

## HEPS at Home Plan for Sedgemoor - Pack 2

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
<ul style="list-style-type: none"> <li>White Rose – Make tally charts</li> <li>Target your maths pg 59</li> <li>Day 1 of week 2 English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>Mymaths</li> </ul>	<ul style="list-style-type: none"> <li>White Rose – Draw pictograms</li> <li>Target your maths pg 57</li> <li>Day 2 of week 2 English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>TT Rockstars</li> </ul>	<ul style="list-style-type: none"> <li>White Rose – Interpret pictograms</li> <li>Target your maths pg 57 or create your own pictogram in your maths book.</li> <li>Day 3 of week 2 English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>Mymaths</li> </ul>	<ul style="list-style-type: none"> <li>White Rose – Draw pictograms</li> <li>Target your maths pg 58</li> <li>Day 4 of week 2 English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>TTRockstars</li> </ul>	<ul style="list-style-type: none"> <li>White Rose – interpret pictograms</li> <li>Target your maths – pg 58 or create your own pictogram in your maths book.</li> <li>Day 5 of week 2 English planning which covers Reading, Handwriting, Spelling and Writing.</li> <li>Mymaths</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
<p>History</p> <p><b>LO – If I were King/Queen.</b> Kings and Queens (Monarchs) is our topic this term. Draw yourself as a King or Queen. Underneath, write what rules you would like to have if you were a Monarch? Use the sheet in the pack to help you.</p>	<p>Science</p> <p><b>LO - Animals and their young.</b> Choose at least 5 animals. Draw them, then draw their young. Write the names of each animal, be careful as some young have different names to their adults so you may need to research this.</p>	<p>Music</p> <p><b>LO – The Orchestra - listening</b> <a href="https://www.classicfm.com/discover-music/best-classical-music-for-kids/">https://www.classicfm.com/discover-music/best-classical-music-for-kids/</a> Follow the link and choose a video to watch. For each piece of music write down a score out of 10 for how much you like it, and try to describe how the music makes you feel in one sentence.</p>	<p>PSHE</p> <p><b>LO- Being unkind and bullying?</b> Look at the sheet in the pack about Max and Robert. Cut them out and stick them in your book. Answer the questions about Max and Robert around them, you could put your answers in speech bubbles. Question: What's the difference between being unkind and bullying.</p>	<p><b>Cook a dish or meal</b> Who can be the most creative?</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' <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>		
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		

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