**St. Francis Senior School**

Weekly Timetable for Schoolwork at Home

Monday 25th – Friday 29th January 2021

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Maths** Begin **week 14** of your Master Your Maths book (Monday) | **Maths** Continue with **week 14** of your Master Your Maths book (Tuesday) | **Maths** Continue with **week 14** of your Master Your Maths book (Wednesday) | **Maths** Continue with **week 14** of your Master Your Maths book (Thursday) | **Maths** Continue with **week 14 test** in Master Your Maths  |
| **English**Learn your first set of spelling words in unit 12 and do the first 2 activities in your spelling book. Lift Off:Pg. 62 Read the text called ‘Owls’ and write three facts you learned about this type of bird. | **English**Learn your next set of spelling words in unit 12 and do the next 2 activities in your spelling book.Lift Off:Pg. 63Answer questions 3(a-g) in your copy. | **English**Learn your next set of spelling words in unit 12 and do the next 2 activities in your spelling book.Lift Off:Pg. 68 Read ‘Grace Darling’.Write a few sentences about a time in your life when you had to be brave. | **English**Learn your next set of spelling words in unit 12. Revise all your spellings from this week.Lift Off: Pg. 69Answer questions 3(a-g) in your copy. | **English**Learn your last set of spelling words and do a spelling test at the back of your book (in the ‘My Spelling Record’ section.Lift Off:Pg. 74 Read the poem ‘The Wolf’s Excuse’. Write a few sentences explaining whether or not you accept the wolf’s excuses for eating Granny and Little Red Riding Hood.  |
| **P.E**- Captain, Yes Captain | **Irish**- An Geimhreadh (The Winter) | **Geography**- Rainforests | **S.P.H.E**- Lockdown Handprint **OR** Make a Glitter Jar | **Art**- Rainforest Animals |

**P.E**

For P.E today, your activity is based on a ship and it’s crew, and can involve everyone in the family if you like. To play you first select a ‘captain’. The captain calls out orders and the crew have to follow them.

Here are the orders:

* Bow: run to the front of the boat (front of the room)
* Stern: run to the back of the boat (back of the room)
* Port: run to the left side of the boat (room)
* Starboard: run to the right side off the boat (room)
* Hit the deck: lie down on your stomach
* Salute: salute and say ‘Aye, aye captain’
* Scrub the deck: drop to your knees and pretend to scrub the floor

**Irish**

**An Geimhreadh (The Winter)**

* Look at the pictures in the attachment below (Irish word mat) and say the words for each of them out loud. If you need help with any of the pronunciations just let us know.
* Draw a picture for each of the words then cut them out. Or, if you have a printer you could print out the pages and cut out the pictures.
* Check if someone in your house will play the game ‘Cad atá imithe?’ (what has gone?) with you.

Person A asks person B to close their eyes in English or Irish (Dún a shúile – dune a hula). Person A takes one picture away.

A asks B to open their eyes in English or Irish (Oscail a shúile – us-cul a hula) then asks them what is missing in English or Irish (cad atá imithe? – cod a taw im-aha?). B answers with ‘tá ……… imithe’.

A and B can then swap roles.

For a challenge, try removing two or three pictures each time.

* Using the pictures from the attachment for ideas, draw and label (in Irish) a winter themed picture.

**Geography**

**Rainforests**

Remember: always ask an adult’s permission before using the internet

* Read the information in the attachment below called ‘Rainforests’. Note: there are three different levels of information/questions in the attachment. You can choose which level to read/answer questions on.

*Level 1* (first four pages of the attachment) – you will easily be able to read this information about rainforests

*Level 2:* (pages five to eight of the attachment) – this level has a little more detail in it but you would still be totally fine reading it.

*Level 3: (*pages nine to fourteen of the attachment) – use this level to challenge yourself and learn more detailed information about rainforests.

* Next see if you can orally answer the questions below the piece you read (in whatever level you chose).
* Afterwards, compare your answers to the answers given in the attachment to see how you got on.
* Copy and paste the link below into your browser (webpage) to read some more detailed information about rainforests. You may prefer to do some of your own research on rainforests instead.

<https://kids.nationalgeographic.com/explore/nature/habitats/rain-forest/#/1249708099646>

* Now decide how you will present all the information you have learned about rainforests. Will you create a fact file, write a report or draw a picture of a rainforest? You might have your own idea on how to present it. You can choose!
* Whatever way you decide to present it, try to include some of the following information:
* The locations of rainforests
* Layers of a rainforest
* Animals, birds and insects found in rainforests
* The importance of rainforests

**S.P.H.E**

*Choose one activity from below (if you have already created option A at home then choose option B)*

1. **Lockdown Handprint Art**

You may have seen some pictures of this art activity online. It is a beautiful idea and very simple to create. If you have already made one at home please share a picture of it with us. It might be a lovely keepsake to look back on and remember something you did together as a family during lockdown.

You Will Need:

* Either white paper (a few sheets, depending on how many people live in your house) or coloured paper (a different colour for each person you live with)
* Glue
* Scissors
* An A4 (or bigger) sheet of white paper (portrait)

How to Make it:

* Get each person living in your home to trace around their hand on a piece of paper
* Colour each handprint a different colour (unless you have used a different coloured piece of paper for each person)
* Carefully cut out each handprint
* Starting with the biggest handprint (and finishing with the smallest) glue them onto the A4 piece of paper.
* Choose a phrase to write somewhere on the A4 page e.g. ‘When the world stayed apart, we stayed home together. …………… family 2020’.
1. **Make a Glitter Jar (See Picture in Attachment)**

**ADULT SUPERVISION REQUIRED**

You will need:

* 1 empty jar with a lid and no labels
* Some warm water (ask an adult to help)
* 2 tbsp of glitter glue

How to Make it:

1. Ask an adult to pour the warm water into the jar (about three quarters full)
2. Add in the glitter glue
3. Ask an adult to put the lid on tightly
4. Watch the bits of glitter swirl around – these are the thoughts and feelings in your very busy brain. When you keep the jar still the glitter starts to settle down, just like your thoughts and feelings will if you sit still and calmly take deep breaths.

Next time you feel upset or angry give the jar a shake – then sit, be still, breathe and wait for the glitter to settle. This will help you to calm your mind.

**Art**

**Rainforest Animals**

* Find a piece of paper and split it into quarters (four parts)
* Look back at the attachment ‘Rainforests’ and choose four animals to draw.
* Try drawing the animals in different styles e.g. black and white, coloured, cartoon style or as a collage.

A collage = a piece of art made by sticking different materials such as pieces of paper or material/cloth onto a picture/drawing.

* Could you include one fact about each of animals you drew?