

HEPS at Home Plan for Sedgemoor - Pack 4

Compulsory daily plan				
Monday 25 th January	Tuesday 26 th January	Wednesday 27 th January	Thursday 28 th January	Friday 29 th January
<ul style="list-style-type: none"> White Rose – Lines of symmetry Target your maths pg 16 Day 1 of week 4 English planning which covers Reading, Handwriting, Spelling and Writing. Mymaths 	<ul style="list-style-type: none"> White Rose –Sort 2d Shapes Can you complete question 5 from White Rose again using objects found in the house. Day 2 of week 4 English planning which covers Reading, Handwriting, Spelling and Writing. TT Rockstars 	<ul style="list-style-type: none"> White Rose – Make patterns with 2d shapes Target your maths pg 18 (I suggest you copy the patterns in your maths books and then continue them) Day 3 of week 4 English planning which covers Reading, Handwriting, Spelling and Writing. Mymaths 	<ul style="list-style-type: none"> White Rose – count faces on 3d shapes Target your maths pg 44 Day 4 of week 4 English planning which covers Reading, Handwriting, Spelling and Writing. TTRockstars 	<ul style="list-style-type: none"> White Rose – Count edges on 3d shapes Target your maths – pg 45 Day 5 of week 4 English planning which covers Reading, Handwriting, Spelling and Writing. Mymaths

Enrichment activities				
Monday 25 th January	Tuesday 26 th January	Wednesday 27 th January	Thursday 28 th January	Friday 29 th January
<p>History</p> <p>LO –Significant Monarchs</p> <p>Watch the clip about Queen Victoria. Search (BBC Queen Victoria KS1) https://www.bbc.co.uk/bitesize/topics/zkrkscw/articles/zfdkhhbk</p> <p>Use the sheet with the word bank at the bottom to fill the gaps. It might be good</p>	<p>Science</p> <p>LO – Basic needs</p> <p>Watch the clip Search (What do humans need to stay healthy?) https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p</p> <p>Make an island at home (probably inside as it's quite cold). What are the things you most definitely need to have on your island to survive? Or, draw you're a map of an island and put the things you might need to survive on the map. E.g water, food, shelter Remember to write down why you need these things.</p>	<p>Music</p> <p>LO – The Orchestra – strings</p> <p>Watch the clip Search (George meets the orchestra) https://www.youtube.com/watch?reload=9&v=MOJc4sPOBEE</p> <p>Pay close attention to the strings section of the orchestra. Choose one of the string instruments that you liked and draw it and label some of the parts. E.g. strings, body, neck, head. Add extra information to explain how you play it or what it may sound like.</p>	<p>PSHE</p> <p>LO- Truth and lies</p> <p>Watch the clip Search (The boy who cried wolf bbc – videos tab and 2nd clip down.) https://www.youtube.com/watch?v=CYVMqWIYXSO</p> <p>What can we learn from this story? What was the problem with the boy telling lies?</p> <p>In your books draw a picture of the boy. Next to him, write some things he might've said or have been thinking at different times in the story. Was shouting "Wolf" always a fun thing to do?</p>	<p>RSPB Birdwatch</p> <p>Visit https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/</p> <p>Either today, Saturday or Sunday complete a birdwatch survey. Complete the sheet in the pack and submit your results via the website on the sheets.</p>

Suggested daily routine	
Before 09:00	Wake up
09:00	Academic time
10:00	Fresh air
11:00	Creative time
12:00	Lunch
12:30	Jobs
13:00	Quiet time
14:30	Academic time
16:00	Exercise time
17:00	Dinner
17:30	Screen time
18:30	Bedtime routine

Eat breakfast, make your bed, get dressed, put your dirty washing in the laundry basket
Complete the maths and English work in the top box
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.
Start or complete your creative project from the enrichment activity box
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
Finish any incomplete work from the morning and then complete online learning
Complete some 'Cosmic Yoga' <https://www.youtube.com/user/CosmicKidsYoga>
Get the table ready
Relax
Take a shower, pack away your clothes, ensure your bedroom is tidy, read or be read to

Email any questions to HEPSathome@gmail.com