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|  | **Thursday 26th March** |
| Morning exercise | * Exercise: Before any home learning gets done, it's a good idea to get in some exercise. For example:
* Walk the dog for 30 minutes (if you don’t have a dog, just walk without one!)
* Every morning at 9am, Joe Wicks, the Body Coach is doing a live workout for kids on his YouTube Channel
* Mindfulness: Follow the steps <https://www.youtube.com/watch?v=vlv6Y1tq1sQ>
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| Maths | * Mental Maths activity sheet
* Find pairs of items in your house e.g. socks/ gloves– (Encourage children to find different pairs of objects. Discuss what the word ‘pair’ means. Children to count the pairs in 2s (2, 4, 6, 8…) to find the total.)
* Engage in fun maths games on <https://www.turtlediary.com/games/math.html>
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| Art | * Pick something fun to draw on <https://www.artforkidshub.com/>
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| Break | * Take a break! Make yourself (and your family) a healthy snack. Get up and do something active!! Go outside for a walk or a cycle…but stick to the guidelines on social distancing. Stay safe!
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| English | * Workbook: Continue to do two activities each day in Spelling workbook
* Reading -  Quiet time – find a nice place to sit and read – Great books on [http://getepic.com](http://getepic.com/)
* Draw a picture of your favourite part from the story and write about it - Don’t forget to use your best writing with capital letters and full stops.
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| Project Work | * Start a project on your favourite animal / building / country / artist / inspirational person in history / an event that changed our history. Have the student decide how to present the project – power point, pictures, physical structure, mixture.
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| Lunch | * Take a break! Make yourself (and your family) a healthy meal. Go outside for a walk or a cycle…but stick to the guidelines on social distancing. Stay safe!
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| Physical activity | * Follow the exercises from 10 @ 10: <https://rtejr.rte.ie/10at10/>
* Get up and get dancing using GoNoodle: [www.gonoodle.com](http://www.gonoodle.com/)
* Count how many star jumps you can do in 30 seconds – Can you beat your record? (Talk about how long 30 seconds is. *Did it feel a long time? Can you count your own jumps? How many more/less jumps did you do?)*
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| ‘Homework’ | * Lucan Library: Join Aoife for live online storytelling at 3 O’ Clock
* Help set the table for dinner / clean up afterwards
* Play a board game with a family member
* Read before bed
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