

Year 3 Weekly Home Learning Plan – 3rd June 2020

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



ClassDojo

We hope you and your families are all well. We have enjoyed seeing more of you back at school and settling into the different routine.

We also hope you are managing with your home learning, please keep sending us updates! If you have any questions please just ask! Please send any messages or photos through ClassDojo to show us and we will message you back! Don't forget you can tweet pictures of your work to @stmatprimary or bring it into school when we return.

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

Check out 'Andy's Wild workouts' on BBC Iplayer where Andy travels the world and shows you fun animal moves!

<https://www.bbc.co.uk/programmes/p06tmmvz>

You can still exercise with Joe Wicks too when you can't get out and about!

Mental Health and Wellbeing

- Here are some mindfulness activities you can do in a minute or under:
- Yawn and stretch for 10 seconds every hour! This will help to wake your body up.
- Give someone in your family a big hug and take three big breaths. Hugging releases oxytocin and reduces stress. Basically a hug makes you feel happy!
- Mindfully eat a piece of food, it could be a raisin or a piece of chocolate! Chew slowly and enjoy every mouthful.
- Sing your favourite song, dance around and be silly! Make up a routine and perform for your family!
- Create a journal writing down all the things you are thankful for, for example: 'I am thankful for my family' or 'I am thankful for this delicious food'. Writing this down once a day will help lift your spirits 😊

Take care everyone and we hope you enjoy the home learning!



Keep Smiling!