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| **Year 1**  **Starlings**  **Week Beginning 8.6.20** | **Before** 9:00am | 9:00 – 10:00 | 10:00-11:00 | 11:00-12:00 | **Lunchtime – 12:00 -12.30** | 12:30 – 1.00 | 1:00 – 2:00 | 2:00 – 3:15 | 3.15 – 4:00 |
| **Monday** | Eat breakfast, make your bed, get washed and dressed, any laundry in the basket. | Active Time  Five-day/indoor exercises/indoor yoga or other exercise if wet.  <https://www.youtube.com/user/CosmicKidsYoga>  <https://www.gonoodle.com/>  <https://www.nhs.uk/10-minute-shake-up/shake-ups>  PE with Joe Wicks at 9am - <https://www.youtube.com/user/thebodycoach1> | Daily Tasks set by Miss Gillam   * Maths – complete 1 online maths lesson of your choice * Arithmetic – complete one frequency grid each day * Writing – Complete one online writing lesson of your choice * Reading – Watch one of our daily speed sound lessons and read an online reading book on the Oxford Owl website * Answer some of your reading comprehension questions - verbally * Spellings | Creative Time – Lego, drawing, crafting, music, cooking, baking, coding, painting.  coding - <https://www.scratchjr.org/> <https://code.org/> | Tidy Time – Wipe down kitchen table and chairs, wash and dry kitchen dishes, tidy bedroom and lounge | Quiet Time – Reading, Puzzles, Nap (No Electronics) | **History -** Who was Sir Ernest Shackleton?  **Science** – What are the 5 senses?  **Geography** - Who is Sir Ranulph Fiennes?  **Science** – What is a habitat?  **Music -** How can I use my voice expressively and creatively when singing? | Afternoon Fresh Air – Bike, Walk the dog, play outside. |
| **Tuesday** |
| **Wednesday** |
| **Thursday** |
| **Friday** |



Home Learning – this timetable is intended as a guide to support learning at home during a prolonged period of school closure. We appreciate that you will have differing demands on your time but hope that this helps in continuing ‘a love learning’ at home. We will also be updating the class blog daily with any specific activities that you can do each day and further resources that you may need.

Miss Gillam ☺

**If you have issues with usernames and passwords, please contact admin@lostockgralam.cheshire.sch.uk**

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| Monday | History Lesson – Who was Sir Ernest Shackleton?  Today, we will be learning all about the incredible adventures of Sir Ernest Shackleton. He wanted to be the first man to reach the South Pole. Sadly, after 4 attempts to get there, he never made it. During this lesson, we look back at the heroic journey Shackleton and his team took, trying to reach the South Pole.<https://classroom.thenational.academy/lessons/who-was-sir-ernest-shackleton> |
| Tuesday | Science Lesson – What are the 5 senses?  Today we are going to be learning about the five senses. Our bodies do some amazing things. They allow us to see the wonderful world around us, hear things and taste delicious foods. We will be looking at which body part relates to each sense and conducting a sound exploration using our ears.  <https://classroom.thenational.academy/lessons/what-are-the-5-senses> |
| Wednesday | Geography Lesson – Who is Sir Ranulph Fiennes?  Today we are going to be learning about the exciting life of Sir Ranulph Fiennes. He has been called the world’s greatest living explorer! Ranulph is a British explorer who is attempting a new record-breaking challenge to raise money for charity. If he succeeds, he will become the first person to cross the North and South Poles and climb the highest mountain on each of the world’s seven continents. He has 3 continents to go. <https://classroom.thenational.academy/lessons/who-is-sir-ranulph-fiennes> |
| Thursday | Science – What is a habitat?  Learn about the different habitats all around the world. Could you get creative: draw or make your favourite habitat. Can you include some animals or plants which may live there? Alternatively you could make a fact file or complete a quiz attached at the bottom of the linked page below.  <https://www.bbc.co.uk/bitesize/articles/zjnw7nb> |
| Friday | Music – How can I use my singing voice expressively and creatively?Learn to use the voice expressively and creatively by singing songs and using chants and rhymes. Learn about the importance of a warm up and play some lovely call and response style games. Great fun! Could you perform a song to a family member? Perhaps you could do a virtual performance for someone that you haven’t seem for a little while?<https://www.bbc.co.uk/bitesize/articles/z4fgrj6> |



‘A Love for Learning’ – Using the links below, please research each area and respond in the exercise book provided. This could be a written response; fact sheet, poster, poem, non-fiction report, diary entry, newspaper article, diagrams, maps…there are lots of things to learn on each part so break each activity up into sections to study and record.