

Dear 3K and 3L pupils and parents,

Welcome to the second half of the Spring term! I hope you have all had a brilliant half-term week. After lots of freezing weather all over the world, including Texas (can you find Texas on a map?), it looks like Spring is around the corner. To celebrate this, you can take part in the *Helping the UK Grow* initiative by planting something.

The warmer weather will make it so much easier to get your daily dose of exercise, which is why Wade is back with the last two parts of your dance routine. In humanities, you will learn about continents. Do you know how many there are? The music lesson is great fun. In one of the games, you need to listen out for the high and low notes to win the prize, but there's lots more to do and learn. Your Makaton sign of the week is the letter D. You can watch part two of a dramatic reading of a Roald Dahl classic brought to you by the Unicorn Theatre.

Don't miss your weekly PE lesson on Wednesday at 2 PM. Movement Works has a class for every day of the week – remember, it is on Zoom, and you must register before the classes begin. The art lesson is about making a paper sculpture. I hope you will enjoy listening to the last of the stories read to you by the authors.

My challenge for you this week:

Remember to get fresh air at least once a day by following last term's walking/running training programme. This week you will add strength exercises – wall press-ups and sit-ups. It's only a few a day, and you will feel great!

Day	Time	✓
Monday	<ul style="list-style-type: none"> ▪ 6 minutes walk/run ▪ 10 sit-ups ▪ 5 wall press ups 	
Tuesday	<ul style="list-style-type: none"> ▪ 7 minutes walk/run ▪ 12 sit-ups ▪ 6 wall press ups 	
Wednesday	<ul style="list-style-type: none"> ▪ 8 minutes walk/run ▪ 14 sit-ups ▪ 8 wall press ups 	
Thursday	<ul style="list-style-type: none"> ▪ 9 minutes walk run ▪ 16 sit-ups ▪ 10 wall press ups 	
Friday	<ul style="list-style-type: none"> ▪ 10 minutes walk/run ▪ 18 sit-ups ▪ 12 wall press ups 	

Have a great week.

Rian

Street Dance with Wade



https://youtu.be/x56Mff_dPZU
<https://youtu.be/6gwMOBq49Cg>

Humanities: The Seven Continents



<https://www.bbc.co.uk/bitesize/articles/zw7gsk7>

Makaton Sign of the Week



<https://www.youtube.com/watch?v=FcU2iy2KHUK>

Art: Make a paper sculpture



<https://www.tate.org.uk/kids/make/sculpture/make-paper-sculpture>

PE: Live Cricket Lesson Wednesday, 24 February at 2 PM

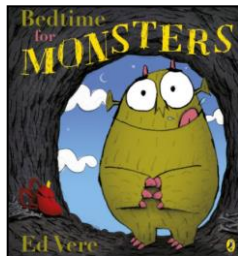


<https://www.youtube.com/watch?v=uZJ609at838>

Horticulture



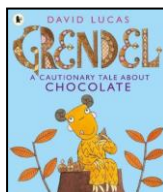
[First News | Helping the UK Grow | United Kingdom](https://www.bbc.com/news/uk-54848484)



<https://www.youtube.com/watch?v=5vzZqtlxsjA&list=PLFtPjlfGAYjXRik7kNvW4Jc5rnad2nx7r&index=11>



<https://www.youtube.com/watch?v=Gy0FB2jFrFc&list=PLFtPjlfGAYjXRik7kNvW4Jc5rnad2nx7r&index=10>

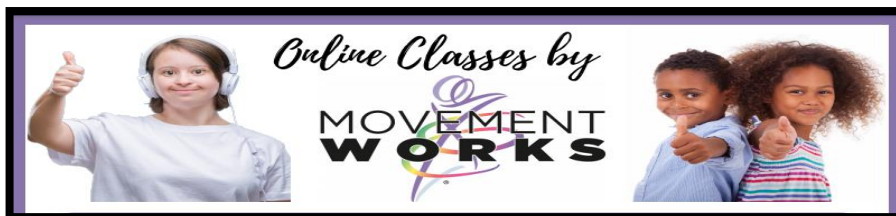


<https://www.youtube.com/watch?v=P8aHINs0X3g&list=PLFtPjlfGAYjXRik7kNvW4Jc5rnad2nx7r&index=9>

Music

MUSICAL GAMES

<https://www.rhythmcircle.co.uk/Games>



The full details of all our sessions can be found on our dedicated webpage:

<https://www.movementworks.org/movementworks-online-sessions/>

Monday 22nd February

11.00: Sensory Yoga with Viera

Link to register:

<https://us02web.zoom.us/meeting/register/tZwkdOGhgT4iGdJYDXvhflcq7ytNNBAhTqv9>

Tuesday 23 February

13.45: Autism Movement Therapy® Based Session with Hilary

Link to register:

<https://us02web.zoom.us/meeting/register/tZlpf-GggzozqG9W-PIZebJ1WWVoHdsyNZx0d>

Wednesday 24 February

11.30: Rhythm & Rhyme with Tina

Link to register:

<https://us02web.zoom.us/meeting/register/tZctdOCurToiGdHJY2NEMgdTbKXo8d1Vc5E3>

Thursday 25 February

11.00: Mindful Motor Session with Nicole

Link to register:

https://us02web.zoom.us/meeting/register/tZAKdumqrzMtH9DqFJ_zn7fb6ZwNASPcnQb0

Friday 26 February

9.45: Developmental Dance Movement® Based Session with Hilary

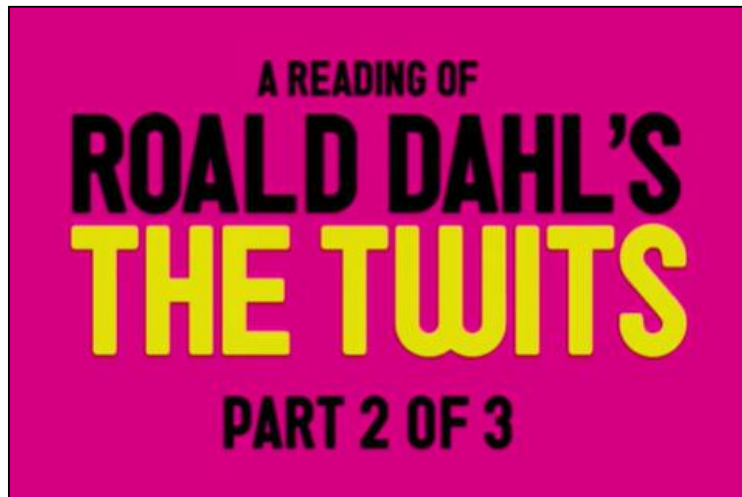
Link to register:

https://us02web.zoom.us/meeting/register/tZwsceqpqjqpHN1SKw_Gl0ce2aRzFd2JtK_y

Please see, below, a brief summary of the important points for joining in our sessions:

- We use Zoom software to deliver our sessions and you are required to register prior to the class in order to receive the link to join.
- On accessing the session you will be placed in the 'waiting room' and when the session is ready to commence, the host will admit you to the live session; the process of registration and placing you in the 'waiting room' has been implemented as an extra layer of security in line with our safeguarding policy, which is available on request.
- Your video is turned on by default so you can interact with the Presenters and they can see you. If you do not wish to be seen on screen during the session please turn off your video in your Zoom controls as you enter the session; this will not affect you joining in or viewing the class,
- Your sound is muted by default as soon as you enter the Zoom session; this is to ensure that any background noise from your location will not deter from other participants enjoyment of the class.
- You should only participate in the activities if you are healthy enough to do so. Anyone with a pre-existing medical condition or pregnant should take advice from their medical practitioner.
- A responsible adult must be in the room at all times during the sessions to ensure the health and safety of any children or vulnerable adults taking part in the classes. You should ensure that you and/or the child/vulnerable adult taking part in the session is in a safe space free of trip hazards and obstructions to allow you/them to move around safely while having a clear view of the screen/device you are using to access the class.

Drama
The Unicorn Theatre: Free Digital Theatre



https://www.youtube.com/watch?v=OWol-uJ_gb4

