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| MONDAY | | |
| 09.20 | Mindfulness or yoga | GoNoodle |
| 09.30 | Maths | Book work.  Math problems  Interactive games online |
| 10.10 | Art | Get creative!  Paint, stick, draw, colour, create something a robot using old bottles, egg cartons, boxes etc |
| 10.50 | 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! |
| 11.30 | English | Book work.  Reading -  Quiet time – find a nice place to sit and read.  Junior children can draw a picture of what they have read.  Senior children could write a newspaper article, a blog, a recount on the main points. |
| 12.15 | Project Work | Start a project on your favourite animal / building / country / artist / inspirational person in history / an event that changed our history / a lego creation / creating a building using blue tack and dried spaghetti  Have the student decide how to present the project – power point, pictures, physical structure, mixture. |
| 13.00 | 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! |
| 14.00 | Physical activity | Use the garden to create a circuit, bounce on the trampoline, if you have a Smart TV - -look up Go Noodle, go for a walk, a run, a cycle, get some head space. |
| 14.30 | ‘Homework’ | Read before bed  Start a journal  Help set the table for dinner / clean up afterwards  Play a board game with a sibling / parent |