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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **English:****Fiction** | **EY:** Encourage your child to complete the phonics and caption flash cards by matching the correct ones together:<https://www.twinkl.co.uk/resource/t-t-777-phase-2-pictures-and-captions-matching-cards-square-cards>**KS1:** Complete the handwriting control worksheets<https://www.twinkl.co.uk/resource/t-l-141-line-handwriting-worksheets>**KS2:** Watch the balanced diet video and complete the interactive game:https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j | **EY:** Gather five foods from your fridge/ cupboard. Discuss the foods with the child ask them questions about the food why they like it, what colour it is, is it sweet? Ask them to draw a picture of their favourite foods. Label the pictures and go through the letters with the child.**KS1:** Watch the healthy eating video:<https://www.youtube.com/watch?v=mMHVEFWNLMc>Ask the child to complete the healthy eating diary making notes about what they eat throughout the dayhttps://www.twinkl.co.uk/resource/t-t-5498-healthy-living-diary**KS2:** Watch the healthy lifestyle video and complete the interactive game:<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/ztsqfcw> | **EY:** Watch The Very Hungry Caterpillar or read the book if you have it:<https://www.youtube.com/watch?v=75NQK-Sm1YY>You can download the colouring sheets for the child to colour: <https://www.twinkl.co.uk/resource/t-t-1229-the-very-hungry-caterpillar-colouring-sheets->**KS1:** Complete the handwriting control worksheets<https://www.twinkl.co.uk/resource/t-l-141-line-handwriting-worksheets>**KS2: C**omplete a healthy eating poster using some of your findings from the previous days. | **EY:** Watch the healthy eating video <https://www.youtube.com/watch?v=JgM9bXNVV5U>Discuss with the child what they currently do to stay healthy (lots of sleep and eating fruit/vegetables).**KS1:** Ask the child to complete the healthy eating diary making notes about what they eat throughout the day. Discuss their eating habits, did they have a healthy day?https://www.twinkl.co.uk/resource/t-t-5498-healthy-living-diary**KS2:** Write a letter to your Head Teacher about your school dinners, do you think they are healthy, or not healthy enough? Is there anything that can be done to improve your school dinners, or do you enjoy them as they are? | **EY:** An activity for the child to colour in the letter that their name begins with. Ask them to copy their name onto the sheet too:<https://www.twinkl.co.uk/resource/t-l-1086-my-name-begins-with>**KS1:** Complete the handwriting control worksheets<https://www.twinkl.co.uk/resource/t-l-141-line-handwriting-worksheets>**KS2:** Think about your diet, do you like healthy food, or do you prefer unhealthy food? Write an ideal food diary including healthy meals that you could follow to improve your diet, or perhaps you already have a good diet, write down what you currently eat for breakfast, lunch, dinner and dinner. Use the following to help you if necessary. Look online for healthy eating recipes, that your family would enjoy.https://www.twinkl.co.uk/resource/t-t-5498-healthy-living-diary |
| KS3: Poetry: A series of 5 lessons with Video, Text and a Quiz. **Lesson 1**: Rhythm in Poetry <https://www.bbc.co.uk/bitesize/topics/zmbj382/articles/zmpxbdm> **KS4:** English Literature: **Shakespeare, Post 1914 Prose/Drama, 19th Century Prose, Poetry****Follow the Exam Board specific link to revision guides, videos and questions on the texts you are studying. Work your way through all the guides for each text you are studying and do a practise essay question for each text over the next two weeks****Edexcel –**<https://www.bbc.co.uk/bitesize/examspecs/z2whg82> **AQA -** <https://www.bbc.co.uk/bitesize/examspecs/zxqncwx> **OCR -** <https://www.bbc.co.uk/bitesize/examspecs/zq8639q>  | KS3: Poetry: A series of 5 lessons with Video, Text and a Quiz. **Lesson 2**: Open and Closed Form in Poetry <https://www.bbc.co.uk/bitesize/topics/zmbj382/articles/zhyp47h>  **KS4:** English Literature: **Shakespeare, Post 1914 Prose/Drama, 19th Century Prose, Poetry****Follow the Exam Board specific link to revision guides, videos and questions on the texts you are studying. Work your way through all the guides for each text you are studying and do a practise essay question for each text over the next two weeks****Edexcel –**<https://www.bbc.co.uk/bitesize/examspecs/z2whg82> **AQA -** <https://www.bbc.co.uk/bitesize/examspecs/zxqncwx> **OCR -** <https://www.bbc.co.uk/bitesize/examspecs/zq8639q> | KS3: Poetry: A series of 5 lessons with Video, Text and a Quiz. **Lesson 3**: Identifying Form in Poetry <https://www.bbc.co.uk/bitesize/topics/zmbj382/articles/zn3skmn> **KS4:** English Literature: **Shakespeare, Post 1914 Prose/Drama, 19th Century Prose, Poetry****Follow the Exam Board specific link to revision guides, videos and questions on the texts you are studying. Work your way through all the guides for each text you are studying and do a practise essay question for each text over the next two weeks****Edexcel –**<https://www.bbc.co.uk/bitesize/examspecs/z2whg82> **AQA -** <https://www.bbc.co.uk/bitesize/examspecs/zxqncwx> **OCR -** <https://www.bbc.co.uk/bitesize/examspecs/zq8639q> | KS3: Poetry: A series of 5 lessons with Video, Text and a Quiz. **Lesson 4**: Drafting in Poetry <https://www.bbc.co.uk/bitesize/topics/zmbj382/articles/zs87dxs> **KS4:** English Literature: **Shakespeare, Post 1914 Prose/Drama, 19th Century Prose, Poetry****Follow the Exam Board specific link to revision guides, videos and questions on the texts you are studying. Work your way through all the guides for each text you are studying and do a practise essay question for each text over the next two weeks****Edexcel –**<https://www.bbc.co.uk/bitesize/examspecs/z2whg82> **AQA -** <https://www.bbc.co.uk/bitesize/examspecs/zxqncwx> **OCR -** <https://www.bbc.co.uk/bitesize/examspecs/zq8639q> | KS3: Poetry: A series of 5 lessons with Video, Text and a Quiz. **Lesson 5:** Finish the week with your own poem using what you have learnt about rhythm & form.**KS4:** English Literature: **Shakespeare, Post 1914 Prose/Drama, 19th Century Prose, Poetry****Follow the Exam Board specific link to revision guides, videos and questions on the texts you are studying. Work your way through all the guides for each text you are studying and do a practise essay question for each text over the next two weeks****Edexcel –**<https://www.bbc.co.uk/bitesize/examspecs/z2whg82> **AQA -** <https://www.bbc.co.uk/bitesize/examspecs/zxqncwx> **OCR -** <https://www.bbc.co.uk/bitesize/examspecs/zq8639q> |
| **Break & free time** |
| Maths | **Early Years & Primary:** Math football activities<https://plprimarystars.com/resources> **KS3:** Addition, Column Method Revision Sheet with link to video and exercises to complete<https://corbettmaths.com/wp-content/uploads/2013/02/addition-pdf4.pdf>KS4: Indices – Sheet with link to video, practise questions and answers:<https://corbettmaths.com/wp-content/uploads/2018/12/Indices-Exercise-172-pdf.pdf>  | **Early Years & Primary:** Math football activities<https://plprimarystars.com/resources>**KS3:** Algebra: Changing the Subject Revision Sheet with link to video and exercises to complete<https://corbettmaths.com/wp-content/uploads/2013/02/changing-the-subject-pdf1.pdf> KS4: Fractional Indices – Sheet with link to video, practise questions and answers: <https://corbettmaths.com/wp-content/uploads/2018/12/Fractional-Indices-pdf.pdf>  | **Early Years & Primary:** Math football activities<https://plprimarystars.com/resources>**KS3:**Algebra: Changing the Subject - Advanced Revision Sheet with link to video and exercises to complete<https://corbettmaths.com/wp-content/uploads/2013/02/changing-the-subject-advanced-pdf1.pdf> KS4: Indices (negative) – Sheet with link to video, practise questions and answers: <https://corbettmaths.com/wp-content/uploads/2013/02/negative-indices-pdf1.pdf>  | **Early Years & Primary:** Math football activities<https://plprimarystars.com/resources> **KS3:** Algebra: Collecting Like Terms Revision Sheet with link to video and exercises to complete<https://corbettmaths.com/wp-content/uploads/2013/02/collecting-like-terms-pdf3.pdf> KS4: Inequalities – Sheet with link to video, practise questions and answers: <https://corbettmaths.com/wp-content/uploads/2018/12/Inequalities-pdf.pdf>  | **Early Years & Primary:** Math football activities<https://plprimarystars.com/resources>**KS3:**Algebra: Completing the Square Revision Sheet with link to video and exercises to complete<https://corbettmaths.com/wp-content/uploads/2013/02/completing-the-square-pdf2.pdf> KS4: Inequalities on a number line – Sheet with link to video, practise questions and answers: <https://corbettmaths.com/wp-content/uploads/2018/12/Inequalities-pdf.pdf>  |
| **Activity Time** | **Primary:** Sport activities<https://jasmineactive.com/#examples-real-pe> **All:** Joe Wicks workout live at 9-9.30am but available throughout the day<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ?mc_cid=d1868fd6d0&mc_eid=%5BUNIQID%5D> **All:** Oti Mabuse dance lessons live at 11.30am<https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g> | **Primary:** Sport activities<https://jasmineactive.com/#examples-real-pe>**All:** Joe Wicks workout live at 9-9.30am but available throughout the day<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ?mc_cid=d1868fd6d0&mc_eid=%5BUNIQID%5D> **All**: Oti Mabuse dance lessons live at 11.30am<https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g> | **Primary:** Sport activities<https://jasmineactive.com/#examples-real-pe>**All**: Joe Wicks workout live at 9-9.30am but available throughout the day<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ?mc_cid=d1868fd6d0&mc_eid=%5BUNIQID%5D> **All:** Oti Mabuse dance lessons live at 11.30am<https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g> | **Primary:** Sport activities<https://jasmineactive.com/#examples-real-pe>**All:** Joe Wicks workout live at 9-9.30am but available throughout the day<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ?mc_cid=d1868fd6d0&mc_eid=%5BUNIQID%5D> **All:** Oti Mabuse dance lessons live at 11.30am<https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g> | **Primary:** Sport activities<https://jasmineactive.com/#examples-real-pe>**All**: Joe Wicks workout live at 9-9.30am but available throughout the day<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ?mc_cid=d1868fd6d0&mc_eid=%5BUNIQID%5D> **All:** Oti Mabuse dance lessons live at 11.30am<https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g> |
| **Lunch & free time** |  |  |  |  |  |
| **Reading**  | EY: Cbeebies radio<https://www.bbc.co.uk/cbeebies/radio> KS1 + 2: Free different audio story everyday <https://www.worldofdavidwalliams.com/elevenses/> Primary: Free audio stories<https://www.sparklestories.com/stuck-at-home/?fbclid=IwAR23t85S7aaeYH-bqU9RD-rQYcLkpAx5FK6FPGpuXcvp4FaYTfC9cKD8cZA> Famous people reading stories<https://www.storylineonline.net/library/>**All:** Free audio children’s books <https://stories.audible.com/start-listen> **All:** Astronauts reading in space<https://www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg> | **EY:** Cbeebies radio<https://www.bbc.co.uk/cbeebies/radio> **KS1 + 2:** Free different audio story everyday <https://www.worldofdavidwalliams.com/elevenses/> **Primary:** Free audio stories<https://www.sparklestories.com/stuck-at-home/?fbclid=IwAR23t85S7aaeYH-bqU9RD-rQYcLkpAx5FK6FPGpuXcvp4FaYTfC9cKD8cZA> Famous people reading stories<https://www.storylineonline.net/library/>**All:** Free audio children’s books <https://stories.audible.com/start-listen> **All:** Astronauts reading in space<https://www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg> | **EY:** Cbeebies radio<https://www.bbc.co.uk/cbeebies/radio> **KS1 + 2:** Free different audio story everyday <https://www.worldofdavidwalliams.com/elevenses/> **Primary**: Free audio stories<https://www.sparklestories.com/stuck-at-home/?fbclid=IwAR23t85S7aaeYH-bqU9RD-rQYcLkpAx5FK6FPGpuXcvp4FaYTfC9cKD8cZA> Famous people reading stories<https://www.storylineonline.net/library/>**All:** Free audio children’s books <https://stories.audible.com/start-listen> **All:** Astronauts reading in space<https://www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg> | **EY:** Cbeebies radio<https://www.bbc.co.uk/cbeebies/radio> **KS1 + 2:** Free different audio story everyday <https://www.worldofdavidwalliams.com/elevenses/> **Primary:** Free audio stories<https://www.sparklestories.com/stuck-at-home/?fbclid=IwAR23t85S7aaeYH-bqU9RD-rQYcLkpAx5FK6FPGpuXcvp4FaYTfC9cKD8cZA> Famous people reading stories<https://www.storylineonline.net/library/>**All:** Free audio children’s books <https://stories.audible.com/start-listen> **All:** Astronauts reading in space<https://www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg> | **EY: C**beebies radio<https://www.bbc.co.uk/cbeebies/radio> **KS1 + 2:** Free different audio story everyday <https://www.worldofdavidwalliams.com/elevenses/> **Primary:** Free audio stories<https://www.sparklestories.com/stuck-at-home/?fbclid=IwAR23t85S7aaeYH-bqU9RD-rQYcLkpAx5FK6FPGpuXcvp4FaYTfC9cKD8cZA> Famous people reading stories<https://www.storylineonline.net/library/>**All:** Free audio children’s books <https://stories.audible.com/start-listen> **All:** Astronauts reading in space<https://www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg> |
| **Activity Time** | **Primary:** Cross curricular information and activities<http://www.primaryresources.co.uk/> **All:** Cross curricular activities<https://www.lgfl.net/learning-resources/grid?s=Home%20Learning> **All:** Music<https://suttonmusicservice.org.uk/resources/> | **Primary**: Cross curricular information and activities<http://www.primaryresources.co.uk/> **All:** Cross curricular activities<https://www.lgfl.net/learning-resources/grid?s=Home%20Learning> **All:** Music<https://suttonmusicservice.org.uk/resources/> | **Primary:** Cross curricular information and activities<http://www.primaryresources.co.uk/> **All:** Cross curricular activities<https://www.lgfl.net/learning-resources/grid?s=Home%20Learning> **All:** Music<https://suttonmusicservice.org.uk/resources/> | **Primary:** Cross curricular information and activities<http://www.primaryresources.co.uk/> **All:** Cross curricular activities<https://www.lgfl.net/learning-resources/grid?s=Home%20Learning> **All:** Music<https://suttonmusicservice.org.uk/resources/> | **Primary**: Cross curricular information and activities<http://www.primaryresources.co.uk/> **All:** Cross curricular activities<https://www.lgfl.net/learning-resources/grid?s=Home%20Learning> **All:** Music<https://suttonmusicservice.org.uk/resources/> |
| **Mindfulness/Wellbeing**  | **Nursery &Reception:** Try the New App known as “Dreamy Kid” or complete an activity from “Breathe, Think, Do with Sesame Street”**KS1- KS4:** “Expressing yourself”Complete any of the expressing activities below using the link provided.1. Stress and Anxiety
2. Helping Hand
3. Crystal Ball
4. Mirror

<https://www.childline.org.uk/toolbox/calm-zone/#expressing>For children with attachment difficulties, assure them that they will be safe using these statements:1. You are safe here,
2. For young children you may say “I know you have big feelings that make you feel strange in your body, but I will be here to support you”.
3. Your feelings are ok with me.

   | **Nursery &Reception:** Complete an activity from “Dreamy Kid or Breathe, Think, Do with Sesame Street”**KS1-KS4:** Download any of the following apps and do an activity:1. Smiling Mind
2. Headspace
3. Calm
4. Mindshift

For children with attachment difficulties, assure them that they will be safe using these statements:1. You are safe here,
2. For young children you may say “I know you have big feelings that make you feel strange in your body, but I will be here to support you”.
3. Your feelings are ok with me.
 | **Nursery &Reception:** Complete an activity from “Dreamy Kid or Breathe, Think, Do with Sesame Street”**KS1-KS4:** “Activities and Tools”Complete any of the activities below, using the link provided.1. Sense drawer
2. Letter to yourself
3. Let it go box
4. Calm aid box

<https://www.childline.org.uk/toolbox/calm-zone/#activities>For children with attachment difficulties, assure them that they will be safe using these statements:1. You are safe here,
2. For young children you may say “I know you have big feelings that make you feel strange in your body, but I will be here to support you”.
3. Your feelings are ok with me.
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For children with attachment difficulties, assure them that they will be safe using these statements:1. You are safe here,
2. For young children you may say “I know you have big feelings that make you feel strange in your body, but I will be here to support you”.
3. Your feelings are ok with me.
 | **Nursery &Reception**: Complete an activity from “Dreamy Kid or Breathe, Think, Do with Sesame Street”**KS1-KS4:** “Play a Game”Complete any of the below listed games using the link provided.1. Wall of expression
2. Build your happy place
3. Balloon
4. Aeroplane

<https://www.childline.org.uk/toolbox/calm-zone/#games>For children with attachment difficulties, assure them that they will be safe using these statements:1. You are safe here,
2. For young children you may say “I know you have big feelings that make you feel strange in your body, but I will be here to support you”.
3. Your feelings are ok with me.
 |
| **SEND** | **Speech development activity:**Play go fish[**http://www.speechtx.com/articulation/artic\_games.htm**](http://www.speechtx.com/articulation/artic_games.htm) | **Sensory activity:** Create a sensory garden using herbs and fragrant flowers, seeds can be bought online at reasonable prices. If you don’t have a garden, you can grow many herbs indoors. [**https://www.rhs.org.uk/get-involved/community-gardening/resources/sensory-garden**](https://www.rhs.org.uk/get-involved/community-gardening/resources/sensory-garden)[**https://www.diyncrafts.com/12072/food/18-brilliant-and-creative-diy-herb-gardens-for-indoors-and-outdoors**](https://www.diyncrafts.com/12072/food/18-brilliant-and-creative-diy-herb-gardens-for-indoors-and-outdoors) | **Communication & interaction needs activity:**Write a letter, postcard or send a text or email to a friend. | **Sensory & Physical/OT activity:**If you’re lucky enough to have some spaghetti, make a sensory worm garden. TIP: use tweezers if you have them to make it more difficult to pick up the worms[**https://www.learning4kids.net/2015/01/13/digging-worms-sensory-play/**](https://www.learning4kids.net/2015/01/13/digging-worms-sensory-play/) | **Life skills activity:** Play a money game and play with ‘real’ money.[**https://www.topmarks.co.uk/maths-games/5-7-years/money**](https://www.topmarks.co.uk/maths-games/5-7-years/money)[**http://www.kidsmathgamesonline.com/money.html**](http://www.kidsmathgamesonline.com/money.html) |