**Year 3 weekly timetable – Monday 29th June 2020**

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| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
| Before 9am | **Morning routine** | **Morning routine** | **Morning routine** | **Morning routine** | **Morning routine** |
| 9am | **Joe Wicks P.E lesson**<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  | **Joe Wicks P.E lesson**<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  | **Joe Wicks P.E lesson**<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  | **Joe Wicks P.E lesson**<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  | **Joe Wicks P.E lesson**<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  |
| 9.30am | **Maths –**Compare capacity and volume. <https://classroom.thenational.academy/lessons/compare-capacity-and-volume>  | **Maths –**  Ordering capacity and volume.<https://classroom.thenational.academy/lessons/ordering-capacity-and-volume>  | **Maths –** Add and subtract capacity and volume.<https://classroom.thenational.academy/lessons/add-and-subtract-capacity-and-volume>  | **Maths –**Solve problems involving capacity and volume. <https://classroom.thenational.academy/lessons/solve-problems-involving-capacity-and-volume>  | **Maths –**  Estimate mass and capacity.<https://classroom.thenational.academy/lessons/estimate-mass-and-capacity>  |
| 10:20am | **Break – get some fresh air** | **Break – get some fresh air** | **Break – get some fresh air** | **Break – get some fresh air** | **Break – get some fresh air** |
| 10.35am | Bug Club | Bug Club | Bug Club | Bug Club | Bug Club |
| 10.50am | **English** – Instructions: Reading Comprehension- Fact retrieval.<https://classroom.thenational.academy/lessons/instructions-reading-comprehension-fact-retrieval>  | **English** –  Instructions: Reading Comprehension- Word Meaning.<https://classroom.thenational.academy/lessons/instructions-reading-comprehension-word-meaning>  | **English** –  Instructions: Identifying and understanding the features of a text.<https://classroom.thenational.academy/lessons/instructions-identifying-and-understanding-the-features-of-a-text>  | **English** – Instructions: SPaG focus- Adverbs.<https://classroom.thenational.academy/lessons/instructions-spag-focus-adverbs>  | **English** – Instructions: Write a set of instructions.<https://classroom.thenational.academy/lessons/instructions-write-a-set-of-instructions>  |
| 12.00pm | **Lunch** | **Lunch** | **Lunch** | **Lunch** | **Lunch** |
| 1.00pm | TT RockStars  | Spelling Shed | TT RockStars  | Spelling Shed  | TT RockStars  |
| 1:15pm | **Mindfulness activity-** Find a relaxing place, sit comfortably and set a timer for 2 minutes. Breathe deeply in and out whilst paying attention to the sounds you hear around you. Repeat this 3 more times. | **Debate-**Which season is more fun, summer or winter? | **Mindfulness activity-**Jump up and down for a minute. At the end of the minute, place your hand on your heart and pay attention to your heartbeats and your breathing. Repeat this 3 more times.How do you feel now? | **Debate-**Should fried foods be banned?  | **Mindfulness activity-**1. Starting from the feet, gently squeeze the muscles in your feet by tightening them, then slowly releasing.
2. Next, squeeze the muscles in your calves, then release slowly.
3. Work your way up to your body for more relaxation.
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| 1.35pm | **Wellbeing activity-** Make a poster to thank your postman/postwoman and any delivery drivers that bring food and other items to your house, then display it outside your front door, where they'll see it. | **Wellbeing activity-** Talk about a time when you had to do something difficult and you got through it. How did you feel beforehand and how did you overcome the challenge?  | **Wellbeing activity-** Draw a strengths 'family tree' - either of your family, or of your group of friends, your class or your school. Think about how these peoples strengths have helped you overcome challenges together. | **Wellbeing activity-** Make a playlist of your favourite feel-good music. Keep adding to the playlist every day as you think of more music that makes you feel happy. Every day, spend some time dancing to music from your playlist. If you are able to, get together with your family and dance together to each other's playlists. | **Wellbeing activity-** Every day, keep in touch with someone you can't see face to face. You can do this by phone, text, Skype, WhatsApp etc - use whatever technology you have available to connect with people you care about. Use these with the permission and help of adults living with you . This could be your friends, your grandparents, or other relatives, for example. |
| 2.00pm | **Outdoor game-****Balloon Volleyball-** Set up your garden by using a jump rope (or any rope) to divide your garden in two. Use water balloons for the ball and have players alternate serves. The first to 21 is the winner!    | **Outdoor game-****Paper Boat Race-** Make paper boats and race them in a pool by blowing through a straw to propel them. | **Outdoor learning-****Obstacle Course-** Use objects you already own like jump ropes, boxes and hula-hoops to create an obstacle course in your garden. Put their skills to the test. Change up the course with your own ideas. | **Outdoor learning-****Photography Journal-** Record your day by taking photographs. It’s an interesting way to look at a day in your lives through images. | **Outdoor learning-****Bug Hunt-**Grab a clipboard, a piece of paper and a pen/pencil, then head outdoors. A magnifying glass and a plastic jar could be fun too. List or draw every bug you see. For an added twist, count all the ants you find. |
| 3.15pm | **End of school day –** don’t forget that you should still read your home reader to your parents/ carers | End of school day – don’t forget that you should still read your home reader to your parents/ carers | End of school day – don’t forget that you should still read your home reader to your parents/ carers | End of school day – don’t forget that you should still read your home reader to your parents/ carers | End of school day – don’t forget that you should still read your home reader to your parents/ carers |

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| Your year group teachers will be available to reply to emails but as it is the Easter holidays, these responses might not be as quick as usual.  |
| Miss Houldey jordan.houldey@rydersgreen.sandwell.sch.ukMiss Fiaz samia.fiaz @rydersgreen.sandwell.sch.uk | Miss Kaur pam.kaur@rydersgreen.sandwell.sch.ukMiss Ellis debbie.ellis@rydersgreen.sandwell.sch.ukMrs Stott pat.stott@rydersgreen.sandwell.sch.uk |