



Disciples Class Week Commencing 25.05.20

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. Have a look at page 2 for some games that you can play this week.	If you had to create a Flag for your house or family what would it look like? Think about colours and patterns. Will there be any words on it? Remember to Tweet or send your flags to the Facebook page to share with everyone.	Who can build the biggest tower out of things you can find around the house? 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. This week we are going to use the same Story Mountain planning sheet. This time you will need to plan each part of your story. Remember the better your plan, the easier writing the story will be.	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 'The Comeback Whale' and answer the attached questions.	This week we are looking at the suffix -ation. 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'.	Can you make a Predator Glossary? Use the words that you have found that are specific for Predators. Make sure you include the meaning so everyone can learn from your glossary. Remember to tweet your pictures or send them on Facebook messenger to the school page.

Target Treasure

Home Physical Education

Can you encourage your opponent?

How to play:

- Place a selection of targets 5 large steps away from your starting line.
- Players take turns to throw an object towards the targets from behind the starting line.
- Each time a target is hit, it is taken by the thrower and becomes their treasure.
- The winner is the player to have the most pieces of treasure after all the treasure is gone.



Can you focus on the target to help you be accurate?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the object from low to high using your opposite hand.

Let's Reflect

What was the difference between your throws that were accurate and your throws that missed?

Did you use the correct throwing technique?

60 Second Challenge

Super Slalom Run

Can you try and run as fast as possible?

The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



#StayHomeStayActive

Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

Achieve Gold

20 Slalom Runs



Achieve Silver

18 Slalom Runs



Achieve Bronze

12 Slalom Runs

