



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.	Create a piece of art work and put it in your window. This will make others smile when they see your amazing work. There is a theme for each week: Can you make a thank you sign for Key workers? You could do it for all key workers or you could pick one key worker to do it for. Maybe you could do a few posters for different key workers.	Can you make a poster about the differences between being a child now and being a child when an adult in your house was little? Maybe you could ring another adult to see if they know any other differences.
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, how is this information different from your thoughts last week? There are also some activities connected with the learning. 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	Over the next few weeks we are going to be looking at recounts. Recounts are a piece of writing that tells the reader what has happened. The specific type of recount we will be looking at is a Diary. Now that you have planned your Diary entry, can you write it? Remember to follow your plan and make sure to use all of the features.	This week we will be working on Summer Term week 3 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
Can you read the Non-Fiction text on Page 3 and write a summary about the information it tells you?	Spelling Rule 3 – The sound u spelt ou. 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'.	In the resources folder you will find a Predators Top Trumps game. You can play this with the people at home whilst you learn about predators. Challenge Can you create Top Trumps cards for any other predators? Use the original cards as a guide.

60 Second Challenge

Bean Bag Throw

The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

#StayHomeStayActive



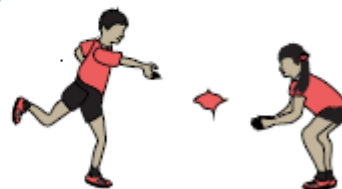
Can you focus, concentrating on the target?

Blast Off

Home Physical Education

How to play:

- Play with a partner; sibling, parent or carer. Stand 3 – 5 steps apart.
- Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.
- Can each pair reach 0 without dropping the ball?
- If competing against another pair the first pair to reach 0 are the winners.



Can you encourage your partner even if they make a mistake?

Can you concentrate on your throw and focus on where to aim?

Top Tips

Catching

Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

Let's Reflect

If you dropped the ball what did you change?

How did it feel when you dropped the ball and how did you respond?

Polar Animals

Some animals live in very hot places, e.g. snakes and camels live in deserts. Other animals live in extremely cold places, like the Arctic or Antarctic.

Polar Bears

Polar bears live in the ice and snow and hunt seals. Their bodies are adapted to the cold. This means their bodies have changed to help them stay warm.



Polar Bear Facts

- They have big feet for swimming through the sea. They spend most of their lives in water.
- Their fur is the same colour as the snow so they blend in.
- Their super sense of smell lets them know where to hunt for seals.
- They have sharp teeth to help them hunt and eat.

Penguin Facts

- They use their wings like flippers for swimming.
- They have waterproof feathers to keep them dry.
- They have lots of fat to stop them getting too cold.
- Their beaks open wide to catch and eat fish whole!



Did You Know...?

Penguins are found in both hot and cold places. Some kinds of penguin love hot weather!