

Year 3 Weekly Home Learning Plan – 17th June 2020

Please find below this week's Home Learning for Year 3.



ClassDojo

We hope you and your families are all well. The sun has come back out and we hope you have been able to enjoy it!

Have fun!

Miss Simms and Mrs Flubacher

Daily Reading

Read to an adult for at least half an hour each day. This could be broken into two 15-minute sessions. Enjoy any reading material you have at home including comics, magazines, books, annuals etc.

Continue with Core Lexia and Oxford Owl

Listen to some books being read online: <https://www.worldbookday.com/storytime-online/>
<https://www.worldbookday.com/storytime-online/>

Daily Oak National Academy Lessons / BBC Bitesize

Please continue to use the Oak National Academy site to access daily English, Maths and Foundation subject lessons. You can find the lessons here: <https://www.thenational.academy/> and we sent instructions for how to use this site in a separate letter.

To access the lessons, click on 'Online Classroom' > 'Schedule' > 'Year 3' and select the day. The lessons need to be done in order – don't worry if you have missed a day, just do the next lesson in the sequence depending on where you are up to.

If you need any help accessing the online learning please message the class teacher through ClassDojo. We will be able to message you back directly during school hours.

There is also BBC Bitesize: <https://www.bbc.co.uk/bitesize/dailylessons>

TTRockstars

Please could you log in and complete 10 rounds on Time Tables Rockstars in Studio!

Daily PE / Exercise

Please continue to enjoy the Joe Wicks workouts ☺

<https://www.activekids.com/fitness/articles/full-body-conditioning-exercises-for-kids>

Also there are some lovely mindfulness yoga activities on Cosmic kids:

Enter 'Cosmic Kids yoga – Zen den' into YouTube and there are a variety of great videos on there ☺

Mental Health and Wellbeing

Here are some great activities to do at home to help with mental health and wellbeing:

- Create a worry box – write your worries down and pop them in the box. Once they are in there encourage your child to let go of the worry. At the end of the week take the worry notes out of the box and go through them with your child and talk about the worries together.
- Listen to mediation music and close your eyes. Maybe do this a family and try to really calm the mind and be in the moment.
- Encourage your child to help you with chores around the house e.g. cleaning the bathroom, cooking dinner, hoovering. Doing these daily chore will help with a routine and even if they moan it will be good for them and help you out too!
- Jar of joy – Pick a jar and ask your child to pick an exercise that they enjoy (inside or outside) and write it down and put into the jar of joy! You can then let you child pick out one ticket a day and complete the activity. It could even be: baking a cake, making a den or playing hide and seek!



Keep smiling and have a great week Year 3!