

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 01/02/21

English: Exercise your English 'A Newspaper Article'. Read p64 and do part A p 65.

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

Tables: Revise your x7 and x8 tables

Maths: Planet Maths page 95, Part B

Read at Home: Read page 52 and answer questions 1-5

Exercise and Wellbeing 1: Do 3 random acts of kindness today.

Exercise and Wellbeing 2: Complete the Monday workout below

Tuesday 02/02/21

English: Exercise your English 'A Newspaper Article'. Read p64 and do part B p 65.

Spellings: Put each of your spellings into a sentence

Tables: Revise your x7 and x8 tables

Maths: Planet Maths page 96, part A and B

Read at Home: Read page 53 and answer questions 1-5

Exercise and Wellbeing 1: Give 5 compliments today.

Exercise and Wellbeing 2: Complete Tuesday workout below

Wednesday 03/02/21

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 x7 and x8 tables

Maths: Planet Maths p 97, part A

Read at Home: Read page 54 and answer questions 1-5

Exercise and Wellbeing 1: Try the Wednesday workout below

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

Thursday 04/02/21

English: 1. Exercise your English page 61 section A and B - Adjectives.

Spellings: Put your spellings into alphabetical order

Tables: Revise your x7 and x8 tables

Maths: Planet Maths page 97, part B

Read at Home: Read page 55 and answer questions 1-5

Exercise and Wellbeing 1: Try the Thursday workout below

Exercise and Wellbeing 2: Tidy your bedroom or work area.

Friday 05/02/21

English: Look at Exercise Your English p 22. Then write a list of instructions for 'How to play Snap' (or any other game you know how to play).

Spellings: Create your own word search using your spellings

Tables: Revise your x7 and x8 tables

Maths: Planet Maths p 98, part A.

Read at Home: Read page 56 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: Find some healthy fruit and vegetables in your house. Make a picture or shape from your food and then eat it! OR Draw a picture of your dream bedroom - maybe it could have a slide, a cinema or a swimming pool!

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	