



Barlborough Primary School



Thursday 2nd April 2020

Before 9.00	Wake up and get ready		Have breakfast. Get dressed – it might be a good idea to change into school uniform to put them in a learning mindset. Brush your teeth. Make your bed. Tidy your room.
9.00 – 9.30	Phonics		Phonics Play- Flash cars game all Phase 2/3/4 sounds Tricky word trucks games for Phase 3/Phase 4. Use bookmarks on reading records if this is not working. Phonics work book pages- The books are differentiated to child’s ability, so please follow the instructions below depending on the book you have. Workbook 2- Pages 8 and 9- c (cursive handwriting page too) Workbook 3- Pages 8 and 9 – v (cursive handwriting page too) Workbook 4- Pages 8 and 9 – sentence writing Workbook 5- Pages 8 and 9 – nch/ nk (cursive handwriting page too)
9.30- 10.00	Discovery Time		Idea: Can you make an Easter card for a friend?
10.00– 11.00	Exercise Time/ Active learning		https://www.thisgirlcan.co.uk/activities/disney-workouts/ Nikki, Zen, and Melody’s “You’re Welcome” from Moana
11.00 – 11.30	Maths		Watch my YouTube video for Number of the week. -14 This is on the website too!

			Practice writing 14 in mud using a stick or in a tray or rice/flour/cereal.
11.30-12.00	Discovery Time		Idea: Can you make an 'Easter bunny assault course?' You could do this in your garden or house. Organise things to crawl under (a chair) jump over (a cushion) and run around (garden toys.) Wearing the masks you made earlier in the week, time yourself completing the course.
12.00 – 1.00	Lunch		
1.00 – 1.20	Reading		10 minutes on Rising stars website with assigned book. Many are finishing the books now. Please take the quiz at the end of the book today for me to look at tomorrow.
1.20 – 2.00	Topic/Creative		<p>PSHE-Mindfulness- Remind children that we have been working on some mindfulness techniques at school- what are these? (breathing, superhero poses, thinking happy thoughts if we are sad)</p> <p>Explain that today we are going to experiment with why it is important to do these things when we are feeling very strong emotions.</p> <p>The Mindful Jar</p> <ul style="list-style-type: none"> •First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl. •Finally, use the following script or take inspiration from it to form your own mini-lesson: <p>“Imagine that the glitter is like your thoughts when you’re cross, angry or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly</p>

			<p>decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too).</p> <p>[Now put the jar down in front of them.]</p> <p>Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions"</p> <p>This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.</p> <p>Try having the children focus on one emotion at a time, such as anger, and discuss how the shaken verse settling glitter is like that emotion.</p> <p>Please post a picture on the portfolio of this.</p>
<p>2.00- 2.50</p>	<p>Discovery Time</p>		<p>Watch an Easter film or read an Easter story together. You could make it a cinema afternoon or create a den to read in. If you don't have a story here is one on YouTube. https://www.youtube.com/watch?v=v1kRZB0Tc_k</p>
<p>2.50 – 3.10</p>	<p>Independent writing</p>		<p>Write a sentence about what your favorite part of the book on rising stars was. Try to encourage children to write on the line and include capital letters, full stops and finger space- just as we would do so at school. 😊 Correct one or two sound/letter formation or punctuation errors and practice.</p>

3.10 – 3.30	Review of day's learning/Upload work to ClassDojo		Share your work from today with your class teacher via ClassDojo (message/portfolio) I will be reviewing this until 5pm every day.