**St. Francis Senior School**

Weekly Timetable for Schoolwork at Home

Monday 8th – Friday 12th February 2021

**Remember** to use ‘Look, say, cover, write, check’ when you are learning your spellings this week : )

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Maths**  Begin **week 16** of your Master Your Maths book (Monday) | **Maths**  Continue with **week 16** of your Master Your Maths book (Tuesday) | **Maths**  Continue with **week 16** of your Master Your Maths book (Wednesday) | **Maths**  Continue with **week 16** of your Master Your Maths book (Thursday) | **Maths**  Continue with **week 16 test** in Master Your Maths |
| **English**  Learn your first set of spelling words in unit 14 and do the first 2 activities in your spelling book.    Lift Off:  Pg. 92 Read the labels on the food products and answer Pg. 93 Q 3(a-g) in your copy. | **English**  Learn your next set of spelling words in unit 14 and do the next 2 activities in your spelling book.  Lift Off:  Pg. 98  Read the poem ‘Sky in the Pie.’  Pick out 4 rhyming pairs of words (hint…. The end of every second line rhymes!) | **English**  Learn your next set of spelling words in unit 14 and do the next 2 activities in your spelling book.  Lift Off:  Pg. 99  Answer questions 3(a-h) in your copy. | **English**  Learn your next set of spelling words in unit 14. Revise all your spellings from this week.  Lift Off:  Pg. 104  Read ‘Fionn and the Fianna.’  Draw a visualisation in your copy of what you think Fionn looks like. | **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. 105  Answer Q4 (a-g) in your copy. |
| **Log on to Google Classroom today to see videos and assignments from the 4th class teachers** | **Log on to Google Classroom today to see videos from the 4th class teachers. Also, take a look at the task you have been given to complete** | **Log on to Google Classroom today to see videos from the 4th class teachers. Don’t forget to complete the tasks you have been given to do.** | **Log on to Google Classroom today to see videos from the 4th class teachers. Remember to complete the tasks you have been given too.** | **Log on to Google Classroom today to see videos from the 4th class teachers. Don’t forget to complete the tasks you have been given to do.** |
| **Science**  - The Respiratory System | **Irish**  - Éadaí (Clothes) | **Art**  - Sunflowers by Vincent Van Gogh | **S.P.H.E**  - The Food Pyramid | **P.E**  - Zumba and Dance Monkey |

**Science**

The Respiratory System (How we Breathe)

* Type ‘**respiratory system peekaboo kidz’** into ‘You Tube’ and watch the 4-minute video on the respiratory system under adult supervision.
* Open the attached document and look at the diagram
* Label the various parts of the respiratory system on the document or in your copy when you have drawn it
* Practice how to say any difficult new words.

**Gaeilge**

Éadaí

We covered the topic of éadaí before Christmas so you should remember most of these clothing words. If you get stuck, take a peak at the attached word mat to help you (but try to do it without it first!)

Draw the picture of the attached ‘Cófra Éadaí’ into your copy, complete with all the pieces of clothing. Use the words at the bottom of the page to label the clothes. Alternatively, if you have a printer, you can print the page out and cut and glue the words on.

Can you challenge yourself to add another couple of pieces of clothes that aren’t there?

**Art**

Sunflowers by Vincent Van Gogh

This week we are going to learn about Sunflowers, a very famous piece of art by the artist, Vincent Van Gogh.

1. Open the document attached and read all about Sunflowers by Vincent Van Gogh. He used a technique called impasto.

*Impasto* is a technique whereby paint is laid on an area of the surface in very thick layers, adding texture to the painting.

2. Open the art instructions and follow them to create your own Sunflowers picture.

**S.P.H.E.**

Healthy living and Well Being /The Food Pyramid

Did you know there is a Food Pyramid that helps us keep a check on what we are putting into our bodies? This week’s activity is to help you look at how healthy you are being and make changes or improvements if you need to.

In the document attached, complete the following

1. Page 1**:** Look at the different food groups. Can you name them? Your daily intake of food should look something like this when you draw it all out.
2. Page 2: If you don’t have a printer simply, draw the same pyramid into your copy with 5 food sections.
3. Think about what you ate yesterday and draw those things into your pyramid. Don’t forget drinks and snacks.
4. Now look at the pyramid on page 1 and see if you think you are eating in a way that will make you healthy? Are you eating more /less of a certain food group?
5. Now, make a promise to yourself to do one thing differently for example, eat only one small sweet thing a day or only drink milk and water or eat a piece of fruit with your breakfast. Be specific.
6. Page 3: Can you name the food categories that these foods belong to.

**P.E.**

Zumba and Dance Monkey

It’s Friday and the end of the week! Let’s finish off the week by doing something fun! Zumba! Dancing is a great way to keep fit and have some fun! Included are links to some Zumba dances, a great dance to the song Dance Monkey and another link that will make you smile! If you can cast this to the television it will work well or alternatively use your phone, laptop or tablet **under the supervision of an adult**

1. Google ‘Zumba kids go noodle’ there’s a few dances there to choose from, try out a few of them
2. Google ‘dance monkey dancing lee’. These two girls have a great dance, give it a go.
3. Check out ‘Dance monkey dance baby milana life’ as you cool down from your dance workout. It will put you in a good mood for the rest of the day!