

Class 3 Home Learning Timetable Week Beginning 13th July 2020

Hi Class 3

Well, here we are at the last week of the summer term. It has been a very strange time for us all. I would like to take this opportunity to say a huge '**thank you**' to you all for continuing with your learning at home. You have all been amazing! Thank you for sending me photos, jokes and emails. I have really missed seeing you each day. Please make sure you say a massive 'thank you' to your parents for looking after you and for teaching you during this time, they have done a superb job.

I hope you all have a fantastic summer holiday - I am really looking forward to seeing you back at school in September.

In the summer holidays please enjoy reading as much as you can, both fiction and non-fiction books. Perhaps you could keep a **diary or scrapbook** to show me when you return to school.

Take care and keep smiling,

Best wishes

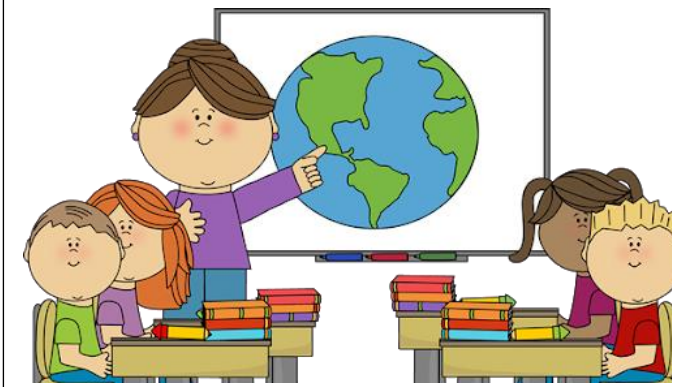
Mrs Calnon ☺

Joke from Megan

Why did the teacher put the light on?

Because the class was so dim!

(This joke can't be about you, Class 3- you are all very clever!)



Day 1 – Sports Day



Sports Day Activities:

Unfortunately we are missing Sports Day at school this year ☹️ , so instead you can have a HOME Sports Day 😊!

Today is all about having fun and keeping active!

Scroll down and you will find a set of sports day activity cards that are designed to be completed in the comfort of your home or garden with minimal/everyday house-hold equipment.

Have a go at the challenges. Each event should take no longer than 5 minutes.

These activities will help develop various PE skills including; strength, hand-eye coordination, accuracy, speed and balance.

If you are feeling super sporty, you can try some extra activities:

- Choose some games and challenges from the 'PE with Mr P' YouTube channel. (Click on this link: <https://www.youtube.com/user/mattjparsons/videos>)
- Have a go at the alphabet fitness challenge. Can you spell; your name, names of family members, favourite sport(s), favourite animal, favourite colour etc. (Scroll down).

Now that you have completed a fun-filled day of sports activities, you could try some of these activities:

- Design a medal for yourself and fellow competitors (scroll down for a template). You could host your own reward ceremony.
- As you know, it is important to stay fit and healthy. You could make yourself and family members a healthy snack. Why not try these tasty rainbow fruit skewers! (Click on this link: <https://www.bbcgoodfood.com/recipes/rainbow-fruit-skewers>)



Sit Ups

Description: How many sits up can you do in one minute?

Equipment: Something to lie on.



Over and Under

Description: Find something in your home you can go over and under in one minute!

Equipment ideas: Under the table, over a chair. A bamboo cane or long brush balanced on two chairs.



Water Race

Description: Fill a bowl with water, fill a cup and race to the other bowl or sink. Run back. How many cups of water can you get into a bowl in one minute?

Equipment: A cup for each person, a bowl of water and an empty bowl or sink.



Three-legged Race

Description: How many laps can you do in one minute? If there are enough people in your home have a race.

Equipment: A scarf or something suitable to tie your legs together.



Egg and Spoon Race

Description: Choose an area for your race. Balance an egg on a spoon and race! Don't drop your egg!

Equipment: Start and finish markers, egg and spoon for each person.



Balance

Description: How long can you hold a balance for? The person who can hold their balance the longest wins. You could try standing on something to make it more challenging.

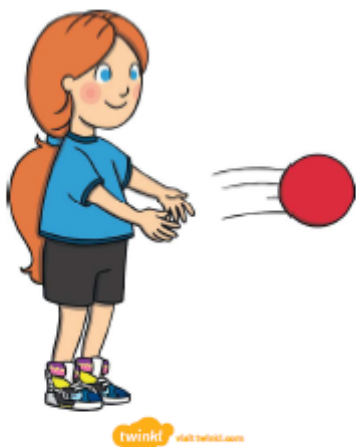
Equipment: None!



Ball Toss

Description: How many times can you throw a ball into a bucket in one minute?

Equipment: A ball or bean bag and bucket or target.



Standing Long Jump

Description: Stand with your legs together and jump. Who can jump the farthest?

Equipment: None!



Ball Catches

Description: How many times you can catch a ball in one minute. You could do this with a family member.

Equipment: A ball.



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Pillowcase Sack Race

Description: Have a sack race at home! Who can get to the finish first?

Equipment: Start and finish markers, a pillowcase for each person.



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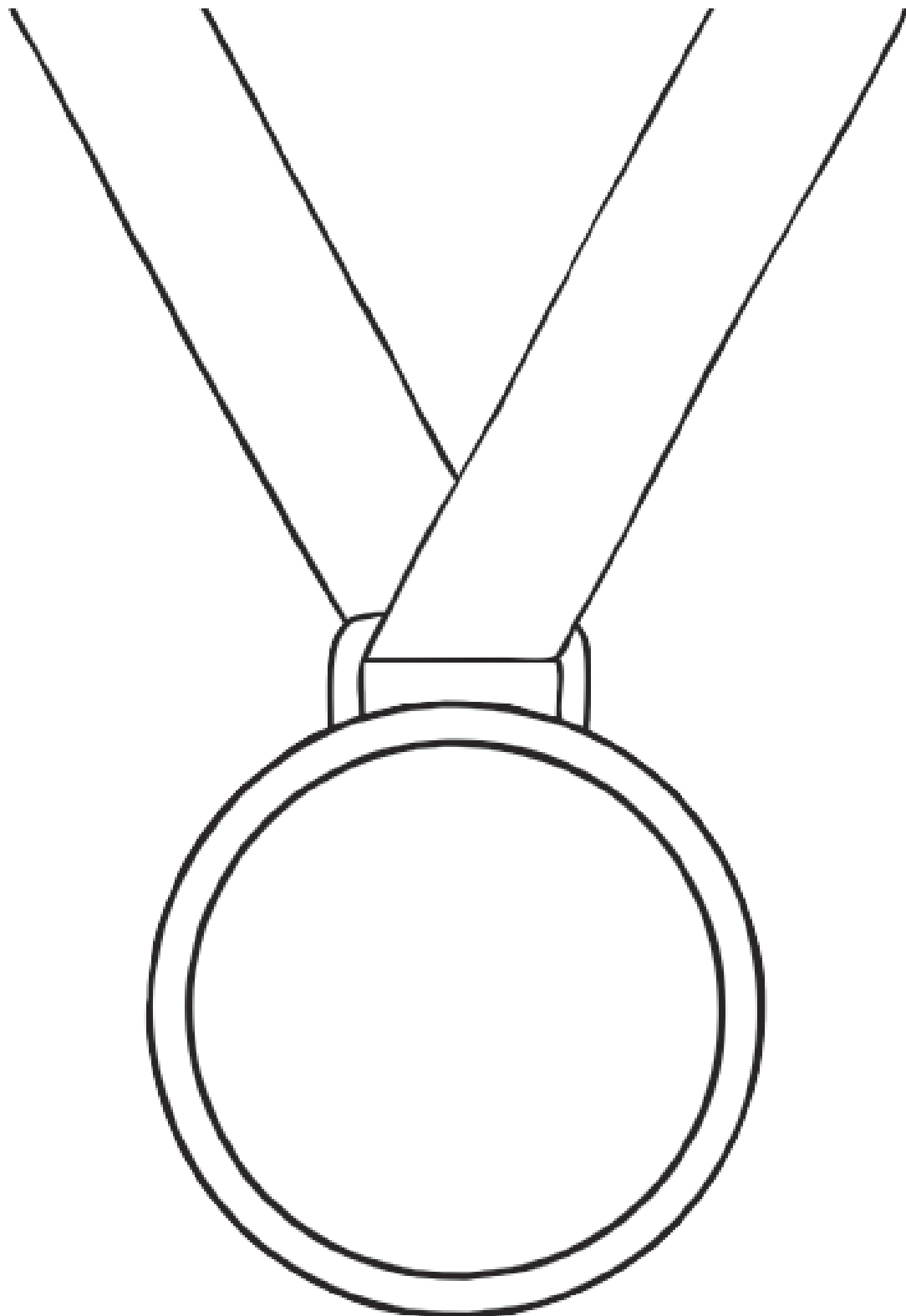
Scroll down for 'Spell your name PE'

Spell your name PE!

- A- 5 Jumping Jacks
 - B- 5 Jumping Jacks
 - C- 10 jumps
 - D- hop on your right foot
 - E- hop on your left foot
 - F- crab walk for 10 seconds
 - G- do 5 sit ups
 - H- 10 mountain climbers
 - I- 5 push ups
 - J- 30 second high knees
 - K- kick your left foot as high as you can
 - L- kick your right foot as high as you can
 - M- 5 jumping jacks
 - N- 10 jumps
 - O- hop on your right foot
 - P- hop on your left foot
 - Q- do 5 sit ups
 - R- do 10 mountain climbers
 - S- crab walk for 10 seconds
 - T- 5 push ups
 - U- kick your right foot as high as you can
 - V- kick your left foot as high as you can
 - W- Run in place for 30 seconds
 - X- run with high knees
 - Y- 5 push ups
 - Z- 5 sit ups
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Sports Day Medal

Design a Sports Day medal. For what discipline will your medal be awarded? Winning?
Taking part? Good sportsmanship?



Tuesday – **ECO Day**

Today we will spend time thinking about our world, our school and our homes. How can help improve these places and look after them more carefully so that we are not damaging the environment we live in. Look at the different activities below - choose the ones that appeal to you the most and that you have the resources to do, then have fun making a difference to the world you live in ☺.

Energy

https://www.youtube.com/watch?time_continue=6&v=39DHRal-uzM&feature=emb_logo and

https://www.youtube.com/watch?time_continue=19&v=s6vS5JXmlRo&feature=emb_logo

Do an **energy survey** of your house. Look around your home and write a list of all the things that use energy. What type of energy are they using? Gas, oil, electricity?

Look at the power point on the class page - Renewable and non-renewable energy.

Your job is to encourage your family members to save energy - perhaps by switching off lights or by hanging washing out to dry instead of using the tumble dryer. Look at the ideas on this website to help you:

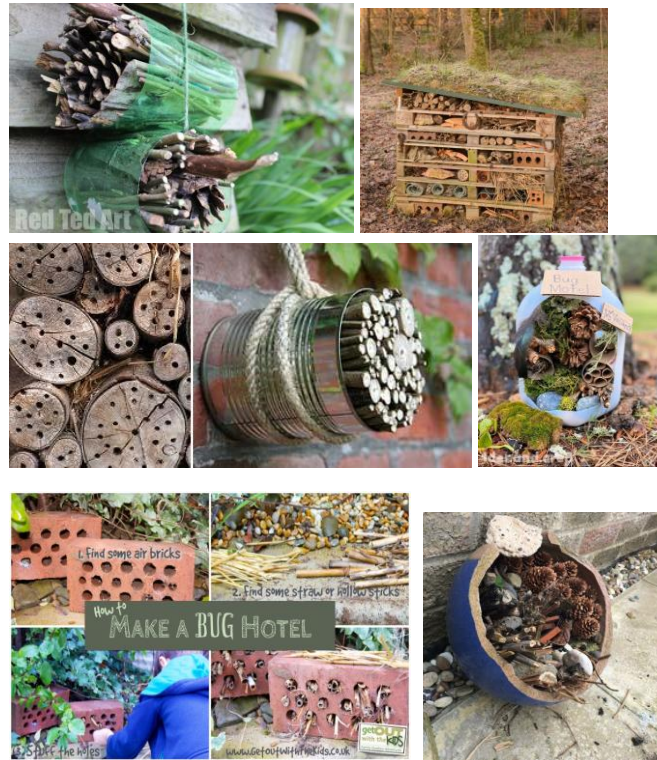
<https://www.fantastichandyman.co.uk/blog/how-to-save-energy-for-kids/>

Design a poster to encourage your family to save energy. Make it colourful and bright - then put it somewhere where your family will notice.



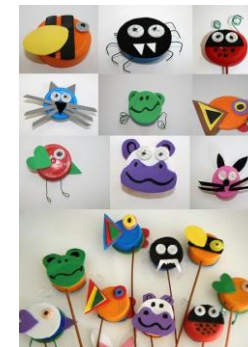
Build a Bug Hotel

You often have fun making these at playtime - but can you make a bug hotel that will last until at least next year? Have a look at the pictures below to give you some ideas.



Recycle Plastic Lids

Use plastic bottle lids to make (or start if you don't have many) these pieces of art and picture frames



Create a wildlife garden

We all love our gardens to be neat and tidy - but this isn't always the most wildlife friendly way to garden. Ask if your parents will allow you to create a small patch of your garden into a wildlife garden. Look at this website to give you ideas:

<https://growinghealthykids.co.uk/steps-creating-wildlife-garden-kids/>



Go on a litter-picking walk.

Wear gloves or use a litter picking stick to collect litter from an area near your house. (Make sure you take a grown up with you).

Litter not only looks unsightly but it can injure or even kill wild animals.



Surveys

Find out about the environment and the species in your local area by carrying out a survey. You may wish to focus on just one type of species - eg flowers, trees, bugs or mammals - or perhaps look at all. Look at

<https://www.opalexplornature.org/surveys> for some survey ideas (many are not currently running but the resources are very useful). Design your own survey sheet, perhaps make a tally chart or a pictogram.



FRUIT	NUMBER OF CHILDREN WHO CHOSE IT
PEAR	🍏🍏🍏🍏🍏
WATERMELON	🍉
ORANGE	🍊
APPLE	🍏
BANANA	🍌

Wednesday -Forest School

Choose from these activities - or perhaps make up your own outside games. If you have other people with you, you could play '1,2,3 Where are you?' or create a nature trail treasure hunt for them to follow.

Whittling

Use an old potato peeler to whittle the bark form sticks. Use felt pens to decorate them. Be creative - what can you make? A wand? A pen?



Tree Mud Faces

If you have a tree in your garden, have a go at making mud faces on the bark. If you don't have a tree, you could make the face on the ground. You will need to mix water in with soil to make nice, sticky mud.



Flower Crowns and Headdresses

Find natural materials such as leaves, feathers, twigs and flowers and create your own crown or headdress. Use string to tie it together. Or perhaps make a simple daisy chain. Can you identify the flowers and leaves that you have found?



For the more adventurous of you, this video shows you how to make a crown with wire.

<https://www.youtube.com/watch?v=RFhCe8qFDmo>

Ideas with sticks

Use sticks to create:



A kite



a mobile



a stick man



Mini rafts for your toys



stars





Create 3 d shape nets



Thursday

Well, normally if we were at school, there would be some **Golden Time**  and we would have an assembly  . I would

be busy tidying my cupboards  whilst you watched a DVD  and I would probably give you some art work to do. So today, I would like you to do some of the activities listed below:

* **Assembly:** Think about the good things that have happened since you have been in Class 3, including the fun things you have done at home during lockdown. Think about your friends and maybe write them a card or give them a call.

* **Tidying:** Tidy your home -learning things, put the work you have done all together, maybe in a folder. Look back and feel very proud of your efforts. Haven't you done well! Tidy your pens, pencils and desk if you have one. Maybe even tidy your bedroom!! 😊. Perhaps help at home by tidying out a cupboard.

* **Watch a DVD** - optional as the weather may be too good to stay indoors.



* **Be artistic** - Have a go at creating a seaside picture such as this

* Have some well-deserved **Golden Time**, but also give your **parents Golden Time** - they have had to be both parent and teacher to you over the last few months, so they definitely deserve a rest. Perhaps you could do some jobs at home that will really help.



Lastly, have a wonderful, restful, fun-packed summer holiday - let's hope the sun keeps shining! 😊 😊

See you in September!

Mrs Calnon Xxx