

Daily Activities - Monday 23rd March

Morning

1. Start your day with some exercise - this can be done in your bedroom, front room, or garden, wherever is easiest for you!

Below is a link to the body coach who does daily exercise routines:

<https://m.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq4Og2-k>

2. Spellings - the spelling list for this week was sent home on Monday but as always if you can't find the sheet, SpellingShed has all the up to date spelling lists for them to practice.

3. Maths - In the maths folder on the school website is a fractions worksheet which you can have a go at, and use the exercise book as provided in the home learning pack.

4. Relax before lunch with a book, or help your parents with some cooking!

Lunch

Sit a relax with your family!

Afternoon

1. On the school website is a topic folder with some geography worksheets in. Choose one of them to work on over the afternoon.

2. To finish for the day, go outside into the garden or out for a walk with an adult to get some fresh air. Or repeat the exercise routine you did this morning. This will help to wind down your brain and help you to stay active and healthy!

3. Finish your day doing something YOU enjoy!