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| **Year 6**  **Toucans**  **Week beg. 6th July** | **Before** 9:00am | 9:00 – 10:00 | 10:00-11:00 | 11:00-12:00 | **Lunchtime – 12:00 -12.30** | 12:30 – 1.00 | 1:00 – 2:00 | 2:00 – 3:15 | 3.15 – 4:00 |
| **Monday** | Eat breakfast, make your bed, get washed and dressed, any laundry in the basket. | Family walk with the dog (if you have got one!)  Five-day/indoor exercises/indoor yoga or other exercise if wet.  <https://www.youtube.com/user/CosmicKidsYoga>  <https://www.gonoodle.com/>  <https://www.nhs.uk/10-minute-shake-up/shake-ups>  [www.5-a-day.tv](http://www.5-a-day.tv/)  USERNAME: 5-a-dayAtHome    PASSWORD: AtHome123 | Work from the packs that have been sent home/CGP books/First4Maths activities/fluency grids/any specified work from the daily blog  TT Rock Stars - <https://play.ttrockstars.com/auth/school>  White Rose Maths <https://whiterosemaths.com/homelearning>  I See Reasoning lessons <http://www.iseemaths.com/home-lessons/> | Creative Time – Lego, drawing, crafting, music, cooking, baking, coding, painting.  coding - <https://www.scratchjr.org/> <https://code.org/>  Ted Ed https://ed.ted.com All sorts of engaging educational videos.  Blockly https://blockly.games Learn computer programming skills - fun and free. | Tidy Time – Wipe down kitchen table and chairs, wash and dry kitchen dishes, tidy bedroom and lounge | Quiet Time – Reading, Puzzles, Nap (No Electronics) | Languages/Art  German Website: www.atantot.com User name: lostockgralam Pass: 1443 | Afternoon Fresh Air – Bike, Walk the dog, play outside. Have a go at some of the active challenges <https://www.youthsporttrust.org/pe-home-learning>  <https://www.youthsporttrust.org/60-second-physical-activity-challenges>  <https://www.youthsporttrust.org/active-learning> |
| **Tuesday** | Science/PSHCE  <https://mysteryscience.com/> |
| **Wednesday** | History/Geography |
| **Thursday** | Science  <https://mysteryscience.com/> |
| **Friday** | RE/Geography |



Home Learning – this timetable is intended as a guide to support learning at home during a prolonged period of school closure. We appreciate that you will have differing demands on your time but hope that this helps in continuing ‘a love learning’ at home. We will also be updating the class blog daily with any specific activities that you can do each day and further resources that you may need.

Mrs Downing & Mrs Whittingham

**If you have issues with usernames and passwords, please contact admin@lostockgralam.cheshire.sch.uk**

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| **Monday** | **Meditation**- happy breathing, quiet music, yoga poses, Listening Meditation, Breathing buddies (put an object on your tummy and lie flat. Focus on the object as you breathe and watch it rise and fall. There are some lovely guided meditation sessions for children online. (I also really like the artwork that goes with these)  <https://www.youtube.com/watch?v=DWOHcGF1Tmc>  <https://www.youtube.com/watch?v=HtYIQiXyrsE>  <https://www.youtube.com/watch?v=64QzBuhsyuk> |
| **Tuesday** | **PSHCE – Transition**  <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>  <https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/>  <https://www.bbc.co.uk/teach/teacher-resources-for-students-transitioning-to-secondary-school/zb68y9q> |
| **Wednesday** | **Thank you letter**- talk about gratitude. Write/draw a letter, card or postcard to someone to say thank you for all the things they do for you. Give them or post the letter. |
| **Thursday** | **Superhero strengths**- use a template <https://www.teachappy.co.uk/resources-and-downloads> for the outline of a superhero. Stick a photo of the child’s head. Design the hero and write the character strengths on/around it. There is also a video about character strengths at <https://www.letitripple.org/films/science-of-character/> although it is more aimed at upper KS2. Also have a look at the definitions of the 24 character strengths at <https://www.viacharacter.org/character-strengths> |
| **Friday** | **Happy Jar**- Need a clean, empty Jam Jar and some labels/stickers to decorate and make individual. You then write down any great things that have happened in the last week – emphasise to the children they don’t have to be big things. It might be getting a smile from someone special, hearing your favourite song, playing or inventing a new game, learning something new, enjoying lovely weather etc. Before they add a new thing, they could take out 1 already in there and read it…or if they are feeling low, take 1 out to read. Keep it somewhere they will see it. |

 ‘A Love for Learning’