



### Our Week 5 Timetable for Home Learning

Phonics this week will be taught through live lessons. All children will continue to log on at 9.00 promptly. We will discuss our timetable for the day, share our work and then have a live phonics lesson. All children will need their exercise books and a pen/pencil for their phonics lesson.

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00-9.20 Phonics	<b>Phonics</b>	<b>Phonics</b>	<b>Phonics</b>	<b>Phonics</b>	<b>Phonics</b>
10.00-10.20 Maths	<b>Money</b> Counting coins and finding the total	<b>Money</b> Making amounts & Making amounts in different ways	Wellbeing Wednesday	<b>Money</b> Change	<b>Money</b> Worded Problems
11.00-11.20 Literacy	<b>Poetry</b> Introduction to poetry/features	<b>Poetry</b> Rhyme	For the rest of the day, have a 'device free day'  See separate wellbeing activity sheet	<b>Poetry</b> Plan poem	<b>Poetry</b> Write poem
11.40-12.00 Topic	<b>PSHE</b>	<b>History/Science</b> Comparison of Stephen Hawking and Isaac Newton		<b>Computing</b> E-Safety	<b>RE</b> The features of a Christian church

Oak National Academy has teamed up with Place2Be and BAFTA Kids to create a free assembly for Children's Mental Health Week 2021, celebrating this year's theme of "Express Yourself". Make sure you set your reminders to come back [HERE](#) anytime Monday 1st February to join Blue Peter's Lindsey Russell and CBBC presenter Rhys Stephenson alongside some other special well-known faces for a free and exciting assembly available to all children, schools and families. They're bringing the nation's children together (virtually!) with a positive message about the power of creative self-expression. Children can access and watch this assembly once they have finished their phonics lesson.

See next page wellbeing activities

## Wellbeing Wednesday Activities **Bingo Board**

Wellbeing Wednesday is an opportunity for your children to spend some time away from their devices and enjoy a range of activities to support their wellbeing during this difficult time. Below is a bingo board of **wellbeing activities**. See how many you can tick off during the week.

Activities with a \* by them can be found in a wellbeing file on Microsoft Teams.

<p>Dance! Put on your favourite song and dance along.</p> 	<p>Lie down somewhere quiet and feel your pulse. Can you count the number of beats?</p>	<p>Mindfulness colouring*</p>	<p>Go for a walk with your family</p>	 <p>Learn another language Children can sing along with The Lingo Show on CBeebies and learn some French words.</p>
	<p>Play a board game</p>		<p>Make a dream catcher</p>	<p>Put on your favourite music and sing your heart out!</p>
<p>Laugh! Share some favourite jokes with your family. Write them in the chat on Teams too so we can all laugh!</p>	<p>Listen to relaxing music</p> 	<p>Think of something that you could do to help a family member. Could you surprise them with a kind action?</p>	<p>See if you can spot stars you recognise and give them names and/or try to spot different constellations*</p>	<p>Make a time capsule that includes information about your life today. Which people are most important to you? What are you most grateful for? What are your favourite things?</p>
<p>Cooking is something you can share - don't forget it uses maths, communication and science skills</p>	<p>Read your favourite book</p>	<p>Tell your parents/siblings one thing that you love about them</p>	<p>Make a scrapbook or a collage to show things that make you smile</p>	