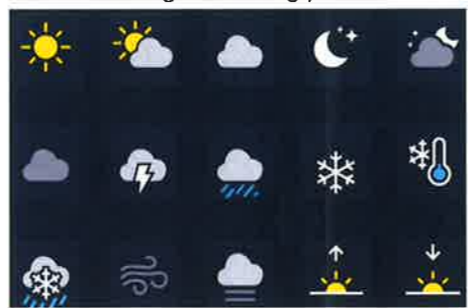


Our class code for Epic! is brh0726.

Compulsory daily plan				
Monday 18 th January	Tuesday 19 th January	Wednesday 20 th January	Thursday 21 st January	Friday 22 nd January
DATE AND LO WRITTEN IN YOUR BOOKS	DATE AND LO WRITTEN IN YOUR BOOKS	DATE AND LO WRITTEN IN YOUR BOOKS	DATE AND LO WRITTEN IN YOUR BOOKS	DATE AND LO WRITTEN IN YOUR BOOKS
<ul style="list-style-type: none"> Target Your Maths: Developing: p12A Secure: p12A Mastery: p12A White Rose Maths: Subtraction (not crossing 10) 18th Jan English planning 	<ul style="list-style-type: none"> Target Your Maths: Developing: p12B Secure: p12B Mastery: p22B White Rose Maths: Subtraction (crossing 10) 19th Jan English planning 	<ul style="list-style-type: none"> Target Your Maths: Developing: p13A Secure: p13B Mastery: p13B White Rose Maths: Subtraction (crossing 10) 20th Jan English planning 	<ul style="list-style-type: none"> Target Your Maths: Developing: p22A Secure: p22B Mastery: p12C White Rose Maths: Subtraction (crossing 10) 21st Jan English planning 	<ul style="list-style-type: none"> Topmarks- Play this game. Ensure you select subtraction. https://www.topmarks.co.uk/maths-games/mental-maths-train Developing: 'Up to 10' Secure: 'Up to 20- minus single digits' Mastery: 'Up to 20' White Rose Maths: Subtraction (crossing 10) 22nd Jan English planning

Enrichment activities				
Monday 18 th January	Tuesday 19 th January	Wednesday 20 th January	Thursday 21 st January	Friday 22 nd January
Science	PE	Geography	PSHE	DT
<p>LO: To explore the changes around us in the different seasons</p> <p>Watch this song about the seasons https://www.youtube.com/watch?v=H32W-6CKdfk</p> <p>Have a think about the changes around us in the different seasons. What changes? What stays the same?</p> <p>Then complete the worksheets to show your understanding. There is one sheet for each season and these can be found at the end of pack 3.</p>	<p>LO: To move in different ways</p> <p>Challenge yourself</p> <p>Can you keep going for 2 minutes?</p> <p>Create your own circuit. Have a think about what exercises to include. Can you run on the spot, do star jumps, leg lifts or even squats? Repeat you circuit 3 times. What else could you add to your circuit?</p> <p>Cosmic Yoga or Joe Wicks workout on YouTube</p>	<p>LO: To explore different types of weather</p> <p>Watch a weather forecast. What types of weather did they mention? Write a list and describe what happens when these occur. E.g. When it snows it is cold. Are there any other types of weather you can think of?</p> <p>Have a look at these weather symbols. Which type of weather are they showing? Can you copy them or have a go at making your own?</p> 	<p>LO: To understand how the body works</p> <p>Think about the different parts of the body. Can you label the different parts of the body? (The worksheet for this can be found at the end of pack 3.)</p> <p>Can you make up your own song to remember the different body parts?</p>	<p>LO: To explore and select materials according to their characteristics</p> <p>Imagine there are 4 different waterproof coats in front of you. One is made of paper, one is made of plastic, one is made of metal and the last one is made from fabric.</p> <p>Pretend to try each coat on. Ask yourself these questions: Can you move in it? Will it keep you dry? Will it keep you warm? Is it heavy or light?</p> <p>Once you have done this, write your thoughts in your book for each coat. If you had to wear one, which would you choose?</p>

Suggested daily routine	
Before 09:00	Wake up
09:00	Academic time
10:30	Fresh air
11:00	Creative time
12:00	Lunch
12:30	Jobs
13:00	Quiet time
14:30	Academic time
15:30	Fresh air
17:00	Dinner
17:30	Screen time
18:00	Bedtime Routine

Eat breakfast, make your bed, get dressed, put your dirty washing in the laundry basket
Complete the compulsory Maths work
Wrap up warm and get some fresh air, play with outside pets, do some exercise which makes you puff out of breath, get on your bike, skip, take a walk
Complete the compulsory English work
Get the table ready
Wipe down the table and chairs in the kitchen and your workspace. Once these are complete you can have some screen time
Reading time
Enrichment activities and finishing off anything from the morning
Wrap up warm and get some fresh air, play with outside pets, do some exercise which makes you puff out of breath
Get the table ready
Relax
Take a shower, pack away your clothes, ensure your bedroom is tidy, read or be read to

Our class code for Epic! is brh0726.



Name:

Aller Pack 3

From Monday 18th January 2021

Email any questions to HEPSathome@gmail.com.

