

Dear 3K and 3L pupils and parents,

Welcome to the fourth week of the Spring Term. I hope you are all keeping warm in the cold weather!

In music this week you will learn to sing and dance like a robot. Humanities will take you on a tour of the UK and in cooking you will learn how to bake tasty chocolate cupcakes. This week's art activity is to draw someone special in your life.

It is important to stay active while you are learning from home which is why there is lots of physical activities to keep you busy in this week's newsletter. Two cricket sessions and two dance sessions will keep you fit and strong whilst learning new skills. Don't forget to look at Eventbrite's activity timetable at the bottom of the newsletter – they have activities for every day of the week.

It is cold out there, but it is still a good idea to get some fresh air every day – just wrap up warm and you are ready to go!

Have a great week.

Rian

<p>Music</p>  <p>https://www.bbc.co.uk/teach/bring-the-noise/i-am-a-robot-bsl/zfhvk7/</p>	<p>Humanities</p>  <p>https://www.bbc.co.uk/bitesize/articles/z2ksxbk</p>
<p>Cooking</p>  <p>Chocolate Cupcakes</p> <p>https://youtu.be/rrAC010NiuQ</p>	<p>Art</p>  <p>https://www.tate.org.uk/kids/make/paint-draw/draw-friend</p>
<p>PE</p>  <p>https://www.youtube.com/watch?v=CflrJ4y-Z7g</p>	<p>LIVE!</p> <p>Wednesday, 27 January at 2 PM</p>  <p>https://www.youtube.com/watch?v=btflr02RzmE&feature=youtu.be</p>

Tuesday 26 January, 12:30pm Jazz with Ali Golding.  RAD Youtube account	Thursday 28 January, 12:30pm A variety of street styles with Chris Bean.  RAD Youtube account
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Eventbrite activities

Hello!

We are going live with an exciting calendar of free online activities to beat those winter blues.

All our drop-in sessions are designed to be inclusive and fun and are open to anyone aged 10-35 year olds with an additional support need or a disability.

Below is a timetable of our offer:

Day	Time	Session	Description of session	Instructions for session
Monday	11:00-12:00	Allsorts	Join the Allsorts sports team for some Fitness Fun!	Please wear comfortable clothes and suitable shoes
	13:00-14:00	Beamish Museum with Simon	Tour of Beamish museum and interactive activities	Bring paper and pen/ pencil
	14:30-15:30	Comedy with Ben	You'll make yourself and others laugh - is there anything better?	
	16:00-17:00	Choir with Tracey	Join our virtual choir – no experience needed!	Bring a glass of water
Tuesday	11:00-12:00	Allsorts	Join the Allsorts sports team for Jujitsu and mixed martial arts	Please wear comfortable clothes and suitable shoes
	13:00-14:00	Cheerleading with Lara	Cheerleading is the sport of smiles! Pom-poms may be used	Please wear comfortable clothes and suitable shoes
	15:00-16:00	Monkey World with Annie	Interactive session exploring Monkey World in Dorset	
	16:00-17:00	Yoga with Laura	Learn some relaxing stretches and breathing exercises	Please wear comfortable clothes
Wednesday	11:00-12:00	Allsorts	Join the Allsorts sports team for an inclusive session of Aerobics!	Please wear comfortable clothes and suitable shoes
	13:00-14:00	Dance with Lara	A fun dance class to keep you moving at home	Please wear comfortable clothes and suitable shoes
	14:30-15:30	Poetry & Drama with Louise	Create your own poetry and creative writing + take part in some fun drama games!	Bring paper and pen/ pencil
	16:00-17:00	Mix Up Theatre with Stewart	Drama classes boosting confidence, developing creativity and imagination	
Thursday	11:00-12:00	Allsorts	Join the Allsorts sports team for Thursday mash up mix of fitness activities!	Please wear comfortable clothes and suitable shoes
	13:00-14:00	Relax with Kate	Fun relaxation sessions aimed at calming anxiety	Please wear comfortable clothes

	15:00-16:00	Art with Anna	Comic books and illustrations for all who love to draw	Bring paper and pen/ pencil
Friday	11:00-12:00	Plantasia Tropical Zoo	Session with Plantasia finding out about their animals	
	13:00-14:00	Wellbeing with Victoria	Relaxation, mindfulness and mental health to make every day a happier place	Please wear comfortable clothes
	14:30-15:30	Yoga with Laura	Learn some relaxing stretches and breathing exercises	Please wear comfortable clothes

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To join, sign up via Eventbrite: <http://leonardcheshire-cando.eventbrite.com/>

Registration finishes the day before each session but if you have missed this time we are still able to register you, please email lisa.oliver@leonardcheshire.org

If you have any problems please do get in touch and we can help you to register.