



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"> USUAL DATE AND LO WRITTEN IN YOUR BOOKS White Rose Maths: Watch the video https://vimeo.com/489849543 Target Your Maths: Yr. 3 – P48. Choose a different section or make sure you do different sums from 22.1.21 Day 1 of week 4. English planning which covers Reading, Handwriting, Spelling and Writing. TT Rockstars 	<ul style="list-style-type: none"> USUAL DATE AND LO WRITTEN IN YOUR BOOKS White Rose Maths: Watch the video https://vimeo.com/489850121 Then complete White Rose worksheet labelled Tuesday Day 2 of week 4 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 White Rose Maths: Watch the video https://vimeo.com/489844871 Then complete White Rose worksheet labelled Wednesday Target Your Maths: Yr. 3 – P 49 Day 3 of week 4 English planning which covers Reading, Handwriting, Spelling and Writing. TT Rock stars 	<ul style="list-style-type: none"> USUAL DATE AND LO WRITTEN IN YOUR BOOKS Target Your Maths: Yr. 3 P50 White Rose Maths: Watch the video https://vimeo.com/489845622 Then complete White Rose worksheet labelled Thursday. Day 4 of week 4 English planning which covers Reading, Handwriting, Spelling and Writing. TT rock stars 	<ul style="list-style-type: none"> USUAL DATE AND LO WRITTEN IN YOUR BOOKS Target Your Maths: Yr. 3 - P51 Day 5 of week 4 English planning which covers Reading, Handwriting, Spelling and Writing. My Maths – ensure all tasks are complete on my Maths for the week.
Enrichment activities				
Monday 25 th January	Tuesday 26 th January	Wednesday 27 th January	Thursday 28 th January	Friday 29 th January
<p>History LO –Significant Monarchs Watch the clip about Queen Victoria. Search (BBC Queen Victoria KS1) https://www.bbc.co.uk/bitesize/topics/zkrkscw/articles/zfdkhhbk Use the sheet with the word bank at the bottom to fill the gaps. It might be good</p>	<p>Science LO – Basic needs Watch the clip Search (What do humans need to stay healthy?) https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p 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 LO – The Orchestra – strings Watch the clip Search (George meets the orchestra) https://www.youtube.com/watch?reload=9&v=MOJc4sPOBEE 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 LO- Truth and lies Watch the clip Search (The boy who cried wolf bbc – videos tab and 2nd clip down.) https://www.youtube.com/watch?v=CYVMqWIYXS0 What can we learn from this story? What was the problem with the boy telling lies? 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 Visit https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/ 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. s</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		