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|  **Health and Wellbeing** | **9:00am - Join Joe Wicks (The Body Coach) on his YouTube channel** for daily live workouts. It is more important than ever that we keep moving and stay healthy and positive…...even if it’s only indoors. So, get your PE kit on, lace up and get ready for Joe!Did you know that regular exercise is an amazing tool to help us feel happier, more energised, and more optimistic?   |
| **Numeracy** **and** **Maths** | 1. **Mental Maths – Mathsbot.com website**

Click on the Mathsbot link below and complete the activity. Don’t worry if you find it too easy or difficult. The main thing is to have a go and see if you can better your score each day. Did you know you can also be the teacher and mark it yourself? <https://mathsbot.com/starters/doNowStudent> 1. **Times Tables Practise**

Join Mr. DeMaio and friends sing the 9x table song over some of the biggest hits from the 90's. Learn your nine times multiplication facts while jamming out to some of your favourite songs! Get everyone in your house to join in too!**Today’s Timetable: The 9 times table practise**<https://youtu.be/cGsrC6ZPVGM?t=57>1. **Daily Rigour Maths Tutorial and Question**

Every day, I will post a question from the Daily Rigour; it’s a daily newspaper all about Numeracy and Mathematics aimed at children your age. Each day, it will begin with a tutorial which will show you how to do the question. Then a follow-up question will be given for you to do as well as the answer. **Today’s Topic: Dividing decimals by a single digit**<https://youtu.be/ETkxSvCyhX4> |
| **Reading** | **Personal choice**Select a book, magazine, comic etc. of your choice. Find a comfortable and quiet spot to relax and enjoy reading an item of your choosing. Have a cup of tea or coffee at the same time.  |
| **Listening** **and** **Talking** | **11:00am – The World’s Worst Children! Elevenses with the world of David Walliams.** Every day at 11 o’clock, you can listen to one of David Walliams’ World’s Worst Children stories. So, sit down, take a break and enjoy 20ish minutes of pure fun!<https://bit.ly/AudioElevenses><https://soundcloud.com/harpercollinspublishers/the-worlds-worst-children-2-3/s-zHZPQlifKuV> |
| **Literacy** | **Writing Instructions**This is my very first time using Microsoft Teams and I really, really need your help. So, if you would like to help me, read on……………… **Firstly,** click on the link below and watch the clips. I especially love Josh Darnit and his children trying to make a jelly and peanut butter sandwich and the Eh Bee family attempting to make a bowl of cereal. <https://www.teachwire.net/news/teaching-instructional-writing-can-your-children-pass-the-exact-instruction>**Next,** as you watch them, make some notes which will help you with your task. **Then,** once you’ve watched them all, I would like you to try and write a set of instructions for someone at home. Have fun and see what happens.I’ve written instructions for Mrs Hunter on how to hang up the washing and most of it is on the floor. Perhaps, I should have added a **photograph** or a **drawing** with a **caption under it** to help her? **Finally**, now that you’ve mastered writing instructions, I would like you to complete your mission: **Your Mission**As you have been learning about Instructions, I would like you to write or type me a set of instructions on how to navigate my way around Microsoft Teams. Remember the video clips and your attempts at home. I look forward to reading them!  |
| **Topical Science** | **Destination Mars****Are you ready to join the Destination Mars programme?**There are a series of mission however before we jump to these all I want you to do is the following:1. Read through the slides 1 to 12. There are 9 philosophical questioning slides.
2. For each of the 9 slides, write down some things which immediately spring to mind without doing any research. **Don’t write a lot, just enough to share your ideas** as we will be taking each and looking at them more in-depth over this term and next**.**
3. I know how you all like to chat, so this will give you a great opportunity to chat with your classmates to hear their views. Feel free to chat with me – that’s if your instructions on how to use Microsoft Teams are accurate.
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| **Physical** **Education** | **How far can you jump?** Click on the link below and watch this video. <https://dumm9n5bt2uls.cloudfront.net/espresso/modules/t1_health_and_fitness/video/video_jump_skills_16x9_p_450.mp4>After you have watched it, put a marker down and do a standing long jump. How far can you jump? Can you beat your record? Spend a few minutes each day and record your scores. Are you getting any better? What techniques can you use to make yourself jump further?  |
| **Important Note:** ***It looks a lot, but it isn’t as bad as it looks!! I’ve given you tasks to do but I’ve also given you a lot of written guidance to help you.*** *Please, please don’t feel that you must all of the work in one day. You may prefer to tackle the Destination Mars questions over a few days and the Instruction activity over two or three days – maybe watch the clips and do the practical task then follow it up the next day with writing instructions. I will be checking in with you throughout the week so please feel free to let me know if you are enjoying them and if there is anything, I can do to support you.* ***Most importantly, please stay safe and healthy.***  |