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| --- | --- | --- | --- | --- |
| **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| **Maths**  Master your Maths:  Continue on with the next day of the unit. | **Maths**  Master your Maths:  Continue on with the next day of the unit. | **Maths**  Master your Maths:  Continue on with the next day of the unit. | **Maths**  Master your Maths:  Continue on with the next day of the unit. | **Maths**  Master your Maths:  Continue on with the next day of the unit. |
| **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *An African Tale* on page 2.  In your copy write the answers to questions 3, 4 and 5 on page 3. | **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *The Postcard* on page 8.  In your copy write the answers to questions 3, 4 and 5 on page 9. | **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *Gruesome Grill* on page 14.  In your copy write the answers to questions 3, 4 and 5 on page 15. | **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *Kangaroos* on page 20.  In your copy write the answers to questions 3, 4 and 5 on page 21. | **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *The Chocolate monster* on page 26.  In your copy write the answers to questions 3, 4 and 5 on page 27. |
| **PE**  Fitness Activity: What’s Your Name? | **Irish**  Worksheet:  Baill Choirp | **ART**  Worksheet:  Create a drawing from a single dot | **S.E.S.E**  Worksheet:  Recycling  Read and answer the questions. | **S.P.H.E**  Worksheet:  A Mindful Minute |

**Class Restricted Movement Workpack**

**3rd Class**

**P.E.** Fitness Activity: What’s Your Name?

* Spell out your full name and complete the activity listed for each letter (see attachment).
* For a greater challenge include your middle name.

**Irish** Baill Choirp (Body Parts)

* Look at the sheet with all of the body parts labelled. Try and say the words aloud.
* Point at your own body and say the words as Gaeilge (in Irish) out loud.
* Fill out the labels on Mo Chorp (My Body), you can use the picture page to help you.

**Art** Create a drawing from a single dot

* Draw a medium sized black dot in the centre of a piece of paper. Use this dot as a starting point to create a picture. Let your imagination run free! That dot could be a parrot’s eye, a crying baby’s mouth or even the cherry on top of an ice-cream sundae.

**S.E.S.E.** Recycling

* Read the comprehension Recycling and answer the questions from the worksheet.

**S.P.H.E.** A Mindful Minute

* Take a couple of minutes to think about your breathing. Take deep breaths in and out through your nose. Look around the place where you are sitting.

What can you see, smell, taste, hear and touch?

* Fill in the worksheet using words and pictures under each heading.
* Make this sheet as colourful as you can!

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| **Day 6** | **Day 7** | **Day 8** | **Day 9** | **Day 10** |
| **Maths**  Master your Maths  Continue on with the next day of the unit. | **Maths**  Master your Maths  Continue on with the next day of the unit. | **Maths**  Master your Maths  Continue on with the next day of the unit. | **Maths**  Master your Maths  Continue on with the next day of the unit. | **Maths**  Master your Maths  Continue on with the next day of the unit. |
| **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *Ten Hairy Facts* on page 32.  In your copy write the answers to questions 3, 4 and 5 on page 33. | **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *The Transport Timetable* on page 38.  In your copy write the answers to questions 3, 4 and 5 on page 39. | **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *Feelings*  on page 44.  In your copy write the answers to questions 3, 4 and 5 on page 45. | **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *Father Frost* on page 50.  In your copy write the answers to questions 3, 4 and 5 on page 51. | **English**  Spell It:  Continue on with the next day of the unit.  Lift Off:  Read *Dolphins* on page 56.  In your copy write the answers to questions 3, 4 and 5 on page 57. |
| **PE**  5 minute Move Workout (x3) | **Irish**  Worksheet:  M’aghaidh | **ART**  Worksheet:  Comic Strip  The hero that saved the world | **S.E.S.E.**  Worksheets:  End Plastic Pollution   Read and answer the questions. | **S.P.H.E**  Worksheet:  What Makes Me Happy? |

**P.E:** 5 Minute Workout

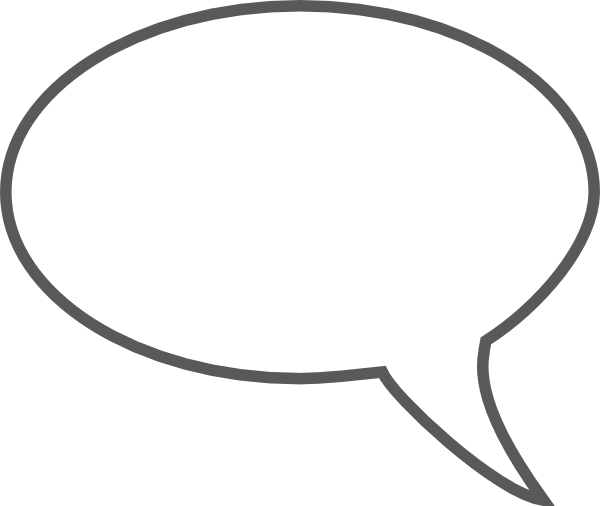
* You will need a clock or timer
* Today’s workout is 5 exercises (Star Jumps, Low Sprint Shuffle, Squat, Climb the Rope and Marching on the Spot)
* Do the first exercise for **40 seconds.** Have a **20 second break**.
* Repeat the above step for all five of the exercises.
* Once finished all five exercises have a quick break. Then repeat the whole cycle **two more times**.
* See if whoever is at home will join in too!

**Irish**: M’aghaidh (My Face)

* How many body parts (in Irish) can you remember since last week? Try and point to your own body and say the Irish words aloud.
* After you’ve given it a good try (and can’t think of anymore) you can look back at the Baill Choirp (Body Parts) worksheet from last Tuesday’s work. How did you do?
* You need to draw in the missing facial features on the M’aghaidh (My Face) worksheet. (Draw in the eyes, nose and hair.. and everything else that is missing!).
* Label the parts by drawing an arrow pointing to the Irish word.

**ART:** Comic Strip: The Hero That Saved The World

* Create your own superhero. How could your superhero help to save the world? Think of a story line. Does he/she fly to a far off planet and discover a cure? Does he/she invent a new machine?
* Draw your story in a picture sequence using the cartoon strip worksheet.
* You can include speech bubbles and thought bubbles. Speech bubbles tell us what the character is saying. Thought bubbles tell us what a character is thinking.



**S.E.S.E:** End Plastic Pollution

* A lot of things we use every day are made of plastic. Plastic bottles, food containers, sweet wrappers and cling film are all different types of plastics.
* The problem with plastic is that a lot of it cannot be recycled. This means that we cannot get rid of it. By 2050 there will be more plastic than fish if we do not act soon!
* Read the attached comprehension and answer the questions on the worksheet.

**S.P.H.E.** What Makes Me Happy?

* Think about the people and things in your life that make you happy. When you’re not feeling too great, what do you do to cheer yourself up?
* On the worksheet ‘What Makes Me Happy’ draw your happy face in the middle of the sun.
* On each of the sun’s rays write something that you do to feel happy.
* You might chat to your friend or love reading a good book!