




HEPS at Home Plan for Sedgemoor - Pack 3

Compulsory daily plan				
Monday 18 th January	Tuesday 19 th January	Wednesday 20 th January	Thursday 21 st January	Friday 22 nd January
<p>USUAL DATE AND LO WRITTEN IN YOUR BOOKS</p> <p>L.O: To consolidate 2,4, 8 times table.</p> <p>White Rose Maths: Watch the video https://vimeo.com/48543279 1</p> <p>Then complete White Rose worksheet labelled Monday.</p> <p>Day 1 of week 3. Which also includes a recap of last week's reading.</p> <p>My Maths - Remember to try the lesson on My Maths to help you.</p>	<ul style="list-style-type: none"> USUAL DATE AND LO WRITTEN IN YOUR BOOKS L.O: To compare multiplication and division statements. White Rose Maths: Watch the video https://vimeo.com/485433674 Then complete White Rose worksheet labelled Tuesday. Day 2 of week 3 English planning which covers Reading, Handwriting, Spelling and Writing. My Maths - Remember to try the lesson on My Maths to help you. 	<ul style="list-style-type: none"> USUAL DATE AND LO WRITTEN IN YOUR BOOKS L.O: To explore the relationship between multiplication and division. White Rose Maths: Watch the video https://vimeo.com/486330232 Then complete White Rose worksheet labelled Wednesday. Target Your Maths: Yr. 3 – P39 Day 3 of week 3 English planning which covers Reading, Handwriting, Spelling and Writing. TT rock stars 	<p>USUAL DATE AND LO WRITTEN IN YOUR BOOKS</p> <p>L.O: To Multiply 2-digits by 1-digit. .</p> <p>Target Your Maths: Yr. 3 P46</p> <p>White Rose Maths: Watch the video https://vimeo.com/486331580</p> <p>Then complete White Rose worksheet labelled Thursday.</p> <p>Day 4 of week 3 English planning which covers Reading, Handwriting, Spelling and Writing.</p> <p>TT rock stars</p>	<p>USUAL DATE AND LO WRITTEN IN YOUR BOOKS</p> <p>L.O: To Multiply 2-digits by 1-digit.</p> <ul style="list-style-type: none"> Target Your Maths: Yr. 3 - P47 Day 5 of week 3 English planning which covers Reading, Handwriting, Spelling and Writing. My Maths (catch up on any you haven't managed to complete yet). Remember to try the lesson on My Maths to help you.

Enrichment activities				
Monday 18 th January	Tuesday 19 th January	Wednesday 20 th January	Thursday 21 st January	Friday 22 nd January
<p>RE</p> <p>LO – Samson and Delilah</p> <p>Read the story of Samson and Delilah at home with someone else.</p> <p>Complete the story board by drawing a picture for each section of writing to show what happens in each part of the story or Write the story in your own words to explain what happened. You can include your own pictures too.</p>	<p>Science</p> <p>LO – Human growth</p> <p>Look at the human growth timeline. Use the timeline as a guide and make your own human growth timeline in your yellow exercise book. Remember to label your pictures.</p> <p>Science enquiry question.</p> <p>Do you get faster the bigger you grow? With the people in your house, choose an activity to test this. You'll need a stop watch, an activity and then conduct the experiment. Is it true? Write in your books what you did and what you found out or share on Twitter what you did. You could make a block graph to show your results?</p>	<p>Art</p> <p>LO – Primary Colours</p> <p>Mondrian used lots of primary colours in his art work.</p> <p>Find out what the 3 primary colours. Create your own artwork using only the three primary colours. This could be pencil crayons, paint or using found objects around the house to make a piece of art.</p> <p>Don't forget to share your artwork on Twitter.</p> <p>Questions: Did Mondrian colour every rectangle and square?</p>	<p>Computing</p> <p>LO – Lightbot – finding solutions</p> <p>On a PC or tablet search for Lightbot: code hour. You shouldn't need to pay anything to download or use it. If using a laptop you will need to enable 'Flash' although this is now not supported.</p> <p>Follow the onscreen commands to complete level 1. It gets hard.</p> 	<p>Geography</p> <p>LO – Mountains</p> <p>https://www.bbc.co.uk/bitesize/topics/z849g6f/articles/z4g3qp3</p> <p>Search (BBC bitesize mountains)</p> <p>Watch the video and spot those mountains.</p> <p>In your yellow exercise book I'd like you to draw a picture of you wearing and taking all the things you need to climb a mountain. You could even dress up and get yourself ready for a mountain trip and label yourself. You might wish to explain why you need certain things when on a mountain.</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 maths and English work in the top box
10:00	Fresh air	Wrap up warm and where possible gets some fresh air and exercise that gets you out of breath and your body working harder e.g. go for a walk, go for a cycle.
11:00	Creative time	Start or complete your creative project from the enrichment activity box
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	Finish any incomplete work from the morning and then complete online learning
16:00	Exercise time	Complete some 'Cosmic Yoga' https://www.youtube.com/user/CosmicKidsYoga