

## Year 3 Weekly Home Learning Plan – 15<sup>th</sup> May 2020

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



# ClassDojo

It has been lovely to see your photos and read your messages about your home activities. We have particularly enjoyed seeing all your work and how busy you have all been preparing for VE Day. We hope you all had a super bank holiday.

We 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

If you run out of books and are able to get online, why not try reading along with the Diary of a Wimpy Kid books or take your pick from the last link to the Children's stories and fun channel's playlist:

<https://www.youtube.com/channel/UCWxfzi5sJWCliD42VbNXCnw>



### 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

Play 'Gears' Game - Walking around a space. 1st gear slow walking, 2nd gear fast walk, 3rd gear gentle jog, 4th gear steady run. Hand break- stop. Change gears up and down. Include hand break- stopping with wide base, in a space. Stretches appropriate to age range Discuss what is happening to their breathing and heart rate.

Points to remember:

Change directions and speed easily, whilst avoiding collisions- looking up, looking ahead, moving into space.

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

## Mental Health and Wellbeing

### Cloud watching

When the weather is good, take a walk into your garden and lie down and watch the clouds go by. See what different shapes and animals the members of your family see in the clouds – not everyone will see the same.



### Texture bag.

Place several small, interestingly shaped or textured objects in a bag. Have each child reach in and touch an object, one at a time, and describe what they are touching. Make sure they don't take the object out of the bag, forcing them to use only their sense of touch to explore the object.

If useful:

**things to say to your anxious child**

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it.
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).
9. What's something we could do to help you feel better?

The worksheet includes illustrations of a spider, a grey monster-like creature, and a green snake.