

Good morning!

We will allot time on Friday for completing the challenge outcome. Throughout the week, we will be participating in learning which should help us when we get to the outcome day. We are aspiring, persevering, reflective learners, so we will be doing some work in our reflective journal throughout the week. To make sure you know which lessons are linked to our weekly challenge, we will mark the lesson with a



and **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_cFCIg9GdxtQ?fbclid=IwAR2zPh6YahiI_fOxLD_ikMQES-EWj_I_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>
10:00-10:30	<p>Writing</p> <p>Write a few sentences finishing off that first sentence.</p>

After a storm, Rashmi found an old bottle washed up on the beach. Inside it, there was a note that said...



10:30 - 11:00

Breaktime/snacktime

11:00 - 12:00

DT AYOC



LO: to plan a balanced meal

SC1: I know where food comes from

SC2: I can name the 5 food groups

SC3: I can appraise my meal to make sure it is balanced

We have been learning about nutrition and where food comes from. Can you remember the 5 groups of our eat well plate? Protein, carbohydrate, fruit and vegetables, dairy and sugar. Can you name a food from each place?


We are going to plan our healthy meal today, and we are going to cook it tomorrow. Find your eat well plate from yesterday. What foods did you find? Can you already think of any meals you could make with your ingredients? Don't worry if not. We have a few steps you could use to help you.



1. Start with your carbohydrate. This is because it is one the two biggest parts of our plate and should be one of the largest components. What carbohydrates do you have in your kitchen? If you have pasta, maybe you could make a pasta dish with a sauce! If you have rice, maybe you could make a curry or stir fry? If you have potatoes (they can be mashed, baked, boiled or made into chips), you could do lots of things. If this has helped you get some ideas, great! Don't worry if you're not sure yet.
2. Now think about your fruit and vegetable portion. This is the other biggest part of our plate. You may not be using lots of fruits in your dish, so let's have a look at your vegetables. What could be nice with the carbohydrate you have picked? Remember to pick more than one vegetable (or fruit) as it is a big portion of our eat well plate.
3. Thirdly, have a look at what protein items you have. Have you got mince? Maybe you could make bolognese, or shepherd's pie? Lentils or beans? Maybe you could make a stew?

If you are still stuck, why don't you try putting in the ingredients you have into this website and they will give you a recipe with those ingredients in!
<https://www.allrecipes.com/>

Once you have chosen a recipe - is it a balanced meal? Have you got all the food groups? Are they about the portions? Look at the plate. Remember you

	<p>need mostly carbohydrate and fruit and vegetables. Then protein and dairy and the smallest part sugars and fats.</p> <p>Challenge: If you could get anything from the shops, what would you add to make it even healthier?</p>
12:00- 1:15	Lunch
1:15-1:30	<p>Mental maths</p> <p>Which is the right number? You will need an adult's help with this one (sorry adult!)</p> <p>Below there are six numbers. Tell an adult what they are and write them on paper. Put them in clear sight about your garden (make sure they are not going to blow away).</p> <p>Your adult is going to ask you a question You are going to run to the number you think it is, and they will tell you if you are right. Then they will ask you another question you will run ... and so on...</p> <ol style="list-style-type: none"> 1. This number is the smallest odd number. 2. This number does not have any tens (there are two number that could have been right) 3. This number has four ones (there are two number that could have been right) 4. This number does not have any ones (there are two number that could have been right) 5. Lastly, this number is the biggest number! <div style="text-align: center;">  </div> <p>Challenge: was there a number you didn't go to?</p>

1:30- 2:30

English - recipe writing

LO: to write a recipe

SC1: I can use bossy words

SC2: I can write instructions in order

SC3: I can make my instructions clear and concise.

We have planned our meal this morning. Now we need to write out our recipe into our journals or a cook book so we can make it again. If you have access to a computer, you could even type it out.

What do we need in a recipe? An ingredient list and an equipment list. Then we need some instructions.

Recipe for:

Ingredients:



Equipment:

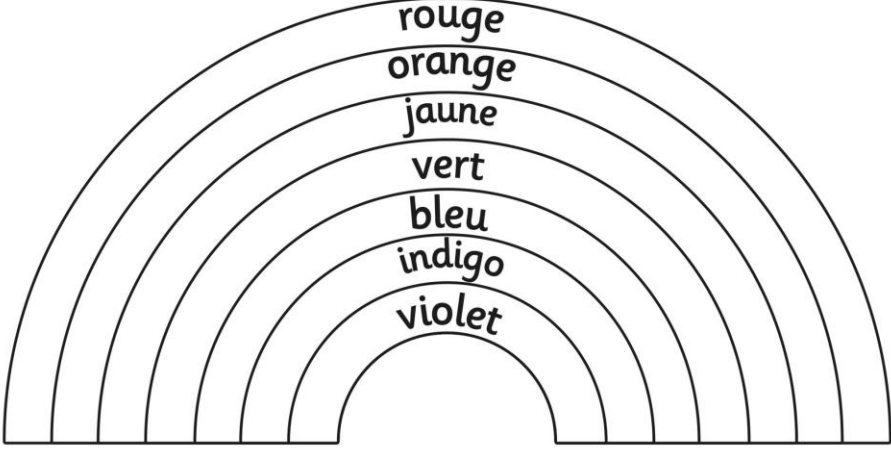


Description:

Instructions:



Challenge: Can you include any tips for yourself for tomorrow to help you when you are cooking?

2:30-3:00	<p>French</p> <p>At school, we learnt some greeting in French. We learnt to say hello, thank you and goodbye. Remind yourself by watching this video.</p> <p>https://www.youtube.com/watch?v=bOdAzpZIS2U</p> <p>Today we are going to have a look at the colours. Here is a video explaining the colours. Use the video to help you fill in the rainbow.</p> <p>https://www.youtube.com/watch?v=JkQGN86qTag</p> 
3:00-3:15	<p>Story time</p> <p>On Thursday's Miss Cuss is going to read you a story ...</p> <p>https://www.youtube.com/watch?v=y4Va7vRyrzU</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!

Take care and stay safe,
Miss Cuss and Miss Theobald