

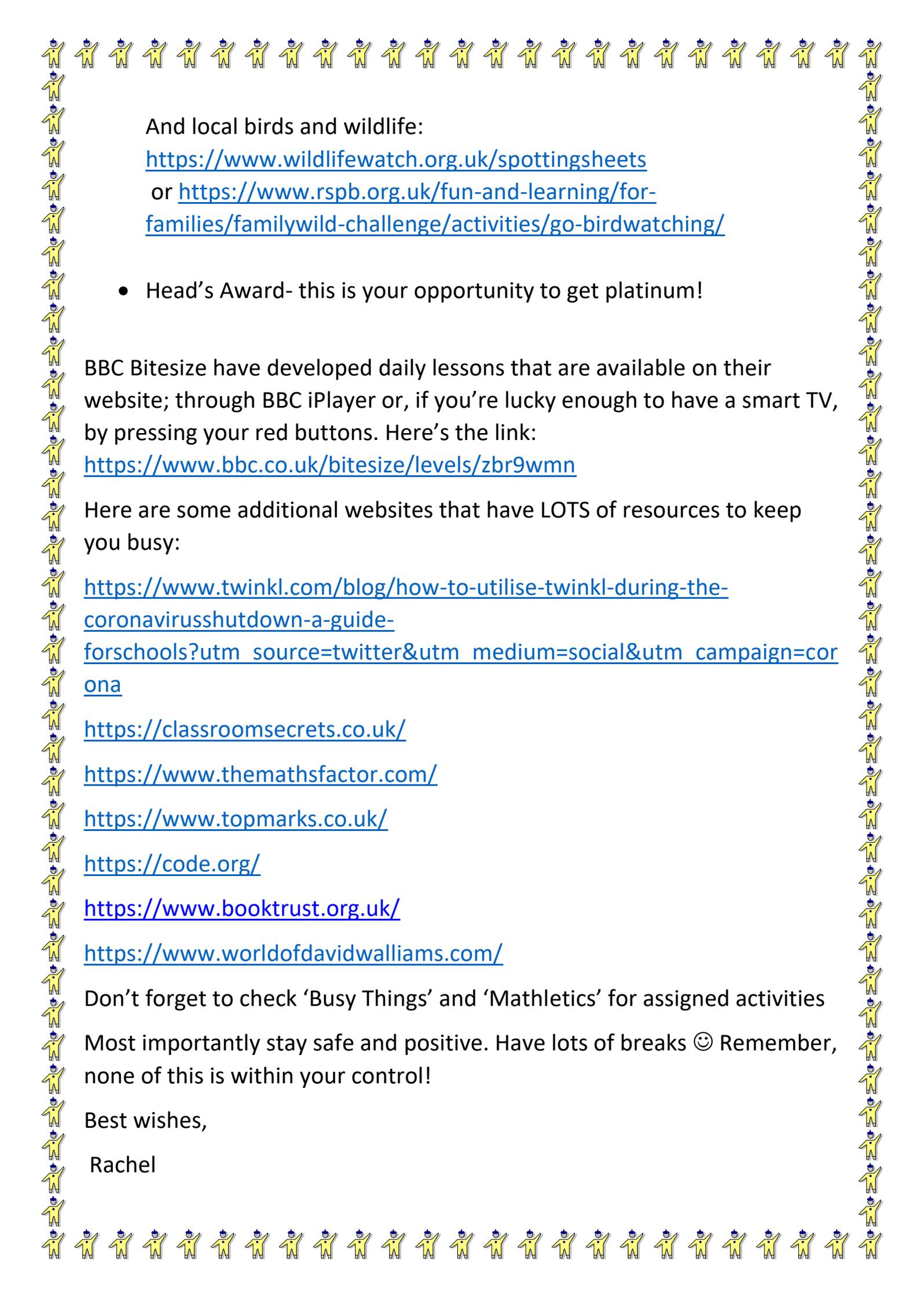
Week 5 Guidance

During these uncertain times, our main priority is that the children are happy and safe. We understand the pressures on parents having to work from home while trying to manage their children's remote learning. Each week, the teachers will upload a pack of suggested activities for the children to complete. Below is a sample timetable of how you may choose to structure your day.

Timings (minutes)	Mon	Tues	Weds	Thurs	Friday
30-45	PE activity				
15- 30	Reading activity				
BREAK					
30-45	Writing activity				
BREAK					
30-45	Maths activity				
LUNCH					
30-45	Foundation 1				
15-20	PATHS/Well-being activity				
30-45	Foundation 2				
30-45	Physical activity				

Enhancements

- Cooking – reading scales; following recipes
- Touchtyping practice (see BBC Dance mat website or Big Brown Bear)
- Mindfulness/Meditation activities (Headspace app)
- Films- enjoy some films and write a review to add to your nonfiction writing
- Walks- for your daily exercise see what spring flowers you can spot:
<https://www.sundaygardener.co.uk/spring-flowering-plants.html>
or <https://www.plantlife.org.uk/uk/discover-wild-plants-nature/spottersheets>



And local birds and wildlife:

<https://www.wildlifewatch.org.uk/spottingsheets>
or <https://www.rspb.org.uk/fun-and-learning/families/familywild-challenge/activities/go-birdwatching/>

- Head's Award- this is your opportunity to get platinum!

BBC Bitesize have developed daily lessons that are available on their website; through BBC iPlayer or, if you're lucky enough to have a smart TV, by pressing your red buttons. Here's the link:

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

Here are some additional websites that have LOTS of resources to keep you busy:

https://www.twinkl.com/blog/how-to-utilise-twinkl-during-the-coronavirusshutdown-a-guide-forschools?utm_source=twitter&utm_medium=social&utm_campaign=corona

<https://classroomsecrets.co.uk/>

<https://www.themathsfactor.com/>

<https://www.topmarks.co.uk/>

<https://code.org/>

<https://www.booktrust.org.uk/>

<https://www.worldofdavidwalliams.com/>

Don't forget to check 'Busy Things' and 'Mathletics' for assigned activities

Most importantly stay safe and positive. Have lots of breaks 😊 Remember, none of this is within your control!

Best wishes,

Rachel