

# Curriculum

Week beginning 8.3.21

This week we are going to use our curriculum lessons to recap on things we have been learning this term.

We will look at Maths, English, PE and PSHE.

Monday

Let's start our Monday morning off  
with a Joe Wicks work out.

Click the link below to join in.

[https://www.youtube.com/results?search\\_query=joe+wicks+work+out](https://www.youtube.com/results?search_query=joe+wicks+work+out)

Monday 8th March 2021

Times Tables

Let's recall our 2 times tables

The logo for 'NUMBER JACKS' is displayed in a colorful, bubbly font. Each letter is a different color: N (green), U (purple), M (orange), B (pink), E (blue), R (yellow), J (red), A (orange), C (blue), K (green), S (yellow). The letters have a white outline and a slight shadow. The logo is set against a dark blue background with a subtle pattern of small white numbers. A small 'TM' trademark symbol is visible at the end of the word 'JACKS'.

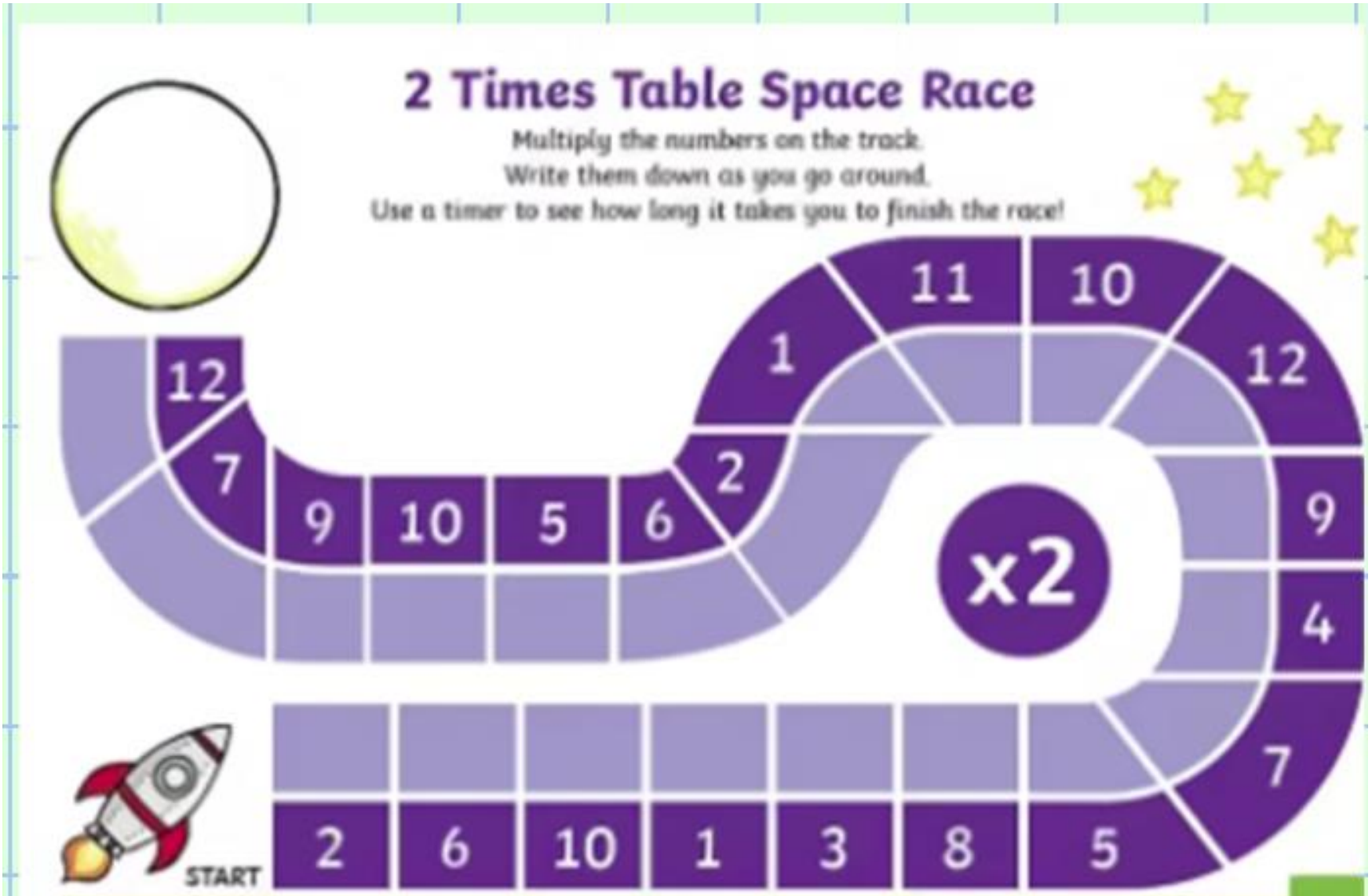
NUMBER JACKS™

<https://www.youtube.com/watch?v=3yf3xgE8wMc>

Counting in twos is very important to develop our fluency in calculation, number sense and the basis of multiplication and division. It helps us to move from calculating or counting by ones to using number facts. It also helps us to identify a pair.

Let's count the shoes.

Can you complete the 2 times table game?



**2 Times Table Space Race**  
Multiply the numbers on the track.  
Write them down as you go around.  
Use a timer to see how long it takes you to finish the race!

**x2**

START

2 6 10 1 3 8 5

7 4 9 9 12 10 11 12

7 12

9 10 5 6 2

12 7

The game board is a purple track with a central circle containing 'x2'. The track is divided into segments with numbers: 12, 7, 9, 10, 5, 6, 2, 1, 11, 10, 12, 9, 4, 7, 2, 6, 10, 1, 3, 8, 5. A rocket is at the 'START' line, and a moon and stars are in the background.

Can you practise your 5 times tables ready for next week?

$1 \times 5 =$

$2 \times 5 =$

$3 \times 5 =$

$4 \times 5 =$

$5 \times 5 =$

$6 \times 5 =$

$7 \times 5 =$

$8 \times 5 =$

$9 \times 5 =$

$10 \times 5 =$



Tuesday  
Free Write

Today we are going to complete a free write. This is a piece of writing where you are going to use your imagination and write independently.

We have done this in class before.

You can write this in your home learning books. If you would like to write a plan before you do your free write that is ok.

## Free Write



It is Monday morning and you come into class. Your class has turned into a magical forest. What has happened? Why has this happened? Where is your teacher? What can you see?

Wednesday  
PSHE

PSHE

# Mindfulness




# What is mindfulness?



Do you ever feel like your mind can be like a snow globe? All shaken up with thoughts falling everywhere?





Have I remembered my PE kit?

I hope we haven't got pasta for dinner tonight again!

I hope Katy is at dancing class tomorrow, I'm lonely when she's not there.

I hope my baby sister doesn't keep me awake again tonight.

I can't believe my brother took my football to school with him without asking...it's mine!



# Imagine

Imagine how nice it would be to have a worry free, calm mind.  
You could be relaxed and enjoy life much more.

It can be done by using mindfulness!



# Have You Ever Heard an Adult Say...?

...'I'll cross that bridge when I come to it,'



This phrase means that we shouldn't worry about things that might not happen. We will deal with a problem if it happens.

# Have You Ever Heard an Adult Say...?

...'That's all water under the bridge,'

This phrase means that there's no point worrying about a problem from the past. We should learn from it and move on.

The phrases we have heard give us a good way of understanding how mindfulness works.

Mindfulness is a special way of thinking that can help us with our problems. Using mindfulness can help us enjoy our lives more, in a calm and relaxed way.



## Suhail's Story

Suhail is having his breakfast with his family.

What if Jack isn't at school today? He felt ill yesterday. I won't be able to play with him...I'll be on my own. What will I do? The last time Jack was off, I was by myself and I didn't like it!



## Suhail

We can see that Suhail is worrying about the future – a future that might not even happen.

Suhail is overthinking what had happened in the past. He is picking all the worst parts of his memories out, which is making the whole thing worse.

He has forgotten that the last time Jack was ill, Emma and Tai asked if he wanted to play but he said no.

Suhail is not enjoying himself with his family or thinking about what he is doing. He is not living in the present moment. He is living in the past and the future...not the present.

# What Happened?

When Suhail got to school, Jack was there after all! Suhail was worrying about something in the future that didn't even happen!

## Discussion Time

What could Suhail have done instead of worrying?



He could have used **mindfulness**.

# Mindfulness

Mindfulness is when we are thinking about what we are doing right now. Ignoring the past or the future, we just think about the present.



Of course, sometimes, we want or need to remember good things about the past or become excited about things in the future. Mindfulness is about living for the here and now and enjoying this very moment of our lives!

Suhail could have focused on his breakfast with his family and enjoyed that special family time instead of worrying about something which was out of his control in the future.

# Reflection Time

Can you be more 'mindful' from now on?

Plan for the future, think about the past.  
Try to concentrate and enjoy what you are doing at the moment.

Your mind will feel more like a calm snow globe than a snow storm!



Can you write down in your home learning books how you could be more mindful?



# Thursday Sentence Structure

## Sentence structure

What can you notice about Miss Canning's sentence?

i is cold when the window is open.

Tell your talk partner how you could correct this sentence and make it more interesting.

In your books I would like you to complete these sentences

I would love to \_\_\_\_\_.

Yesterday I \_\_\_\_\_.

Suddenly the water \_\_\_\_\_.

Read your sentences to your talk partners.

Can anyone share one of their partners sentences with me?

Can we think of some interesting sentences to describe this picture



Use the word banks on your table to help you create some amazing sentences.

Friday  
Arithmetic

What do these signs mean?

+

-

Can you think of different vocabulary to use for these signs?

Can you have a go at these number sentences

Remember to partition your numbers and draw your tens and ones.

$$34 + 23 =$$

$$57 - 24 =$$

In your home learning books can you complete these ...

Amethysts,  
Topaz and  
Diamonds

$$22 + 12 =$$

$$21 + 16 =$$

$$32 + 24 =$$

$$35 + 33 =$$

Sapphires and  
Emeralds

$$43 + 25 =$$

$$37 + 19 =$$

$$35 + 25 =$$

$$62 + 44 =$$

$$124 + 132 =$$



In your home learning books can you complete these ...

Amethyts,

Topaz and Diamonds

$$34 - 12 =$$

$$45 - 11 =$$

$$57 - 23 =$$

$$54 - 32 =$$

Saphires and Emeralds

$$76 - 32 =$$

$$63 - 26 =$$

$$57 - 49 =$$

$$137 - 53 =$$

Remember to send  
your pictures to  
our class email to  
show me your  
work