

Post 16 Heartwood and Sherwood Home Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00 - 9.30	<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>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>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>
9.30 - 10.00 Have a drink of water	<p>Have you tried the Shoe / trainer workout?</p> <p>Was this harder than working out with Joe Wicks?</p> <p>Compare both routines and write about how you found the exercise.</p> <p>What was difficult what was easy</p>	<p>Have you tried the Shoe / trainer workout?</p> <p>Was this harder than working out with Joe Wicks?</p> <p>Compare both routines and write about how you found the exercise.</p> <p>What was difficult what was easy</p>	<p>Have you tried the Shoe / trainer workout?</p> <p>Was this harder than working out with Joe Wicks?</p> <p>Compare both routines and write about how you found the exercise.</p> <p>What was difficult what was easy</p>	<p>Have you tried the Shoe / trainer workout?</p> <p>Was this harder than working out with Joe Wicks?</p> <p>Compare both routines and write about how you found the exercise.</p> <p>What was difficult what was easy</p>	<p>Have you noticed a difference yet to your fitness level?</p> <p>What decisions have you made?</p> <p>Are you going to try both exercises but on different days?</p>
10.00 - 10.30	<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,</p>	<p>Think about our 'RECYCLING' lessons. On different sheets of paper draw your new recycling bins. Look at the packaging in your Kitchen cupboards.</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</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</p>	<p>Think about another recycling bin that might be needed while everyone is home.</p> <p>Discuss with your family what their suggestions are.</p>

	<p>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>Make a list of the items that can be recycled into your different Bins,</p> <p>Remember you only have 30 minutes.</p>	<p>keep your questions together. You could design a page for each identified person.</p> <p>Remember you only have 30 minutes.</p>	<p>skills. Help with the recycling bins.</p> <p>Make sure you have evidence for these tasks.</p> <p>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>Design this recycling bin.</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- 12.00</p>	<p>Reading David Walliams free audio books Magazines Newspapers Own book</p> <p>New Alternative https://www.storiestogrowby.org/audio-stories/</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.storiestogrowby.org/audio-stories/</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.storiestogrowby.org/audio-stories/</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.storiestogrowby.org/audio-stories/</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.storiestogrowby.org/audio-stories/</p> <p>Write a book, news review</p>

12.00- 13.00

Spelling Challenge

With a family member. Please check they have made the correct amount of shirts with the correct letters.

Draw the exact amount of shirts with the correct letters on them.

The shirts below have the letters needed for your spellings.



Cut them out to start your spelling challenge tomorrow.

Spelling Challenge

With a family member. Read out a word from the list and challenge your child to spell it using the football shirts.

1. shirt
2. points
3. trophy
4. manager
5. division
6. spectator

Spelling Challenge

With a family member. Read out a word from the list and challenge your child to spell it using the football shirts.

1. gloves
2. result
3. ground
4. champion
5. league
6. assistant

Spelling Challenge

With a family member. Read out a word from the list and challenge your child to spell it using the football shirts.

1. game
2. player
3. winning
4. bounce
5. stadium
6. transfer

Spelling Challenge

With a family member. Read out a word from the list and challenge your child to spell it using the football shirts.

1. tunnel
2. bench
3. mascot
4. shoot
5. penalty
6. striker

--	--	--	--	--	--

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>Pancakes with caramelised apples</p> <p>Ingredients 75g plain flour 1 medium egg 200ml milk 2 tsp vegetable oil 1 eating apple, cored and thinly sliced 1 tsp caster sugar Finely grated zest and juice of 1lemon</p> <p>1. Put the <u>flour</u> into a large jug or mixing bowl. Add the <u>egg</u> and <u>milk</u> and beat with a wire whisk or a hand-held electric</p>	<p>ART BASED Make a Time Capsule</p>  <p>Get creative with a time capsule to remember this lockdown when you are older.</p> <p>You will need to find a box of some sort in your house with a lid, especially if you are going to be burying it in the garden.</p> <p>You can put whatever you want into the time capsule. You could draw around your hands, cut it out and put it in to your Time Capsule and see</p>	<p>ART BASED Paper Towel Wind Twirlers</p>  <p>1. Paint/ colour tube</p>  <p>When your paint has dried, cut along the lines of colour,</p>	<p>Computer Touch Typing</p> <p>https://www.typingclub.com/sportal/program-3/116.play</p> <p>Good Luck!</p>	<p>Computer Paignton Live Zoo Cam</p> <p>https://www.paigntonzoo.org.uk/explore/webcams</p> <p>Explore this website and see different animals through the zoo webcam.</p>
---------------	--	--	---	--	---

beater to make a smooth batter.

2. Heat a pancake pan or non-stick frying pan. Add 2-3 drops of vegetable oil. Pour in a quarter of the batter, and tilt the pan so that it flows evenly over the surface. Cook over a medium heat for 1-2 minutes until set, then flip over to cook the other side. Make 4 pancakes in total, adding 2-3 drops of oil to the pan

the size difference later on.

Get pictures of your [bedrooms](#) or your favourite clothes or toys. Even a picture of yourself to put in the time capsule would be great. You could even write a letter to their future selves too! Newspaper cuttings could also be an interesting touch to add to the time capsule. This would be good to add to remember the lockdown and the pandemic. Once you have finished adding things into the time capsule, you could also decorate it. Then, get together and bury it in the garden and wait for about 5-10 years or however long you want. Before burying it, however, make sure you seal it properly

leaving an inch or so of un-cut tube at the top.

2. Cut tube



3. Paint/ colour inside



When everything has dried, poke two holes (use the point of a pencil) in the top, uncut portion of the tube, and thread some string/ thread/

for each one. Keep the pancakes in a warm place until all of them are cooked.

3. Heat the remaining [oil](#) in the frying pan and add the [apple slices](#), cooking them over a medium-high heat for 3-4 minutes, and turning often. Sprinkle the [sugar](#) over them and cook for another few moments until lightly browned. Add the [lemon zest and juice](#), stir to coat, then

so that it does not get ruined or wet.

Take photographic evidence.

yarn/ line through.

Knot just above the top of the tube, and leave a single, long tail of string / thread/line/ yarn for hanging. A single line (rather than a double line) of thread or yarn will allow your



tube to really twirl.

Take photographic evidence.

remove from
the heat.

4. Serve one
pancake per
person,
topped with
the
caramelised
apples.