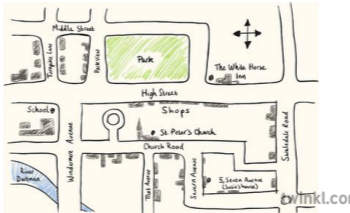


## Compulsory daily plan

Monday 11 <sup>th</sup> January	Tuesday 12 <sup>th</sup> January	Wednesday 13 <sup>th</sup> January	Thursday 14 <sup>th</sup> January	Friday 15 <sup>th</sup> January
USUAL DATE AND LO WRITTEN IN YOUR BOOKS	USUAL DATE AND LO WRITTEN IN YOUR BOOKS	USUAL DATE AND LO WRITTEN IN YOUR BOOKS	USUAL DATE AND LO WRITTEN IN YOUR BOOKS	USUAL DATE AND LO WRITTEN IN YOUR BOOKS
<ul style="list-style-type: none"> <li><b>Target Your Maths:</b> Yr. 3 – 78 &amp; 79 or Yr. 4 – P 92 &amp; 93</li> <li><b>White Rose Maths:</b> Yr. 3 Measure perimeter Yr. 4 Measure perimeter.</li> <li><b>Day 4 of week 1</b> English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>My Maths</li> </ul>	<ul style="list-style-type: none"> <li><b>Target Your Maths:</b> Yr. 3 – 80 or Yr. 4 – P 96</li> <li><b>White Rose Maths:</b> Yr. 3 Calculate perimeter Yr. 4 Perimeter on a grid.</li> <li><b>Day 5 of week 1</b> English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>TT Rockstars</li> </ul>	<ul style="list-style-type: none"> <li><b>Target Your Maths:</b> Yr. 3 – P81 and 75 or Yr. 4 – P 98</li> <li><b>White Rose Maths:</b> Yr. 3 compare lengths Yr. 4 Perimeter of a rectangle</li> <li><b>Day 1 of week 2</b> English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>My Maths</li> </ul>	<ul style="list-style-type: none"> <li><b>Target Your Maths:</b> Yr. 3 P83 or Yr. 4 – 94 &amp; 95</li> <li><b>White Rose Maths:</b> Yr. 3 Add lengths Yr. 4 Perimeter of rectilinear shapes</li> <li><b>Day 2 of week 2</b> English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>My Maths</li> </ul>	<ul style="list-style-type: none"> <li><b>Target Your Maths:</b> Yr. 3 - P84 or Yr. 4 - P97</li> <li><b>White Rose Maths:</b> Yr. 3 Subtract lengths Yr. 4 Add lengths</li> <li><b>Day 3 of week 2</b> English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>TT Rockstars</li> </ul>

## Enrichment activities

Monday 11 <sup>th</sup> January	Tuesday 12 <sup>th</sup> January	Wednesday 13 <sup>th</sup> January	Thursday 14 <sup>th</sup> January	Friday 15 <sup>th</sup> January
History	Science	Art	Geography	P.S.H.E
<p>L.O: To find out the different ways in which travel and transport has changed from past to present.</p> <p><a href="https://www.bbc.co.uk/bitesize/clips/z4fvr8">https://www.bbc.co.uk/bitesize/clips/z4fvr8</a></p> <p style="text-align: center;"><u>2</u></p> <p>Can you choose a type of travel from the past and research this? I would like to see pictures, notes, facts, and any other interesting information you come across.</p>	<p>L.O: To identify that animals, including humans, need the right types of nutrition.</p> <p><a href="https://www.bbc.co.uk/bitesize/clips/zytjimp3">https://www.bbc.co.uk/bitesize/clips/zytjimp3</a></p> <p>Can you use the video to help you understand the perfect type of nutrition we need as humans?</p> <p>Then please create the 'perfect' plate of food for us. You could take this one step further and think about a 'perfect' plate of food for an elephant, or a lion?</p>	<p>L.O: To create a fact file about Hiroshi Shinno.</p> <p>Using some of the information you gathered last week please create a fact file about our artists life. You can include pictures, important dates and achievements.</p>	<p>L.O: To create a sketch map of your area.</p> <div style="text-align: center;">  </div> <p><a href="https://www.youtube.com/watch?v=-16DMH_V-1c">https://www.youtube.com/watch?v=-16DMH_V-1c</a></p> <p>Tie this in with your walk of the day – can you note down special features out and about that you want to include. (I wouldn't expect you to measure things, so don't worry about that in the video.)</p>	<p>L.O: To consider how to look after our minds as well as our bodies.</p> <p style="text-align: center;">Cosmic yoga Mindfulness guide.</p> <p><a href="https://www.youtube.com/watch?v=8rp5bpFIUgg&amp;list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK&amp;index=3">https://www.youtube.com/watch?v=8rp5bpFIUgg&amp;list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK&amp;index=3</a></p> <p>Share this together and then children are to create a leaflet to guide others as to how they can look after their minds and bodies.</p>

### Suggested daily routine

Before 09:00	Wake up	Eat breakfast, make your bed, get dressed, put your dirty washing in the laundry basket
09:00	Academic time	Complete the compulsory Maths work
10:30	Fresh air	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
11:00	Creative time	Complete the compulsory English work
12:00	Lunch	Get the table ready
12:30	Jobs	Wipe down the table and chairs in the kitchen and your workspace. Once these are complete you can have some screen time
13:00	Quiet time	Reading time
14:30	Academic time	Enrichment activities and finishing off anything from the morning
16:00	Fresh air	Wrap up warm and get some fresh air, play with outside pets, do some exercise which makes you puff out of breath.
17:00	Dinner	Get the table ready
17:30	Screen time	Relax
18:30	Bedtime Routine	Take a shower, pack away your clothes, ensure your bedroom is tidy, read or be read to



**Name:**

**Northmoor Pack 2**

**From Monday 11<sup>th</sup> January 2021**

Email any questions to [HEPSathome@gmail.com](mailto:HEPSathome@gmail.com)

