**6th Class Work**

**22nd - 26th February**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Maths**  **Master Your Maths-Week 17**   Continue with the next day  Practice your tables (x11) | **Maths**  **Master Your Maths-Week 17**   Continue with the next day  Practice your tables (x11) | **Maths**  **Master Your Maths-Week 17**   Continue with the next day  Practice your tables (x12) | **Maths**  **Master Your Maths-Week 17**   Continue with the next day  Practice your tables (x12) | **Maths**  **Master Your Maths-Week 17**   Complete your Friday Test  Practice your tables (Test Yourself x11/x12) |
| **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling book.  **Ghost, Secrets & thieves**  Read pg. 57-59  **Lift Off**  Pg. 33  Q 4 | **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling book.  **Ghost, Secrets & thieves**  Read pg. 60-62  **Lift Off**  Pg. 33  Q 5 | **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling book.  **Ghost, Secrets & thieves**  Read pg. 63-65  **Lift Off**  Pg. 34  Q 6 | **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling book.  **Ghost, Secrets & thieves**  Read pg.66-68  **Lift Off**  Pg. 34  Q7 | **English**  **Spell It**  Learn your next set of spelling words and do the next 2 activities in your spelling book.  **Ghost, Secrets & thieves**  Read pg. 69-71  **Lift Off**  Pg. 34  Q 8 |
| **PE**  Tabata | **Irish**  Teilifís | **S.E.S.E**  First man on the moon | **S.P.H.E**  Positivity Jar | **Art**  Space Rocket |

**Monday: PE**

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| **Tabata-**  **full body work out**  Instructions   * Start with the 1st exercise, * work for 20 seconds, then rest for 10 seconds * Do this 6 times before you are allowed to move onto exercise number 2 & so on. | |
| 1. Star jumps | 20 seconds on/ 10 seconds rest -repeat x6 |
| 30 second rest | |
| 1. Plank | 20 seconds on/ 10 seconds rest -repeat x6 |
| 30 second rest | |
| 1. High Knees | 20 seconds on/ 10 seconds rest -repeat x6 |
| 30 second rest | |
| 1. Press up from knees | 20 seconds on/ 10 seconds rest -repeat x6 |
| 30 second rest | |
| 1. Sprints | 20 seconds on/ 10 seconds rest -repeat x6 |
| 30 second rest | |
| 1. Plank shoulder taps | 20 seconds on/ 10 seconds rest -repeat x6 |

Extra- **Grumpy Jacks-** Everytime somebody in your household complains, stand up & do 10 jumping jacks and then just sit back down. Don’t tell them what you’re doing & see if they have figured it out by the end of the day.

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| **Tuesday: Irish/Gaeilge**   |  |  |  |  | | --- | --- | --- | --- | | cartún | clár grinn | clár dúlra | trath na gceist | | clár spóirt | clár cainte | nuacht | clár ceoil | | sobaldráma | teilifís réaltachta | scannán | cúrsaí reatha |   Take a look at all the programmes that you and your family might be watching at this time. Write down what programmes you like, what programmes you don't like and what programmes you prefer. You can use the website [www.focloir.ie](http://www.focloir.ie) to help you.  **Activity 1:** 👍 Is maith liom \_\_\_\_\_\_\_\_.  👎 Ní maith liom \_\_\_\_\_\_\_\_.  👌 Is fearr liom \_\_\_\_\_\_\_\_\_.  **Activity 2: (If you need an extra challenge)** Write down when the programme is on.  **Mar Shampla:** Tá cartún ar siúl ar a trí a chlog Dé Luain.  **Wednesday:S.E.S.E**      **Thursday: SPHE-**  **Positivity jar**  Find an old jar or tub in your house. Each day write down something you are grateful for/ something positive that happened. Post them in to the jar. You can do this alone or with you family. If you ever feel upset/ down / sad/ read some of the posts in the jar to remind you of happy things.  **Friday: ART**  **Space Rockets**- design you own 3D or 2D rocket to fly into outer space using clean recycling items like empty cereal boxes etc.  75 Recycled Art Projects For Kids - No Time For Flash Cards Papier Mache Vehicles | Martha Stewart |