

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 18/01/21

English: Exercise your English 'The Curse of the Pictures' p 25 and p26 section A

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

Tables: Revise your x3 x4

Maths: Planet Maths page 42

Read at Home: Read page 42 'Sherpas' and answer 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 Monday workout below

Tuesday 19/01/21

English: 'The Curse of the Pictures' complete section B and C

Spellings: Put each of your spellings into a sentence

Tables: Revise your x3 x4

Maths: Planet Maths page 43

Read at Home: Read page 43 'A sense of Smell' and answer questions 1-5

Exercise and Wellbeing 1: Make a thank-you card and send or give it to someone you'd like to thank

Exercise and Wellbeing 2: Complete Tuesday workout below

Wednesday 20/01/21

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

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 x4

Maths: Planet Maths p44

Read at Home: Read page 44 'Hans Christian Andersen' and answer questions 1-5

Exercise and Wellbeing 1: Try the Wednesday workout below

Exercise and Wellbeing 2: Do at least 3 chores without being asked at home

Thursday 21/01/21

English: 1. Exercise your English page 22 section A 2. Write a set of instructions for 'How to play hide and seek'

Spellings: Put your spellings into alphabetical order

Tables: Revise your x3 x4

Maths: Planet Maths page 45

Read at Home: Read page 45 'A Boat Trip' and answer questions 1-5
Exercise and Wellbeing 1: Try the Thursday workout below
Exercise and Wellbeing 2: Give at least 5 compliments to people today

Friday 22/01/21

English: Reasons to Write 'The Things Found in a Wizard's Pocket' page 38 and 39
Spellings: Create your own word search using your spellings
Tables: Revise your x3 x4
Maths: Planet Maths p46
Read at Home: Read page 46 'Ring Ring' and answer questions 1-5
Exercise and Wellbeing 1: Try the Friday workout below
Exercise and Wellbeing 2: Create a joke book with a collection of your favourite jokes for your family and friends
Art: Draw a picture of a scene from one of your favourite movies

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

