



St. Paul's home learning - Please note this is in addition to Spelling shed and TT Rockstars and daily reading

Alders Class Week 18th January 2021

	Phonic s/ Spelling g	English		Maths fluency	Maths		Topic session 1		Topic session 2
Mo nd ay	Spelling words that end in 'il'	https://classroom.thenationalacademy/lessons/to-listen-to-a-speech-and-ask-questions-c8n3ec	Break	Subtraction $tw + u$ 26 - 2 45 - 4 57 - 3 88 - 6	https://classroom.thenationalacademy/lessons/relating-halves-and-quarters-to-division-6l1kgr	Lunch	SCIENCE https://classroom.thenationalacademy/lessons/what-lives-in-a-rainforest-habitat-6dgp2r	Break	SCIENCE https://classroom.thenationalacademy/lessons/can-a-city-be-a-habitat-69k66r
Tu esd ay	Spelling words that end in 'il'	https://classroom.thenationalacademy/lessons/to-learn-a-speech-from-memory-6grp6d		Subtraction $tw + u$ 26 - 2 45 - 4 57 - 3 88 - 6	https://classroom.thenationalacademy/lessons/identifying-the-parts-of-a-fraction-cmwk8r		R.E https://classroom.thenationalacademy/lessons/what-are-the-festivals-of-islam-70u36r		R.E https://classroom.thenationalacademy/lessons/to-write-an-essay-about-islam-part-1-c4rp6c
We dne sda y	Spelling words that end in 'il'	https://classroom.thenationalacademy/lessons/to-explore-persuasive-techniques-cmw62e		Subtraction $tw + u$ 26 - 2 45 - 4 57 - 3 88 - 6	https://classroom.thenationalacademy/lessons/identifying-half-of-a-shape-crtk0c		Mindfulness See mindfulness activity on the next page		P.E https://www.youtube.com/c/TheBodyCoachTV/videos Participate in a Joe Wicks session
Th urs da y	Spelling words that end in 'il'	https://classroom.thenationalacademy/lessons/to-use-commas-to-separate-items-in-a-list-6xj3gc		Subtraction $tw + u$ 26 - 2 45 - 4 57 - 3 88 - 6	https://classroom.thenationalacademy/lessons/identifying-halves-thirds-and-quarters-of-shape-cct36c		PSHE https://classroom.thenationalacademy/lessons/fun-in-the-sun-6th3ed		PSHE https://classroom.thenationalacademy/lessons/my-special-people-69k64c
Fri da y	Spelling words that end in 'il'	https://classroom.thenationalacademy/lessons/to-give-personal-opinions-about-what-is-read-persuasion-texts-70u36c		Subtraction $tw + u$ 26 - 2 45 - 4 57 - 3 88 - 6	https://classroom.thenationalacademy/lessons/identifying-fractions-of-shape-with-different-numerators-74u66t		HISTORY https://classroom.thenationalacademy/lessons/how-has-food-changed-in-the-last-60-years-60u6cd		HISTORY https://classroom.thenationalacademy/lessons/where-does-our-food-come-from-75hk8e



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Mindfulness activity

Glitter Bottle (5 minutes)

Use this familiar sensory bottle concept as a mean to explicitly teach how mindfulness can help to calm us when we are feeling stressed, anxious, sad or angry.

Preparation

Fill a bottle or jar with water, leaving 2-3 cm of space at the top.

Add a generous amount of glitter glue to the bottle (or a combination of PVC glue and regular glitter).

Seal the bottle well!

You may like to make one large bottle to use as an example for whole-class instruction, or a set of bottles that can be used by individuals or for small group rotations.

Directions

Shake the bottle well to mix the glitter, water and glue.

Share the following words with your students: "Imagine that the glitter is like your thoughts when you're stressed, mad 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 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, grown-ups too).

[Now put the jar down in front of them.] 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."



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#21minutechallenge

Rossendale School Sports Partnership have put together a number of resources to help our children and families stay active during this lockdown. To support this, they have launched the 21 minute challenge. The aim is to take part in at least 21 minutes of continuous exercise every day, whether it is going out for a walk, taking part in a home learning task from school, playing out with siblings or completing a Joe Wicks workout. We are encouraging our school and home learners (and their families) to take part and log their daily activities. Please follow the home learning links on our school website for the activity log. It would be amazing to see as many of our families getting out and being active.

National Marine Aquarium

Deep Science

Every Friday during the lockdown, you will be able to tune in to two special shows on our Youtube Channel here: [Click here to visit our YouTube channel](#)

FRIDAYS AT 1:00PM - 1:20PM [KS1&2]

The first, 'Deep Science' (1:00pm - 1:20pm) will see our Aquarium teachers meet some of our amazing animals as well as stopping in at our Aqua Lab to explore the science behind the animated ocean exploration tv series 'The Deep' (CBBC @12pm on weekdays during lockdown). Expect fascinating facts and real time experiments, as well as ideas to follow up with at home (curriculum linked of course!)

Key themes for each week are as follows:

15th Jan - Underwater Volcanoes

22nd Jan - Creature Classification

29th Jan - Nautical Navigation

5th Feb - Ocean Mysteries

12th Feb - Megafauna

19th Feb - Life Cycles

26th Feb - Looking after the Ocean



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