

Post 16 Heartwood and Sherwood Home Timetable - w/c 11th May 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>9.00 - 9.30</p> <p>Have a drink of water</p>	<p>Keep fit with Joe Wicks YouTube</p> <p>New alternative</p> <p>https://www.bbc.co.uk/sport/av/africa/52119088</p> <p>Shoe workout with an international Nigerian Footballer</p> <p>Your fun workout</p> <p>Mr Rigby's Workout - Exercising at home</p>	<p>Keep fit with Joe Wicks YouTube</p> <p>New alternative</p> <p>https://www.bbc.co.uk/sport/av/africa/52119088</p> <p>Shoe workout with an international Nigerian Footballer</p> <p>Your fun workout</p> <p>Mr Rigby's Workout - Exercising at home</p>	<p>Keep fit with Joe Wicks YouTube</p> <p>New alternative</p> <p>https://www.bbc.co.uk/sport/av/africa/52119088</p> <p>Shoe workout with an international Nigerian Footballer</p> <p>Your fun workout</p> <p>Mr Rigby's Workout - Exercising at home</p>	<p>Keep fit with Joe Wicks YouTube</p> <p>New alternative</p> <p>https://www.bbc.co.uk/sport/av/africa/52119088</p> <p>Shoe workout with an international Nigerian Footballer</p> <p>Your fun workout</p> <p>Mr Rigby's Workout - Exercising at home</p>	<p>Keep fit with Joe Wicks YouTube</p> <p>New alternative</p> <p>https://www.bbc.co.uk/sport/av/africa/52119088</p> <p>Shoe workout with an international Nigerian Footballer</p> <p>Your fun workout</p> <p>Mr Rigby's Workout - Exercising at home</p>
<p>9.30 - 10.00</p> <p>Have a drink of water</p>	<p>How did writing your workout go last week? Using feedback from your family, could you make any adjustments to your workout, or how you present it to them - would a video be easier to follow, pictures or instructions? Can you add any different ideas to your workout after experiencing Mr Rigby's workout?</p>	<p>Did you manage to create three workouts so you cover all abilities last week? If not see if you can create workouts that are: easy, moderate (middle) and vigorous (hard)? Remember to make them fun and schedule rest periods in between the exercises. What can you change to improve?</p>	<p>To make your workout more fun and interesting can you add some more trivia questions during your workouts? e.g. naming capital cities, where famous landmarks are, famous football stadiums, where famous people were born, famous inventors, true or false questions, multiple choice questions.</p>	<p>Continue to edit and improve your workout as it progresses. Have you named your workouts or the different exercises? What decisions have you made? Compare the different routines you have done this week and write about how you found them.</p>	<p>Put all of your workout ideas, drawings, and written work together to make a workout book. Think about what you're going to call it and make a front cover. Don't forget to make a contents page, add titles to your pages and number them. You can then share your workout when we are back at school.</p>

10.00 - 10.30

Discuss with your parent your weekly budget for buying snacks indoors. Work out a price list for snacks with your parent. Example crisps, fruit, biscuits, yoghurt, toast, juice, tea, coffee. Water should be free.

Remember you only have 30 minutes.

Did you budget sensibly last time, or did you run out of money before Friday?

Go onto the BBC Own It app.
<https://www.bbc.com/ownit/the-basics>

Choose a category to view and investigate something that interests you from:

Vlogging, gaming, kids explain, secrets of the internet, sort the basics by...

Share and discuss what you have found out with a family member. Remember to record what you have found so that you can share with your class.

Remember you only have 30 minutes.

Use this time for writing down questions you will want to ask your friends, teachers and staff when you return to school. Make a 'QUESTION BOOK' so you can keep your questions together. You could design a page for each identified person.

Remember you only have 30 minutes.

Help with housework. Hoover, dust, clean your bedroom, do the washing, iron some clothing, clean the windows inside, cut the grass, practice your tea and coffee making skills. Help with the recycling bins.

Use the following link to give you some ideas:

<https://www.bbc.com/ownit/take-control/how-to-be-helpful-around-the-house>

Washing cars. Only wash your family cars who you live at home with.

Make sure you have evidence for these tasks.

Make yourself a 'Life Skills' book, write your task and get a parent to sign.

Remember this should only take 30 minutes.

Create your own code. Change each letter of the alphabet for a picture or symbol and write a secret, coded letter to a sibling/parent/carer. Can the recipient decode it? Can they make up their own code, too?

Remember you only have 30 minutes.

<p>Break 10.30-11.00</p>	<p>Purchase or make a snack from the budget you have been given at the beginning of the week. Keep a record of what you are spending.</p>				
<p>11.00- 11.30</p>	<p>Reading David Walliams free audio books Magazines Newspapers Own book</p> <p>New Alternative https://www.storiestogrowby.org/audio-stories/</p> <p>Another Alternative https://stories.audible.com/start-listen Books to suit everyone</p> <p>Write a book, news review</p>	<p>Reading David Walliams free audio books Magazines Newspapers Own book</p> <p>New Alternative https://www.storiesogrowby.org/audio-stories/</p> <p>Another Alternative https://stories.audible.com/start-listen Books to suit everyone</p> <p>Write a book, news review</p>	<p>Reading David Walliams free audio books Magazines Newspapers Own book</p> <p>New Alternative https://www.storiesogrowby.org/audio-stories/</p> <p>Another Alternative https://stories.audible.com/start-listen Books to suit everyone</p> <p>Write a book, news review</p>	<p>Reading David Walliams free audio books Magazines Newspapers Own book</p> <p>New Alternative https://www.storiesogrowby.org/audio-stories/</p> <p>Another Alternative https://stories.audible.com/start-listen Books to suit everyone</p> <p>Write a book, news review</p>	<p>Reading David Walliams free audio books Magazines Newspapers Own book</p> <p>New Alternative https://www.storiesogrowby.org/audio-stories/</p> <p>Another Alternative https://stories.audible.com/start-listen Books to suit everyone</p> <p>Write a book, news review</p>
<p>11.30- 12.00</p>	<p>Alphabet Challenge</p> <p>With a family member.</p> <p>On your class webpage, go to: [2] WEBSITE LINKS - ALL LEARNING 11.5.20.</p> <p>Scroll down to the English section and</p>	<p>Spelling Challenge</p> <p>With a family member.</p> <p>From your resource pack [Resource 4]: Read through each of Mr. Whoop's passages where he has accidentally spelt thirteen (Lower ability)/</p>	<p>Dictionary Challenge</p> <p>With a family member.</p> <p>From your resource pack [Resource 6]: Use a dictionary or the internet to answer the questions in your dictionary skills Scavenger Hunt.</p>	<p>Spelling Challenge</p> <p>With a family member.</p> <p>From your resource pack [Resource 4]: Read through each of Mr. Whoop's passages where he has accidentally spelt thirteen (Lower ability)/</p>	<p>Writing Challenge</p> <p>With a family member.</p> <p>Using the words used in your dictionary skills Scavenger Hunt Challenge, draw a picture defining each word. Write a sentence about your</p>

	<p>choose a Spelling game to play.</p> <p>On your class webpage, click on the links under Mrs Hill's activity and complete the challenges.</p>	<p>twelve (Higher ability) of the common exception words incorrectly. Highlight the words you believe to be errors and provide the correct spellings at the bottom of the activity sheet.</p>		<p>twelve (Higher ability) of the common exception words incorrectly. Highlight the words you believe to be errors and provide the correct spellings at the bottom of the activity sheet.</p>	<p>picture using the word.</p>
12.00 - 1.00	<p>Website links</p> <p>Look at the new web links on the school website. [2.Website links - All learning 11.5.20]</p> <p>Explore the ones you are interested in and write what you like or don't like about the activities or information you gather.</p> <p>Then feedback to a family member or teacher when you speak to them this week.</p>	<p>Working with money</p> <p>With a family member.</p> <p>Click on one of the links on the school websites to play a maths starter game. Choose from: Cashing in, Hit the Button, Toy Shop Money Game, Robot Restaurant.</p> <p>Read the money questions and complete the worksheets [Resource 5].</p> <p>Remember to check your calculations and use a calculator to mark your answers.</p>	<p>Healthy Eating and Living</p> <p>Storing food [Resource 7]</p> <p>Look in your kitchen and think about where and how the food is stored.</p> <p>Which foods need to be stored in the fridge and why? Where is the best place to store food in the fridge? Which foods can be stored in the cupboard and why?</p> <p>Complete the worksheets to show your understanding.</p>	<p>Asking questions</p> <p>Role play with a family member. [Resource 8]</p> <p>Imagine that you are planning on going to the supermarket. Complete the 'Before I go, I need to know' checklist. With a family member, role play some useful phrases, such as: Where are the ____ (item), please? Can you help me find _____ (item), please? Work through the 'Pretend that' scenarios and problem solve what you would do in the</p>	<p>Independent study pack</p> <p>[Resource 10] In your study pack you will find activities in reading, writing, maths, science and social studies. Try to do the activities as independently as possible, but ask for help if you need it.</p> <p>Work at your own pace and use the internet or books to help you.</p>

				different situations. Write down what you would do and what you would need to say, or questions you would need to ask to a member of staff.	
Lunch 13.00 - 14.00	Make your own lunch and offer to make a snack and drink for your family.				
14.00 - 15.00	<p>Cooking Make sure you have an adult in the kitchen</p> <p>[3] Choose a recipe to follow from: the resources sent to you, from a cookery book or recipe online. Think about how to make a good choice and consider: The food you like; any allergies you have; the cost of the food; the availability of ingredients; the time it takes to prepare the meal. Record the decisions you have made. Then follow the recipe and:</p>	<p>ART AND SCIENCE BASED</p> <p>Click on the YouTube link under Mrs Choules' Art and Craft activities.</p> <p>Watch the experiments and see if you can recreate some of your favourite ones.</p> <p>Some of the experiments, once you've added colour, work on the basis that water and oil don't mix!</p>	<p>Computer Touch Typing</p> <p>https://www.typingclub.com/sportal/program-3/116.play</p> <p>Good Luck!</p>	<p>ART AND MUSIC BASED</p> <p>Start getting creative and create your own musical instrument - then make some noise! [Resource 9]</p> <p>If you can persuade your family members to join in, why not make your own band?</p> <p>Click on the 'musical instruments' and 'drum kit' links for how to make:</p> <p>A drum kit</p> <p>A microphone</p> <p>A guitar</p>	<p>Mini Missions to build computational thinking skills</p> <p>[Resource 11]</p> <p>Choose and complete an activity from one of the six computational thinking concepts:</p> <p>Algorithms - making steps and rules</p> <p>Abstraction - Removing unnecessary detail</p> <p>Evaluation - making judgements</p> <p>Decomposition - breaking down into parts</p>

Organise the ingredients for the recipe (do you know where they are stored in your kitchen?).

Organise the equipment for the recipe (can you name and spell the equipment you are using?).

Follow the instructions to cook the recipe (can you remember the sequence of the recipe and explain it to a family member?).

Remember to keep the kitchen clean when cooking and tidy up at the end!

A shaker

Or use objects from around your house and create a soundscape.

Pattern - spotting and using similarities

Logic - predicting and analysing.