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| Health and Wellbeing | 9am - 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. Exercise is an amazing tool to help us feel happier, more energised, and more optimistic. |
| Science | 10am - The Glasgow Science Centre will be bringing a bit of science into your home every day. Join them on their Facebook, Instagram or Twitter accounts for some science inspiration. Due to age restrictions on social media platforms, please ask an adult before viewing. |
| Maths | Mental Maths – Mathsbot.com website  <https://mathsbot.com/starters/doNowStudent>  Number Talks – Mathsbot.com website  Click on ‘Tools’ then ‘Grid Method’  Maths – Times tables Practise.  <https://www.mathplayground.com/ASB_MeteorMultiplication.html>  View youtube for 6xtable practise  <https://youtu.be/9os1VUUp5io?t=22>  Daily question  <https://youtu.be/if4FyBd1oRU> |
| Reading | Finish the reading book you have for homework. |
| Spelling | Click on files section in Teams then the Literacy folder then Spelling folder for this week’s words. Activity: - ‘Trace a Shape’ Draw a shape for each word then write your spelling words around them. |
| Writing | Imaginative story. Files, Literacy, Writing folder. |
| Topic | Continue Japan research. Files section in Teams, click Topic folder Use comparison notes in topic folder as a guide so you know what to include and research.   * Japanese writing activity – files, topic folder |
| Afternoon Tasks | Mr Blair will provide you with activities for the afternoon. |