

## Exercise:



Start your morning with something active...

You could carry on with the Body Coach...

<https://m.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq4Og2-k>

Or maybe try something different? How about a bit of ZUMBA? I'll attach a new video for you each day.

<https://www.youtube.com/watch?v=FP0wgVhUC9w>

## Story of the week:

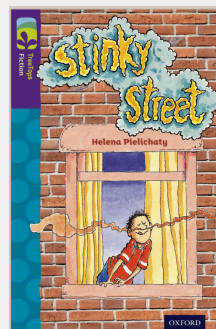


### Your Task this week:

Create an account with Oxford Owl ([oxfordowl.co.uk](http://oxfordowl.co.uk))

You can access free e-books - I'd like us to read this one together. You can also listen to the story being read to you as an audio book!

There is a little quiz and some things for you to think about. If you can't get on to Oxford Owl, choose a book of your own to focus on this week.



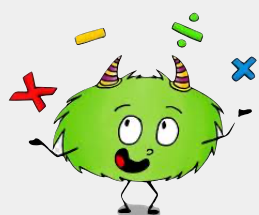
## English:



Don't forget to log on to Spelling Shed (and Nessy) to practise your spellings!

Your task: Based on the book of the week, perhaps you could write your own version of the story based on the street where you live? If you are reading a different book, can you change its setting too and rewrite the story with a different setting?

## Maths:



Keep Using Reflex maths to help master your times tables!

Your Task: This week focus on time! Can you be the official time keeper for your house? You can be the time keeper for your daily exercise, cleaning teeth, screen time? You could record the amount of time you spend outside being active, the time you spend reading? Work out the timings and lengths of programmes on TV you have watched. Tell the time anybody in your house wants to know!

## Project:



This week our theme is Spring and plants.

Your Task this week: Can you spend time doing a bit of gardening? Plant something or try and grow something from leftover food? Carrots, celery, or even pineapple are great ones to try. Could you do some art work on the plants starting to grow and flower outside? How many different plants and flowers can you find? Be creative!

## Exercise:



End your day with some relaxing exercise, why not try Cosmic Yoga on YouTube?

You could try a mindfulness activity to help you relax at the end of your busy day? Here's a link if you'd like to give it a try?

<https://www.youtube.com/watch?v=QQCnWvwrO8U>