

Home Learning	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:30	Joe Wicks PE https://www.youtube.com/user/thebodycoach1/	Tabata https://www.youtube.com/watch?v=n5Sdyj1VPgY Complete 3 times if you can!	Joe Wicks PE https://www.youtube.com/user/thebodycoach1/	Yoga https://www.youtube.com/watch?v=X655B4ISakg	Dance https://www.youtube.com/watch?v=9WgkiB-GQMI&list=RD9WgkiB-GQMI&index=1
9:30 – 10:00	Mindfulness activity from home learning pack	Mindfulness activity from home learning pack	Mindfulness activity from home learning pack	Mindfulness activity from home learning pack	Mindfulness activity from home learning pack
10:00 – 10:15	BREAK				
10:15 – 11:00	English	English	English	English	English
11:00 - 11:15	BREAK				
11:15 – 12:20	Maths	Maths	Maths	Maths	Maths
12:20 – 1:20	LUNCH				
1:20 – 2:20	Geography	Science	Computing Internet safety	D.T	Computing National coding week
2:00 – 2:15	BREAK				
2:15 – 3:25	Reading Please ensure you record your entry in your reading record	Reading Please ensure you record your entry in your reading record	Reading Please ensure you record your entry in your reading record	Reading Please ensure you record your entry in your reading record	Reading Please ensure you record your entry in your reading record

Loom link: <https://www.loom.com/share/cd8befb2cea847ab99b95e7f75784a36>

Loom password for lessons this week: Junior

Welcome to week 3 year 5!

Let's look at the timetable for next week. The lessons that are not highlighted, either do not require marking or the answers will be provided for you on loom or as a sheet on the website. Lessons that are highlighted in blue, must be sent to 5g@gsjs.barnet.sch.uk so they can be marked.

Please ensure that any work you send in is clear, so the adult marking it can read it. You can send in either:

- A PDF document (titled as your name)
- A clear photograph of your sheet
- A clear photograph of the work done in your book
- Send your answers as text in the email

You must ask your adult at home to email us through their email address – please ask them to help you with this step. You are only expected to send the work that is highlighted in blue to be marked but if you are finding the work challenging and need additional support, please let us know..

As we settle into another week of home learning, it is important that we remember the following tips:

- 1) Make sure you wake up at an agreed time with your parents every day.
- 2) Ensure you are showered and dressed, ready for the day. It is hard to work in your pyjamas!
- 3) Where possible, try to follow the timetable we have provided for you. This had a mix of activities for each day and has breaks timetabled in so you can refresh your focus. You may also want to tick off the activities as you go so you can see the progress you have made.
- 4) Agree an area that you can work in. Try to find somewhere that is separate to where you play or go to sleep so that you can switch off once the school day is finished.
- 5) Try to do some daily exercise in the garden or around the house. This is good for your body but will also help you to feel more relaxed and sleep better at night. We have provided links to different workouts that you can follow along.
- 6) Where possible, share your home learning with an adult or build in a social element to your learning. Perhaps you can discuss your work with your other classmates and give each other support.
- 7) Agree a regular bedtime. Setting this routine (and sticking to it!) will help you to fall asleep more easily and a good night's sleep will help you to feel ready and prepared for the day ahead.

The lessons you will be doing this week are the same lessons that are being taught at school, so you won't be missing out on any of the exciting activities we have planned for this term.

If you have any questions about the home learning or you feel that you need more support, please ask your adult to email the Year 5 team at 5G@gsjs.barnet.sch.uk and a member of the team will get in touch with you.

We hope that you have a good week and that you enjoy the activities we have planned for you 😊