

Remote Learning Rainbow Challenge – KS2

W/C 1.2.21 – Health and Wellbeing



Curriculum Area	Monday	Tuesday	Wednesday	Thursday	Friday
English Approximately 1 hour a day Don't forget to read daily for up to 30 minutes too! You can AR quiz at home You can play lots of spelling games on spelling frame too. Spelling Frame	<u>Reading for pleasure –</u> Here are a series of lessons about reading for pleasure. They are from the Oak National Academy website. Your link will take you to a page with 3 lessons to try. Choose the correct year group from below and try <u>Lesson 1 only</u> today. Year 3 lesson 1 Year 4 lesson 1 Year 5 Lesson 1 Year 6 Lesson 1	<u>Reading for pleasure –</u> Here are a series of lessons about reading for pleasure. They are from the Oak National Academy website. Your link will take you to a page with 3 lessons to try. Choose the correct year group from below and try <u>Lesson 2 only</u> today. Year 3 lesson 2 Year 4 lesson 2 Year 5 Lesson 2 Year 6 Lesson 2	<u>Reading for pleasure –</u> Here are a series of lessons about reading for pleasure. They are from the Oak National Academy website. Your link will take you to a page with 3 lessons to try. Choose the correct year group from below and try <u>Lesson 3 only</u> today. Year 3 lesson 3 Year 4 lesson 3 Year 5 Lesson 3 Year 6 Lesson 3	<u>Reading for pleasure –</u> Today you are going to think about all of the lessons you have taken in part in this week. They have all been about reading for pleasure. YOU are now going to read for someone else's pleasure! Read part or all of a story of your choice for an audience of your choosing. You can upload a short extract if you wish to.	<u>Reading for pleasure –</u> As a final activity you need to write out the first letter of the alphabet down the long side of a sheet of paper. Can you think of an author (first or second name) that begins with each letter? Now try again using book titles. Can you think of any other reading categories we could use for this game?
Maths Approximately 1 hour a day	This week we will be trying a series of open-ended maths challenges . You can take the challenges as far as you can manage. You can choose whether or not to post any of your work. Enjoy! Maths Challenge 1 - How tall is a tree?	This week we will be trying a series of open-ended maths challenges . You can take the challenges as far as you can manage. You can choose whether or not to post any of your work. Enjoy! Maths Challenge 2 - Five Coins	This week we will be trying a series of open-ended maths challenges . You can take the challenges as far as you can manage. You can choose whether or not to post any of your work. Enjoy! Maths Challenge 3 - Reach 100	This week we will be trying a series of open-ended maths challenges . You can take the challenges as far as you can manage. You can choose whether or not to post any of your work. Enjoy! Maths Challenge 4 - Ducking and Diving	This week we will be trying a series of open-ended maths challenges . You can take the challenges as far as you can manage. You can choose whether or not to post any of your work. Enjoy! Maths Challenge 5 - The Number Jumbler
Supplementary Maths ideas Numbots, Times Table Rock Stars, Maths Frame, Topmarks Online Games, Practical Maths at home- cooking recipes, measuring...					

<p>Wider Curriculum Approximately 1-2 hours a day</p>	<p><u>Mental Wellbeing –</u> Explore this lesson on the Growth Mindset. Follow the link to the BBC Teach website to view it. There are 2 worksheet activities for you to look at. <u>Growth Mindset Lesson</u></p> <p><u>P.E. –</u> Cornwall Virtual School Games Activity of your choice – <u>NOTE:</u> Making up the Miles runs each day</p> <p><u>Children's mental health week –</u> Have a look at the assembly and explore the resources <u>Children's mental health week resources</u></p>	<p><u>P.E. –</u> Cornwall Virtual School Games Activity of your choice – <u>NOTE:</u> Making up the Miles runs each day</p> <p><u>PSHE –</u> Now you will visit the link below to follow a lesson called <i>Life is all about balance</i>. Watch the video and try the activities and quiz. <u>Life is all about balance - lesson link</u></p> <p><u>Children's mental health week –</u> Have a look at the assembly and explore the resources <u>Children's mental health week resources</u></p>	<p><u>Music –</u> Search you tube for the FEELGOOD 15 with SINGUP music lessons and have a good sing. It's a great activity for improving our mood.</p> <p><u>P.E. –</u> Cornwall Virtual School Games Activity of your choice – <u>NOTE:</u> Making up the Miles runs each day</p> <p><u>Children's mental health week –</u> Have a look at the assembly and explore the resources <u>Children's mental health week resources</u></p>	<p><u>Outdoor Learning –</u> Hug a tree afternoon! You are going to get to know a tree in your garden or local area. Tree hugging is scientifically proven to improve our emotions. Here are some things to do with your tree.</p> <ol style="list-style-type: none"> 1) How many hugs does it take to go all around your tree? 2) How tall do you estimate your tree is? 3) What type of tree is it? 4) How could you estimate its age? 5) Make a bark rubbing 6) How does it smell? 7) Be still and quiet. Can you hear anything around your tree? The wind or birds etc. 	<p><u>P.E. –</u> Cornwall Virtual School Games Activity of your choice – <u>NOTE:</u> Making up the Miles runs each day</p> <p><u>PSHE –</u> Now you will try to create your own exercise routine using the lesson called <i>My own workout</i>. Follow the link below. <u>My own workout - lesson link</u></p>
<p>Physical & Mental Wellbeing</p>	<p>Ideas: Miss Soper's Sporty Challenges on Class Dojo, Daily Walk, Playing outside, <u>PE with Joe Wicks</u>, <u>Go Noodle</u>, <u>Cosmic Kids Yoga</u>, <u>SuperMovers</u>, <u>Think U Know Esafety</u> PE Alphabet Challenge</p>				