



Disciples Class Week Commencing 04.05.20

Here you will find some suggestions of activities that you can do this week.

Please note: this is not a compulsory list or requirement to complete.



Keeping Active	Being Creative	Family Time
Each day Joe Wicks does P.E. With Joe live on YouTube at 9:00. Each week on Twitter, I post a sports challenge of the week. Follow @Mr_C_Lee and @STNDisciples Have a look at page 2 for some games that you can play this week.	Can you create a self-portrait? You can use whatever creative resources you have at home to create the best picture you can of yourself! What about the other people you know, can you draw them too?	Share your favourite games with you family. They could be PE games, board games or any other types of games that you like. What games for the other people in your family like to play?
RE and Mindfulness	English	Maths
Continue with your gratitude journals. What 3 things are you grateful for each day this week? R.E. – Follow the link to watch a video about Good Friday, there are also some activities connected with the learning, can you try a different one to last week. https://www.bbc.co.uk/bitesize/clips/zqr87ty Cosmic Yoga - Why not try some calming yoga videos to serve as an addition to your Joe Wicks workout? https://www.youtube.com/user/CosmicKidsYoga	So now that you have finished your Diary entries, who can remember the next step in our writing journey? That right, we need to proof-read our work! To do this you will need to read through your work again, each time looking for a different thing to improve. 1 – Capital letters and punctuation. 2 – Spelling. 3 – Does your writing make sense? Can you think of any ways to improve it?	This week we will be working on Summer Term week 4 on the White Rose Maths website. The video tutorials can be found by following this link. https://whiterosemaths.com/homelearning/year-3/ The activities and questions are now on BBC. They can be found by following this link. https://www.bbc.co.uk/bitesize/tags/zmyxxyc/year-3-and-p4-lessons/1
Reading	Spelling	Topic
In the resource section you will find Tom's exciting morning. In this document, there is a short text and some questions for you to answer. To answer the questions, you will need to use the I from VIPERS. You will need to infer how you think the characters are feeling.	This week we are looking at the first lesson on Prefixes. (More Prefixes 1 of 3) https://spellingframe.co.uk/ Follow the link above and click on Year 3/4. By clicking on spelling tiles you can play games for this learning. Remember there are more spelling games on the 'Home Learning General Links'.	This week we are going to be looking at different types of animals and their skeletons. In the resource folder you will find a PowerPoint and an activity sheet for you to use. The PowerPoint is interactive with a quiz on it. There is also a helpful sheet for the adults in the folder too.

Bowling

Home Physical Education

How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you play fairly and keep the score?

Can you keep focused on the targets and roll accurately?

Top Tips

Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?

60 Second Challenge

Fast Feet

Can you keep going even if you lose control of the ball?

The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



#StayHomeStayActive

Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back



