



Disciples Class Week Commencing 18.05.20

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.	Look out of your window, what do you see? Your job is to sketch what you can see. There is a template in the resource section, but you can just draw onto a piece of paper too.	Can you work together to create a fort? What materials are you going to use? How are you going to make it stand? Will it have a roof and sides? How will you get into it? Remember to tweet your pictures or send them on Facebook messenger to the school page.
RE and Mindfulness	English	Maths
Continue with your gratitude journals. What 3 things are you grateful for each day this week? 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	We are going to be building up to you writing your own stories with a dilemma in them. These will be linking in with our topic, Predator, so you can start thinking about what the dilemma might be in your story. To start with we need to try and remember what happens in each part of a story? In the resources folder is the Story Mountain. Can you write what happens in each part of a story? This is not your plan, just what you would find in each section. For example - introduction introduces the setting and the characters.	The video tutorials for Maths 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
Read a book, magazine, newspaper or any other type of text. Are there any words that you are not sure what they mean? Use other information in the sentence to see if you can work out what the word means? Or can you find the meaning in a dictionary (you could use google to find an online dictionary).	This week we are looking at the first lesson on Prefixes. (More Prefixes 2 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'.	If you could be a predator for the day, what kind of predator would you be, and why? Where would you live; What features would help you hunt, catch and kill your prey? Record your ideas. Can you make a 3D model of your predator to hang from the ceiling or climb the walls? Remember to tweet your pictures or send them on Facebook messenger to the school page.

Golf: Rolling

Home Physical Education

How to play:

- Place 5 targets in different places on the floor (garden or in a room).
- Decide on a starting point and it mark out.
- The aim of the game is for pupils to roll a ball, making it rest against one of the targets in the least amount of rolls possible.
- The winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target.



Can you be honest and keep the score?

Can you keep trying hard even if you miss the target?

Top Tips

Roll Underarm

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

Let's Reflect

When did you need to increase the power of your rolls?

Did you use the correct rolling technique?

60 Second Challenge

Tap Up Tennis

Do you ask for help if you find it hard?

The Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again!

#StayHomeStayActive



Equipment

A tennis racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!

Achieve Gold

60 Tap Ups



Achieve Silver

45 Tap Ups



Achieve Bronze

30 Tap Ups

