

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				
9.00-9.45	English	English	English	English	English
9.45-10.10	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				
11.15-12.00	Maths	Maths	Maths	Maths	Maths
12.00-12.30	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				

Daily Outline of Work

Monday 08/02/21

English: Exercise your English page 62 - Vocabulary. Do parts A and B.
Spellings: write each word out 3 times and circle all the vowels
Tables: Revise your x3 and x6 tables
Maths: Planet Maths page 114, Part B and C
Read at Home: Read page 57 and answer questions 1-5
Exercise and Wellbeing 1: write a gratitude list with 10 things you are grateful for.
Exercise and Wellbeing 2: Complete the Monday workout below

Tuesday 09/02/21

English: Exercise your English page 62 - Vocabulary. Do parts A and B.
Spellings: Put each of your spellings into a sentence
Tables: Revise your x3 and x6 tables
Maths: Planet Maths page 115, part A and B
Read at Home: Read page 58 and answer questions 1-5
Exercise and Wellbeing 1: draw a rainbow and write something that makes you happy on each of the sections.
Exercise and Wellbeing 2: Complete Tuesday workout below

Wednesday 10/02/21

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 x6 and x9 tables
Maths: Planet Maths p 116, part A and B
Read at Home: Read page 59 and answer questions 1-5
Exercise and Wellbeing 1: Try the Wednesday workout below
Exercise and Wellbeing 2: Write a poem all about Love.

Thursday 11/02/21

English: 1. Exercise your English page 91 section A and B - Sentences.

Spellings: Put your spellings into alphabetical order

Tables: Revise your x6 and x9 tables

Maths: Planet Maths page 117, part A and B

Read at Home: Read page 60 and answer questions 1-5

Exercise and Wellbeing 1: Try the Thursday workout below

Exercise and Wellbeing 2: Write down all the things you love about your family members.

Friday 12/02/21

English: Look at Exercise Your English p 22. Then write instructions for how to make pancakes. Include a title, a list of ingredients, steps in order and a suggestion.

Spellings: Create your own word search using your spellings

Tables: Revise your x6 and x9 tables

Maths: Planet Maths p 118, part B, C and D.

Read at Home: Read page 61 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 nice things you will do to relax over the midterm break.

Art: Make a Valentines card for someone in your family. Add a cute picture to the front (for example a Love Bird) and maybe a funny joke or pun. Write a nice message inside.

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	