

School/Home Learning Week 2 – 08.06.2020

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Story / Theme Suggested Activities	<p><u>Tomorrow I'll Be Brave</u> Read/Watch the story on the school website. Discuss the story, highlight the fact that the rabbit is thinking about what he is going to be tomorrow but as long as we've tried our best, it doesn't matter if we achieve everything we plan.</p> <p>Today we're going to focus on 'Adventurous' and 'Smart'. Refer back to the page about being adventurous – discuss what things you have done that are adventurous. On a piece of paper, write 'Being Adventurous' and draw pictures of yourself being adventurous. Refer back to the page about being strong. Ask children to stand up and show a pose that they think is 'strong' – look around at each other's. Discuss whether being strong is always about physical strength.</p>	<p><u>Tomorrow I'll Be Brave</u> Re-read the book/watch the video.</p> <p>Today we're going to focus on 'Smart' and 'Curious'. Refer back to the page about being smart - can you tell the bubble about a time when you have been smart? Refer back to the page about being curious - questions are a great way of showing you are curious. Play 20 questions game – teacher chooses an animal (or decide your own topic) and children have 20 questions to try and guess the answer. Take it in turns so all children get a chance to ask a question. Children could then have a go at choosing an animal and other children could ask them.</p>	<p><u>Tomorrow I'll Be Brave</u> Re-read the book/watch the video.</p> <p>Today we're going to focus on 'Confident' and 'Creative'. Refer back to the page about being creative – discuss what being creative means. Children are going to be creative and decorate their own word from the story. Choose one of the 7 words and write it in big letters on a piece of paper then decorate/collage/oil pastel/paint it, in whatever design you like – use your own imagination and creativity!</p> <p>Refer back to the page on being confident – what does it mean. Think about and then tell your bubble something you have done, today/this week/this month/this year, that you are really proud of (showing confidence).</p>	<p><u>Tomorrow I'll Be Brave</u> Re-read the book/watch the video.</p> <p>What is bravery? Can you think of examples? Refer back to the page about being brave and discuss the message.</p> <p>On a piece of paper, write 'I show bravery when' and then underneath draw or write about times when you have shown bravery. Share with your bubble when you have finished.</p>	<p><u>Tomorrow I'll Be Brave</u> Re-read the book/watch the video.</p> <p>Discuss the story and that each evening the rabbit is thinking about what he is going to be and achieve tomorrow. They could do this themselves each evening – reflect on their day and what their aims for tomorrow are.</p> <p>This week you have been all of these things. Which word are you trying to be today? Go around the group and everyone shares their word. Can you tell them how you are doing it too? E.g., I am being curious because I'm asking questions. Draw a picture of yourself being one of the things we have learnt about this week – adventurous, strong, smart, curious, creative, confident or brave. Write the word on the page too and decorate it. Show to the rest of your bubble.</p>
Out of the Ark At Home	<p>Section: Wellbeing Learn and sing the song: 'Start the Day with Exercise' Think of some actions you could do to accompany each verse of this song. For example: • Stretch arms in a rainbow motion • Knees up high • Jog on the spot.</p>	<p>Section: Wellbeing Learn and sing the song: 'Start the Day with Exercise' Talk about how many different types of exercise there are. What could you do around the school, house and garden to keep active? Make a list such as hopping, star jumps, side bends etc.</p>	<p>Section: Wellbeing Learn and sing the song: 'I'm OK' Experience life 'in someone else's shoes' for 5/10 minutes (depending on the age of the children). Choose a part of your body that you cannot use for 5/10 minutes – it could be a hand, an arm, a leg, your</p>	<p>Section: Wellbeing Learn and sing the song: 'I'm OK' Talk about our challenge from yesterday, discuss how the 5/10 minute disability made you feel. Were there things you needed others' help to do? Did your teacher/family look at you strangely? Discuss how this might make you react</p>	<p>Section: Wellbeing Learn and sing the song: 'I'm OK' Answer these questions about what makes you 'you', and share them with your friends and family. Ask them to answer the same questions. How varied are all the answers? 1. What's your favourite food? 2. How long is</p>

		Ensuring social distancing can the children move around the classroom in the different ways they came up with to keep active? Share the Did you know fact? You use 200 muscles to take a single step forward! Can the children think about where these muscles are?	voice, or you might decide to close your eyes. Teacher/Adult asks the children to do different things- touch your nose, the floor, go for a walk, write your name. How has not being able to use one of your body parts affected you?	differently to others with disabilities in the future.	your middle finger? 3. Who is your favourite musician? 4. What's your favourite season? 5. What's the one hobby you couldn't give up? 6. Can you touch your nose with your tongue? 7. What are you most proud of yourself for? 8. What is the first thing you do after you've woken up in the morning? 9. What is your favourite subject at school? 10. What is your favourite song?
Handwriting	Reception Minibeast pencil control pg.4 – Making curved lines (n). Year 1/2/3/4 Fifth page – Write in your neatest handwriting on a page of paper (or the next page of the notebook) and then illustrate.	Reception Minibeast pencil control pg.5 – Making circles (O). Year 1/2/3/4 Sixth page – Write in your neatest handwriting on a page of paper (or the next page of the notebook) and then illustrate.	Reception Minibeast pencil control pg.6 – Making wavy lines (S). Year 1/2/3/4 Seventh page – Write in your neatest handwriting on a page of paper (or the next page of the notebook) and then illustrate.	Reception Minibeast pencil control pg.7 – Making zig zags (W). Year 1/2/3/4 Eighth page – Write in your neatest handwriting on a page of paper (or the next page of the notebook) and then illustrate.	Reception Minibeast pencil control pg.8 – Making zig zags (Z). Year 1/2/3/4 Ninth page – Write in your neatest handwriting on a page of paper (or the next page of the notebook) and then illustrate.
Maths	Use Home Learning Guidance activities				
Phonics/ Spelling	Use Home Learning Guidance activities				
Dough Disco / Dough Gym	Focus: Days of the Week Warm up fingers! For ideas- https://www.youtube.com/watch?v=o7U4jFs1jo4 Remind children of the rules for using their dough. Explain that this week we are going to be looking at the days of the week. Do you know what the days of the week are? How many days in one week? https://www.youtube.com/watch?v=ovgPLvue164	Focus: Days of the Week Warm up fingers! Can we think of new exercises we could use to warm up our fingers? Recap what we did yesterday about the days of the week. Can the children tell you things that they do on different days of the week? Can you remember any of the actions for the different days we did yesterday? https://www.youtube.com/watch?v=ovgPLvue164	Focus: Days of the Week Warm up fingers using own choice of exercises Who can remember the days of the week? Chant them together- share the 7 days in a week rap. Can we think of actions with the dough to go with this song? https://www.youtube.com/watch?v=h84PF1zocdQ	Focus: Days of the Week Warm up fingers using own choice of exercises Recap the 7 days in a week rap and remember the dough disco actions from the previous day? Extend- which days do we go to school? How many days are there in the weekend? What day comes before Monday? If today is Thursday what day was it two days ago? etc https://www.youtube.com/watch?v=h84PF1zocdQ	Focus: Days of the Week Warm up fingers using own choice of exercises Recap the days of the week with the class. Ask the children questions about the days of the week as Thursday. Friday Song- The link below is playdough dough finer gym exercises to 'The Ants Went Marching' https://www.youtube.com/watch?v=ocFu_ZFgQi4 Free style dough discos. Put a selection of different songs on for the children to enjoy

					making up dough disco moves to. At the end of the session- Challenge the children to teach their friends how to do the moves they make up.
Hall Time	Cosmic Yoga	Joe Wicks	imoves Dance Challenge – Samba. https://imoves.com/home-learning/1545	Joe Wicks	Cosmic Yoga
MFL (KS2)	Recap Week 1- what did we learn in French last week? Hello/ Goodbye/Counting to 10 in French. Share You Tube video of counting to 10 with the number names and digits. https://www.youtube.com/watch?v=woqBQG7LG8s Begin to create a poster in French for the younger children with all of the number names to 10 on with pictorial representations of the numbers too.	Turn to the person on the table next to you and Say Hello and Goodbye in French. Watch French counting song https://www.youtube.com/watch?v=lsc3qLMaCu8 Try and remember how to say the numbers to 10 in French. Complete poster from previous day.	Recap how you say Hello in French. Ask do you know how to say My name is in French? Share You Tube video https://www.youtube.com/watch?v=XCpPixgYwBg Teach the children to say Je m' appelle _____ Can the children turn to the person on the table next to them and say Hello and my name is in French? Create a self-portrait and Write Je m' appelle and their name for display.	Recap how to say my name is. Teachers asks the question Comment tu t'appelles? (What is your name?) To each person in the class. Can the children remember how to say my name is? Complete poster from yesterday.	Recap counting in French to 10- Can the children use their posters from Monday/Tuesday to tell the person on the table next to them the numbers in French? Teacher to say a number in French, can the class hold up the corresponding number of fingers or write it on a scrap piece of paper? After 5 or so numbers can the children add all of the numbers together?
Mindfulness	<u>Fingertip touch and breathe</u> During these activities, it may help to play some quiet, relaxing music. A technique to practise deep breathing and being calm. It may help to have eyes closed. - Use their dominant hand and touch the thumb to their index finger while inhaling a deep breath. - As they exhale, they touch their thumb to their middle finger. - Inhale again and touch their thumb to their ring finger. - Exhale again and touch their thumb to their little finger.	<u>Relax Kids</u> Listen to meditation story reading from Relax Kids on our school website (Wellbeing section).	<u>Mindful Superpowers!</u> Discuss children's favourite superheroes and what makes them special. Tell children they are all superheroes and you will show them how to activate their mindful superpowers. -Each child should choose where their activation button is (temple, chin, cheek, nose etc). - When they touch that button their mindful superpowers will activate. - They touch their button and take 3 deep belly breaths.	<u>The Book of Hopes</u> Read a story from The Book of Hopes (https://literacytrust.org.uk/family-zone/9-12/book-hopes/)	<u>Guided Meditation</u> Find a Guided Meditation for Children on You Tube.

	<ul style="list-style-type: none"> - Inhale and move the thumb back to the ring finger. - Keep inhaling and exhaling moving up and down a finger at a time. 		<ul style="list-style-type: none"> - Then focus on their five senses: touch, taste, hearing, smell and sight. - Quietly use their powers to focus on breathing deeply and focussing on their senses. 		
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Weekly Activities

(Can be completed on any day during the weekly activity time slot)

<p><u>Alphabet Game</u> Choose a category, e.g. animals, colours or countries, and take it in turns to think of something in that category that begins with each letter of the alphabet. For example, if four people are playing and they have chosen animals they could choose, anteater – antelope – armadillo – armadillo! The more people playing in each group, the trickier it is!</p>	<p><u>Wellbeing Activity</u> Choose a family member or friend to draw a picture of and write around the picture all of the things you like about that person, how do they make you feel, why have you chosen them? If it's possible send your picture to the person and imagine how happy it will make them feel to receive it!</p>	<p><u>Pen Pals</u> One of our favourite authors, Michael Rosen has been poorly. The good news is that he is starting to get better! Let's send him lots of get well soon thoughts from the children of St John's! Draw a picture and write a message, maybe tell him your favourite story and email to michael@michaelrosen.co.uk</p>	<p><u>Zoom/Growth Mindset DVD</u> Choose one of the following movies:</p> <ul style="list-style-type: none"> • Big Hero 6 • Zootopia • Inside Out • Sing • Leap • Brave • Trolls • Up • Rock Dog 	<p><u>Painting</u> What does summer look like? Paint a picture of something that makes you feel summery. It might be colours, it might be a place you like to visit in summer or an activity you can do in summer, or even clothes and toys that make you think of summer!</p>
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