

# 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

### Monday 25/01/21

English: Exercise your English 'The Giant Panda' p 42 and p43 section A

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

Tables: Revise your x3 x6 x9 tables

Maths: Planet Maths page 54, Part A

Read at Home: Read page 47 'For Sale' and answer questions 1-5

Exercise and Wellbeing 1: Draw your 'Superhero Self'. Give yourself a costume and 3 superpowers.

Exercise and Wellbeing 2: Complete the Monday workout below

### Tuesday 26/01/21

English: 'The Giant Panda' Page 42. Complete section B and C on page 43

Spellings: Put each of your spellings into a sentence

Tables: Revise your x3 x6 x9 tables

Maths: Planet Maths page 54, part B

Read at Home: Read page 48 'At the Gates' and answer questions 1-5

Exercise and Wellbeing 1: Find a quiet spot and take 10 deep breaths. Count to 4 as you breathe in, and 6 as you breathe out.

Exercise and Wellbeing 2: Complete Tuesday workout below

### Wednesday 27/01/21

English: Read your class novel for 10-15 minutes and write a summary of what you read.

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 x3 x6 x9 tables

Maths: Planet Maths p55, part C

Read at Home: Read page 49 'Wrong Number' and answer questions 1-5

Exercise and Wellbeing 1: Try the Wednesday workout below

Exercise and Wellbeing 2: Write a poem all about Kindness.

### **Thursday 21/01/21**

English: 1. Exercise your English page 51 section A and B - Prefixes.

Spellings: Put your spellings into alphabetical order

Tables: Revise your x3 x6 x9 tables

Maths: Planet Maths page 55, part D

Read at Home: Read page 50 'Daisies' and answer questions 1-5

Exercise and Wellbeing 1: Try the Thursday workout below

Exercise and Wellbeing 2: Create a Positivity Playlist with ten of your favourite feel-good songs.

### **Friday 22/01/21**

English: Look at Exercise Your English p 22. Then write a list of instructions for 'How to make a cheese sandwich'.

Spellings: Create your own word search using your spellings

Tables: Revise your x3 x6 x9 tables

Maths: Planet Maths p46

Read at Home: Read page 51 'Questions' and answer questions 1-5

Exercise and Wellbeing 1: Try the Friday workout below

Exercise and Wellbeing 2: Write a list of 5 good things that have happened in the past week. Write down 3 goals that you have for next week.

Art: Look out your window and draw 5 things you can see OR go outside and gather some leaves, stones, flowers etc. Make a picture from what you found.

## Exercise List

Monday	10 starjumps	Jog on the spot	Touch your toes	10 squats	Try a headstand	5 Pushups
Tuesday	Jump on the spot 20x	Eat a healthy snack	5 situps	Do the yoga treepose	Shadowbox for 1 min	Squat & jump 5 times
Wednesday	Balance on each leg	20 highknees	Hop on your right leg	Hop on your left leg	Butterfly pose	Spin in a circle 10x
Thursday	Meditate! Lie down & close your eyes	Try a backbend	Downward facing dog	Play outside!	Plank for as long as you can	20 lunges
Friday	5 burpees	20 buttkicks	Try a handstand	Childs pose for 1 min	Turn on some music & DANCE	