflect on your exercise video. This is an important step and we do not want you to miss it out.</p> <p>Sit and watch your video. Choose 2 things you really like about your video and 2 things you think you could improve.</p> <p>Here is a video to help you: https://youtu.be/3iBAMtmE1FY</p> <p>If you did it again, would you change anything?</p>
3:00-3:15	<p>Story time</p> <p>On Thursdays Miss Cuss is going to read you a story ... https://www.youtube.com/watch?v=hgvMkiZDOW0</p>

Well done to everyone for their learning today!

Please do not worry if weren't able to complete everything on the timetable. We think you've all done a brilliant job!

Enjoy the bank holiday weekend!

Take care and stay safe,
Miss Cuss and Miss Theobald