

Post 16 Heartwood and Sherwood Home Timetable - w/c 4th 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>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>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>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>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>9.30 - 10.00</p> <p>Have a drink of water</p>	<p>Can you think of your own routine based upon Joe Wicks or the Shoe workouts? Think about how you will share the exercises with your family? Will you: illustrate (draw) them; list them; create a video/ model how to do them? Make a simple plan of between 5 and 10 exercises.</p>	<p>How did your family find your workout? Too difficult, too easy? Working from your feedback, edit your workout to make it easier/ harder. Remember to make them fun and schedule rest periods in between the exercises. Can you present your workout differently to yesterdays?</p>	<p>Create a third workout so you cover all abilities: easy, moderate (middle) and vigorous (hard).</p>	<p>Like Joe Wicks, can you add some fun trivia questions during your workout? e.g. naming capital cities, where famous landmarks are, famous football stadiums, languages spoken in different countries, where famous people were born.</p>	<p>Review your routine and make improvements where necessary. Have you named your workouts or the different exercises? What decisions have you made? Compare the different routines you have done this week (Joe Wicks, The Shoe workout and your workouts) and write about how you found them. What was easiest, what was difficult and why.</p>

<p>10.00 - 10.30</p>	<p>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.</p> <p>Remember you only have 30 minutes.</p> <p>Did you budget sensibly last time, or did you run out of money before Friday?</p>	<p>Play the 'Name 5 things game'</p> <p>Resource 5</p> <p>Think of a subject and ask a family member to name 5 things.</p> <p>Here are some ideas to get you started - name 5 things:</p> <p>...that smell nice ...that feel soft ...that sound nice ...that are blue ...that taste sweet ...that are circular ...that are big</p> <p>Can you record the score and see who wins?</p> <p>Remember you only have 30 minutes.</p>	<p>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.</p> <p>Remember you only have 30 minutes.</p>	<p>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. Washing cars. Only wash your family cars who you live at home with.</p> <p>Make sure you have evidence for these tasks. Make yourself a 'Life Skills' book, write your task and get a parent to sign.</p> <p>Remember this should only take 30 minutes.</p>	<p>Make a puzzle. With permission, cut up a picture from a magazine, a hand drawn picture or even a photograph, into different shapes to make your own puzzle.</p> <p>Remember you only have 30 minutes.</p>
<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</p>	<p>Reading David Walliams free audio books Magazines Newspapers</p>	<p>Reading David Walliams free audio books Magazines Newspapers</p>	<p>Reading David Walliams free audio books Magazines Newspapers</p>	<p>Reading David Walliams free audio books Magazines Newspapers</p>

	<p>Own book</p> <p>New Alternative https://www.storiestogrowby.org/audio-stories/</p> <p>Write a book, news review</p>	<p>Own book</p> <p>New Alternative https://www.storiesogrowby.org/audio-stories/</p> <p>Write a book, news review</p>	<p>Own book</p> <p>New Alternative https://www.storiesogrowby.org/audio-stories/</p> <p>Write a book, news review</p>	<p>Own book</p> <p>New Alternative https://www.storiesogrowby.org/audio-stories/</p> <p>Write a book, news review</p>	<p>Own book</p> <p>New Alternative https://www.storiesogrowby.org/audio-stories/</p> <p>Write a book, news review</p>
11.30- 12.00	<p>Alphabet Challenge</p> <p>With a family member.</p> <p>Pick any subject like girls' names, boys' names or even chocolate bars and write one down for each letter of the alphabet. Who can complete the challenge the quickest in your family?</p>	<p>Spelling Challenge</p> <p>With a family member.</p> <p>Resource 6</p> <p>Read through each of Mr. Whoop's passages where he has accidentally spelt thirteen (Lower ability)/ 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>Dictionary Challenge</p> <p>With a family member.</p> <p>Resource 8</p> <p>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>Resource 6</p> <p>Read through each of Mr. Whoop's passages where he has accidentally spelt thirteen (Lower ability)/ 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>Writing Challenge</p> <p>With a family member.</p> <p>Write a Story, Poem or Song with Words</p> <p>Write a story using all your spelling words. Underline the words you used.</p> <p>Suggestions for a story poem or song:</p> <p>How I feel about not being at school.</p> <p>Things I miss!</p> <p>What I would like to do</p>

<p>12.00 - 1.00</p>	<p>Website links</p> <p>Resource 3</p> <p>Look at the new web links on the school website.</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>Rounding numbers</p> <p>With a family member.</p> <p>Click on one of the links on the school websites to pay a maths starter game. Choose from: Cashing in, Hit the Button, Toy Shop Money Game, Robot Restaurant.</p> <p>Resource 7</p> <p>Then look at the 'Rounding up or down' resource to help you with your next challenge. Then complete the rounding worksheets in your learning pack, or... Gather some shopping receipts or look at products online. Write down the name of the product and how much it costs. Then round to the nearest significant amount (10/ 100).</p>	<p>Healthy Eating and Living</p> <p>Healthy eating game</p> <p>Resource 9</p> <p>Think about the work we have covered on Healthy Living. Look at the 'Healthy Eating and Living board game', on the school website, for inspiration and create your own version.</p> <p>You can follow the same rules on page 2 or make up your own.</p> <p>Think about how you can decorate your game to make it look more professional.</p>	<p>Asking questions</p> <p>Role play with a family member.</p> <p>Resource 10</p> <p>Imagine that you are planning on going to the cinema, with your friends, to see the latest blockbuster. You aren't sure when the film is showing or at what time. You also need to check that your friends want to watch the film with you and that they are free to join you. You will also need to think what you need to say if the person you are ringing isn't there and you need to leave a message. Use the 'making a phone call' social script to help you think and write down what to say about: Who you are calling? Why you are calling? What information</p>	<p>Independent study pack</p> <p>Resource 11</p> <p>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>
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				<p>you need to give the person you are calling?</p> <p>What information you need to write down from the person you are calling?</p> <p>What message do I want to leave if the person you need to speak to isn't there?</p> <p>What answer phone message will you leave?</p> <p>What will you say if you have dialled the wrong number?</p>	
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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</p> <p>Make sure you have an adult in the kitchen</p> <p>Resource 4</p> <p>As we are living in difficult times, at the moment, I thought we could cook using a recipe that could have been used during the war.</p> <p>Read through the</p>	<p>ART BASED</p> <p>Robots</p> <p>Using the work Post 16 did during our Recycling unit as inspiration can you design a robot for the time we are living in?</p>	<p>Computer</p> <p>Touch Typing</p> <p>https://www.typingclub.com/sportal/program-3/116.play</p> <p>Good Luck!</p>	<p>ART BASED</p> <p>Robots</p> <p>Working from the design you drew yesterday, use recycled materials to create your robot.</p> <p>You can use any recycled materials: boxes, bottles, tubes, or whatever else you have hanging around at</p>	<p>Mini Missions to build computational thinking skills</p> <p>Resource 12</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</p>
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	<p>recipes in the 'Wartime Recipe Booklet' and choose one that you think you might like and have the ingredients (or similar).</p>			<p>home can be put to good use to make your very own robot.</p> <p>You could use gold paper or foil or paint or felt tips would work on cardboard too - perhaps covering the box in plain white paper first if needed.</p> <p>Don't forget to give it a name!</p>	<p>unnecessary detail</p> <p>Evaluation - making judgements</p> <p>Decomposition - breaking down into parts</p> <p>Pattern - spotting and using similarities</p> <p>Logic - predicting and analysing.</p>
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