



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

Maples Class Week 1st February 2021

	Spelling/ Grammar	English		Maths fluency	Maths		Topic session 1		Topic session 2
Monday Worship: Look at the express yourself PowerPoint to introduce mental health awareness week.	Fronted adverbials- Spot the adverbial	I was a rat! https://classroom.thenational.academy/lessons/to-engage-with-the-text-6mw38c	Break	Add these numbers mentally (do not use the column method): 153+27= 184+56= 211+39= 193+69=	Area https://vimeo.com/499229510	Lunch	PSHE: Keeping ourselves safe. Cigarettes and alcohol awareness. Read the statements and decide if they are talking about alcohol, cigarettes, or both. Look at the answers (at the bottom of the grid) and see	Break	Music: https://classroom.thenational.academy/lessons/composing-a-body-percussion-piece-6nk38d



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						which ones you got right. Are you surprised by any of the information?	
<p>Tuesday</p> <p>Don't forget to take part in the 21-minute challenge- whenever you can fit it in.</p>	Fronted adverbials- Adverbial sort	https://classroom.thenational.academy/lessons/to-answer-questions-on-the-text-part-1-cru68t	Add these numbers mentally: 285+163= 318+178= 473+121= 229+164=	Counting squares https://vimeo.com/500381471	RE: https://classroom.thenational.academy/lessons/what-are-the-jewish-festivals-61k38c	Science: Can you write a diary entry as a piece of food moving through the digestive system? Example: Dear diary, I began my journey in a what looked like a dark cave,	



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									the mouth. It was filled with wet, gooey slime, which I've now learnt is called saliva. I was mushed around, one side to the other until I eventually got passed down the oesophagus. It felt like I was on a roller coaster. The muscles squeezed me down the tunnel, quicker
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								than I thought they would. I finally reached the stomach...
Wednesday Don't forget to take part in the 21-minute challenge whenever you can fit it in.	Fronted adverbials- Where did it happen?	https://classroom.thenational.academy/lessons/to-analyse-characters-c8w3jt		Subtract these numbers mentally (you could use a number line or partition- but don't use the column method): 194-66= 127-53= 236-75=	Making shapes https://vimeo.com/500864228		Mental health awareness activities: 1) Being kind to yourself activity. 2) Best qualities activity.	PE: WARNING- YOU TUBE VIDEO. https://www.youtube.com/watch?v=7051Y5duZJA&safe=active



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Thursday Don't forget to take part in the 21-minute challenge- whenever you can fit it in.	Fronted adverbials- When did it happen?	https://classroom.thenational.academy/lessons/to-answer-questions-on-the-text-part-2-crv66c		Subtract these numbers mentally: $578-136=$ $397-152=$ $465-241=$	Comparing area https://vimeo.com/501678823	ART: Create a Gratitude diary. This diary is for you to write down what you are grateful for. I will be asking this question a lot more on our zoom chats. This will help keep us positive and think about all the good we have in our lives- even though it's not a great time for many.	Continue with ART.
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							This diary will need lots of pages- try decorating each page differently. You could use newspaper to create a page and then stick a piece of white paper in the middle, so you can write on that part. You might use tin foil to create a nice shiny border on another page. I will show some		
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						examples on zoom this week and also add some photos to the end of the grid.	
Friday Don't forget to Dress to express yourself!!!	Fronted adverbials- How did it happen?	https://classroom.thenational.academy/lessons/to-analyse-the-authors-use-of-language-cnj3cr		https://www.timeables.co.uk/times-tables-shooting.html Practise 8 times table.	Area- end of block quiz.	Feel good Friday. This is your mindfulness afternoon. It is time to take for yourself. Do something you love. NO SCREENS/ IPADS/PS 4 etc.	You could colour, draw, bake, play in the garden, go for a long walk, make a junk model- whatever you love doing.



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							I have added some simple yoga poses- you could create your own yoga relaxation routine.		
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PSHE:

Answers:

Cigarettes:

- This contains a drug called nicotine
- The smoke from this contains tar which can stick to the lungs and affect a person's breathing
- The chemicals in this can stain a person's fingers and teeth
- Most people in this country choose not to use this [NB In 2012 only 20% of the adult population were smokers. This figure was 26% in 2002 so smoking is on the decline. Data from 'Opinions and lifestyle, smoking habits amongst adults survey, 2012' Office for National Statistics]

Alcohol:

- This is found in drinks like beer, wine, and spirits like gin and vodka
- This can affect a person's brain so that they are not in normal control of their body
- The liver has to clean this out of the blood
- This is often used at celebrations like weddings

Both:

- It is against the law to sell this to people under 18
- Too much of this can affect a person's heart in a harmful way [Smoking can put a strain on the heart and increase the risk of heart disease. Drinking too much alcohol can also damage the heart by raising someone's blood pressure, weakening the heart muscle, enlarging the heart or making the heart beat irregularly]
- Sometimes people find it hard to stop using this
- This can increase the risk of diseases like cancer [Both smoking cigarettes and drinking alcohol can increase the risk of a range of cancers]

Are there any additional facts that the children think they know which they could add to their columns?



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Examples of gratitude diaries:



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If you'd like more inspiration for your gratitude diary, you can search 'junk journal' in google and it has lots of images for ideas.



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