**St. Francis Senior School**

Weekly Timetable for Schoolwork at Home

Monday 22nd – Friday 26th 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 18** of your Master Your Maths book (Monday) | **Maths** Continue with **week 18** of your Master Your Maths book (Tuesday) | **Maths** Continue with **week 18** of your Master Your Maths book (Wednesday) | **Maths** Continue with **week 18** of your Master Your Maths book (Thursday) | **Maths** Continue with **week 18 test** in Master Your Maths  |
| **English**Spell it: Unit Revision 4 Pg, 42/43 Complete Pg. 42 – Activity A. Remember to look back at Units 13-16 lists to find the words! Revise Unit 16 Block 76 spellings from last week.Reading Sheets:Read ‘Sleepyhead’ and answer the questions on the sheet.  | **English**Spell it: Unit Revision 4 Pg, 42/43 Complete Pg. 42 – Activity B. Remember to look back at Units 13-16 lists to find the words! Revise Unit 16 Block 77 spellings from last week.Reading Sheets:Read ‘Pass-Me-On-Polly’ and answer the questions on the sheet. | **English**Spell it: Unit Revision 4 Pg, 42/43 Complete Pg. 43 – Activity C. Remember to look back at Units 13-16 lists to find the words! Revise Unit 16 Block 78 spellings from last week.Reading Sheets:Read ‘Buses’ and answer the questions on the sheet. | **English**Spell it: Unit Revision 4 Pg, 42/43 Complete Pg. 43 – Activity D. Remember to look back at Units 13-16 lists .Learn Unit 16 Block 79 and 80 spellings. You would not have done these last week. Reading Sheets:Read ‘Tomatoes’ and answer the questions on the sheet. | **English**Watch the spelling test video on Google Classroom **or** ask someone at home to test you on any 10 of your spellings from Unit 16 (see spelling record for unit 16 at the back of your book.)Reading Sheets:Read ‘Foxes’ and answer the questions on the sheet. |
| **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.** | **Log on to Google Classroom today to see videos from the 4th class teachers. Remember to complete the tasks you have been given.** | **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.** |
| **History**- Ernest Shackleton (Explorer) | **Irish**- Sa Bhaile | **Art**- Chinese New Year Lantern | **MUSIC**- Ireland’s Call | **P.E**- Playing Card Fitness |

**History**

**Ernest Shackleton (Explorer)**

*Explorer = someone who**travels**to**places**where no one has**ever**been in**order**to**find**out what is there*

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

* Copy and paste the link below into your browser (webpage)

https://easyscienceforkids.com/all-about-ernest-shackleton/

* It will bring you to a website explaining who Ernest Shackleton was and what he is famous for.
* In the brown box on the left-hand side read about his early life, explorations and adventures. There are also a few interesting facts to read.
* Next, watch the video called ‘Life Can be Tough’, half way down the page. In SPHE we learned about putting things into perspective. This video reminds us of that.
* At the bottom of the webpage you will find a blue box. Click on the link ‘Ernest Shackleton 1’. It will bring you to a quiz which has ten questions. See how many you are able to answer then check your answers with the ones below the quiz, to see how you got on.
* Could you do some research of your own on Ernest Shackleton to find out even more about this amazing man and his adventures?

**Irish**

**Sa Bhaile**

This week we are moving on to the topic of ‘Sa Bhaile’ – ‘The Home’ in Irish. Have a look at the attached ‘Sa Bhaile’ Word Mat.

1. Looking at the first page only, go through the words associated with each room – Sa Chistin (Kitchen), Sa Seomra Suí (Living Room), Sa Seomra Codlata (Bedroom) and Sa Seomra Folctha (Bathroom.) See which ones you already know from last year. Write down the words you didn’t know in your copy.
2. Check the rest of the pages to find out what the new words mean. Write the meaning beside each word. Remember that you can ask us on Google Classroom if you need help with any pronunciations.
3. Pick a room and design your dream version of it in your copy. Label the items in it using the ‘Sa Bhaile’ Word Mat.

**Art**

**Chinese New Year Lantern**

On Tuesday you read a piece about Chinese New Year. Chinese New Year Celebrations have just finished this weekend. It is now officially ‘The Year of the Ox.’ Follow the instructions attached to create your own Chinese New Year Lantern. You can use any coloured paper you have or you can use your markers/ crayons to colour white paper. Copy the template lines out onto a sheet of paper – it won’t matter if the distance between each line isn’t exactly the same. If you have a printer, you can print the template out.

**Music**

**Song – Ireland’s Call**

* Have you heard the song ‘Ireland’s call’ before? You may have heard it sung at rugby matches. It is used as a national anthem by some sports competitors to represent the whole island of Ireland. Listen out for it if you are watching the six nations rugby matches over the next few weeks.
* Ask for an adult’s permission to search for this song on the internet.
* Get a piece of paper and draw a line down the middle of the page. On the left-hand side of it, put the heading ‘How the Song Makes me Feel’ and on the right-hand side write the heading ‘The Picture This Song Makes in my Mind’.
* Now listen to the song three or four times. As you do, fill in on the page how it makes you feel and then draw the picture the song creates in your mind.
* Listen to the song again and this time sing along with it using the lyrics (song words) below.

**Ireland’s Call**

Come the day and come the hour
Come the power and the glory
We have come to answer Our Country's call
From the four proud provinces of Ireland

CHORUS
Ireland, Ireland Together standing tall
Shoulder to shoulder
We'll answer Ireland's call

From the mighty Glens of Antrim
From the rugged hills of Galway
From the walls of Limerick And Dublin Bay
From the four proud provinces of Ireland

CHORUS

Hearts of steel and heads unbowing
Vowing never to be broken
We will fight, until We can fight no more
From the four proud provinces of Ireland

CHORUS

**P.E**

**Playing Card Fitness**

What You Need:

* A deck of playing cards. If you don’t have playing cards just get thirteen small pieces of paper and write the letters/numbers below on them.

What You Do:

* Pick a card from the deck (or a piece of paper from the ones you wrote on)
* Find the name or number of the card on the chart below and carry out that activity e.g. if the card I picked was a King then I would do four burpees
* Pick ten cards in total. If you would like to challenge yourself, try picking out 15 cards and doing the activities listed beside them.

**Playing Card Fitness**

|  |  |
| --- | --- |
| Ace | 15 Jumping Jacks  |
| King | 12 Star Jumps  |
| Queen | 11 Line Jumps: Picture a line on the ground. With your two feet together jump over it and back again. Repeat this 10 times. |
| 10 | 10 Squats |
| 9 | 9 Arm Circles (forwards) |
| 8 | 8 Lunges |
| 7 | Hold the plank for 30 seconds |
| 6 | Skip with a pretend rope, as fast as you can, for 6 seconds |
| 5 | Heel Raises: stand up on your tippy toes then go back down (5 times) |
| 4 | Sprint on the spot, as fast as you can, then freeze. Repeat this 4 times |
| 3 | Free Choice: choose any of the exercises on this page and do 3 of them |
| 2 | Jog 2 laps of the room you are in  |