

Year 3 weekly timetable – Monday 29th June 2020

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/UCAxW1XT0iEJo0TYIRfn6rYQ	Joe Wicks P.E lesson https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ	Joe Wicks P.E lesson https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ	Joe Wicks P.E lesson https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ	Joe Wicks P.E lesson https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
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.
1.35pm	Wellbeing activity-	Wellbeing activity-	Wellbeing activity-	Wellbeing activity-	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.	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?	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.	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.	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

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.

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