**January 2021**

**Mon 18th-Fri 22nd**

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| --- | --- | --- | --- | --- |
| **Day 6** | **Day 7** | **Day 8** | **Day 9** | **Day 10** |
| **Maths**  **Master Your Maths**   Continue with the next day  Practice your tables (x4) | **Maths**  **Master Your Maths**   Continue with the next day  Practice your tables (x4) | **Maths**  **Master Your Maths**   Continue with the next day  Practice your tables (x5) | **Maths**  **Master Your Maths**   Continue with the next day  Practice your tables (x5) | **Maths**  **Master Your Maths**   Continue with the next day  Practice your tables (Test Yourself x6) |
| **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling  book.  **Ghosts, secrets & Thieves reader**  Read Pg. 9-10 | **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling book.  **Lift Off Workbook**  Pg. 11 Answer  Q12, 13, 14 | **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling book.  **Ghosts, secrets & Thieves reader**  Read Pg. 11-12 | **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling book.  **Lift Off Workbook**  Pg. 12 Answer  Q15,16,17 | **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling book.  **Ghosts, secrets & Thieves reader**  Read Pg. 13-14 |
| **PE**  Flip a coin challenge | **Irish**  An Seomra Suite | **S.E.S.E**  Geography  A-Z Countries | **S.P.H.E**  Rainbow Breathing | **Art**  Toilet Roll Art Challenge |

**P.E**

* Try this Flip a coin challenge! Do five rounds.. then repeat for an extra challenge! Good Luck!

|  |  |  |
| --- | --- | --- |
| **Round** | **Heads** | **Tails** |
| **1** | **15 Jump Squats** | **20 sit ups** |
| **2** | **60 jog in place** | **10 push ups** |
| **3** | **20 kneeling push-ups** | **20 crunches** |
| **4** | **20 jumping jacks** | **40 arm circles** |
| **5.** | **40 high-knees** | **1 minute run in place** |

**Irish/Gaeilge**

* Draw a detailed picture of your seomra suite (sitting room) label 10 things in the room in Irish/ as gaeilge. If you can’t remember a particular word/spelling you can look it up in **foclóir.ie**

**S.E.S.E - Geography**

* Write a list of countries in alphabetical order from A to Z.
* There are 26 letters in the alphabet, you should have 25 when you are finished as there is no country starting with the letter X!                         (Try **worldatlas.com** if you need help)

**S.P.H.E**

* Lots of people are talking about rainbows at the moment! Try this rainbow breathing as a way to relax your mind & feel calm.
* Stand with your feet shoulder width apart and hands by your sides.
* Slowly raise your arms & take a deep breath in.
* Try to breathe in until your hands reach each other over your head.
* Breathe out slowly while lowering your hands.
* Try to visualise the rainbow you are making.
* Each time you breathe in, imagine you are adding another colour to your rainbow.
* Repeat 10 times.

**Art: Toilet Roll Art Challenge:**

* Using a toilet roll insert, try to recreate a household item or a famous picture with a pencil/pen/ any markers you have at home.
* If you like, take a photo & send it to your teacher.!

 