

# 3rd Class Remote Learning Weekly Timetable (for pupils without a device)

*Please see outline of work for each day below timetable*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast / Tidy Up	Breakfast / Tidy Up	Breakfast / Tidy Up	Breakfast / Tidy up	Breakfast / Tidy up
9.00-9.45	English	English	English	English	English
9.45-10.10	Spellings / Tables	Spellings / Tables	Spellings / Tables	Spellings / Tables	Spellings / Tables
10.10-10.30	Exercise / Wellbeing	Exercise / Wellbeing	Exercise / Wellbeing	Exercise / Wellbeing	Exercise and Wellbeing
10.30-11.00	Break	Break	Break	Break	Break
11.00-11.15	RTE News 2day	RTE News 2day	RTE News 2day	RTE News 2day	RTE News 2day
11.15-12.00	Maths	Maths	Maths	Maths	Maths
12.00-12.30	Google Meet	Google Meet	Google Meet	Google Meet	Google Meet
12.30 -1.00	Exercise / Wellbeing	Exercise / Wellbeing	Exercise / Wellbeing	Exercise / Wellbeing	Exercise and Wellbeing
1.00-1.30	Lunch	Lunch	Lunch	Lunch	Lunch
1.30- 2.00	Read at Home	Read at Home	Read at Home	Read at Home	Read at Home

## **Daily Outline of Work**

### **Wednesday 13/01/20**

English: Exercise your English page 55 'Compound Words' section A, B and C

Spellings: write each word out 3 times and circle all the vowels

Tables: Revise your x2 x5 x10

Maths: Planet Maths page 15 section A 1-10

Read at Home: Read page 38 'Squirrels' and answer the questions 1-5

Exercise and Wellbeing 1: How many times can you run around your house without stopping? Time yourself!

Exercise and Wellbeing 2: Complete the Wednesday workout below

### **Thursday 14/01/20**

English: Read your class novel for 10-15 minutes and write a summary

Spellings: put each of your spellings into a sentence

Tables: Revise your x2 x5 x10

Maths: Planet Maths page 35 section A 1-12

Read at Home: Read page 40 'Cliffs of Moher' and answer questions 1-5

Exercise and Wellbeing 1: List Making: Write a list of things you are thankful for and things you are good at

Exercise and Wellbeing 2: Make up a dance routine to your favourite song

### **Friday 15/01/20**

English: Write a poem about your favourite animal

Spellings: Write each word out 3 times in a fun way of your choice (e.g. different colours/different font/bubble writing)

Tables: Revise your x2 x5 x10

Maths: p 110 section A and B

Read at Home: Read page 41 'Pocket Genie' and answer questions 1-5

Exercise and Wellbeing 1: Try the Friday workout below

Exercise and Wellbeing 2: Design and make an obstacle course in your house/garden

Art: Design and make a homemade board game and play it with your family

## MONDAY

100 jumping jacks  
20 crunches  
20 tricep dips  
15 squats  
20 lunges (ea leg)  
70 Russian twists  
20 standing calf rises  
5 push-ups  
30 seconds plank  
10 lunge split jumps

## TUESDAY

80 jumping jacks  
50 vertical leg crunches  
20 sit-ups  
15 tricep dips  
20 squats  
10 side lunges (ea leg)  
15 leg lifts (ea leg)  
50 bicycles  
15 wall push-ups  
50 Russian twists

## WEDNESDAY

90 jumping jacks  
20 tricep dips  
10 sit-ups  
30 bird-dogs  
30 seconds plank  
30 squats  
15 incline push-ups  
40 crunches  
10 oblique crunches (ea side)  
20 standing calf rises

## THURSDAY

100 jumping jacks  
25 vertical leg crunches  
30 crunches  
20 squats  
20 wall push-ups  
50 Russian twists  
15 second side plank (ea side)  
10 lunge split jumps  
5 jump squats  
40 high knees

## FRIDAY

60 jumping jacks  
40 crunches  
10 sit-ups  
10 tricep dips  
20 side lunges (ea side)  
15 incline push-ups  
10 oblique crunches (ea side)  
30 butt kickers  
5 jump squats  
15 jack knife sit-ups

## SATURDAY

50 jumping jacks  
20 squats  
100 Russian twists  
5 kneeling push-ups  
1 minute downward dog  
15 jack knife sit-ups  
10 lunges (ea leg)  
10 side lunges (ea side)  
20 bird-dogs  
20 inner thigh lifts (ea leg)

## SUNDAY

45 jumping jacks  
15 squats  
5 jump squats  
50 Russian twists  
30 seconds plank  
10 standing calf rises  
5 kneeling push-ups  
30 seconds Superman  
10 lunges (ea side)  
40 crunches

