



ROTHERHITHE PRIMARY SCHOOL

School Closure Weekly Timetable

Reception Week 12



Subject	Monday	Tuesday	Wednesday	Thursday	Friday
Phonics / Reading	<p>DAILY Phonics – youtube Ruth Miskin Use the blue book from home your home learning pack and choose the Set your teacher has assigned you. https://www.youtube.com/watch?v=H9rGoXkmeyU</p> <p>DAILY Reading: Story time with David Walliams – a free audio story every day at 11am! https://www.worldofdavidwalliams.com/elevenses/ and/ or Choose a story book from home or click on: https://home.oxfordowl.co.uk/ to choose and read a story with an adult.</p>				
English	WEEK 6 Lesson 1: Space: https://classroom.thenational.academy/lessons/space	WEEK 6 Lesson 2: Space: to listen to a story https://classroom.thenational.academy/lessons/space-to-listen-to-a-story	WEEK 6 Lesson 3: Space: to commit a story to memory https://classroom.thenational.academy/lessons/space-to-commit-a-story-to-memory	WEEK 6 Lesson 4: Space: to describe a character's appearance https://classroom.thenational.academy/lessons/space-to-describe-a-character's-appearance	WEEK 6 Lesson 5: Space: to write a sentence about a character https://classroom.thenational.academy/lessons/space-to-write-a-sentence-about-a-character
Maths	WEEK 6 Lesson 1: Sorting 2D shapes https://classroom.thenational.academy/lessons/sorting-2d-shapes	WEEK 6 Lesson 2: Creating patterns with shape https://classroom.thenational.academy/lessons/creating-patterns-with-shapes	WEEK 6 Lesson 3: Finding 3D shapes in the environment https://classroom.thenational.academy/lessons/finding-3d-shapes-in-the-environment	WEEK 6 Lesson 4: Describing 3D shapes https://classroom.thenational.academy/lessons/describing-3d-shapes	WEEK 6 Lesson 5: Revision an practise https://classroom.thenational.academy/lessons/revision-and-practise
Foundation	WEEK 6 Lesson 1: Polite Manners https://classroom.thenational.academy/lessons/polite-manners	WEEK 6 Lesson 2: Growing	WEEK 6 Lesson 3: Food Mosaics	WEEK 6 Lesson 4: Create a beanstalk	WEEK 6 Lesson 5: Food Art

Subjects	tional.academy/lessons/polite-manners-1	https://classroom.thenational.academy/lessons/growing	https://classroom.thenational.academy/lessons/food-mosaics	https://classroom.thenational.academy/lessons/construct-a-beanstalk	https://classroom.thenational.academy/lessons/food-art
Physical Exercise	<p>PE WITH JOE! Daily kids P.E. sessions with fitness coach Joe Wicks. Every morning at 9AM! https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889aVcPxYEidSTI</p> <p>Cosmic Kids https://www.youtube.com/user/CosmicKidsYoga</p>	<p>PE WITH JOE! Daily kids P.E. sessions with fitness coach Joe Wicks. Every morning at 9AM! https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889aVcPxYEidSTI</p> <p>Cosmic Kids https://www.youtube.com/user/CosmicKidsYoga</p>	<p>PE WITH JOE! Daily kids P.E. sessions with fitness coach Joe Wicks. Every morning at 9AM! https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889aVcPxYEidSTI</p> <p>Cosmic Kids https://www.youtube.com/user/CosmicKidsYoga</p>	<p>PE WITH JOE! Daily kids P.E. sessions with fitness coach Joe Wicks. Every morning at 9AM! https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889aVcPxYEidSTI</p> <p>Cosmic Kids https://www.youtube.com/user/CosmicKidsYoga</p>	<p>PE WITH JOE! Daily kids P.E. sessions with fitness coach Joe Wicks. Every morning at 9AM! https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889aVcPxYEidSTI</p> <p>Cosmic Kids https://www.youtube.com/user/CosmicKidsYoga</p>
Mindfulness/Wellbeing	<p>Musical Drawing</p> <p>Ask a grown up to play some music for you while listening to the music can you represent what you hear through colour – just use what ever colours come to mind when you listen to the music.</p>	<p>Tense and Release</p> <p>Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release. Continue moving up the body for more relaxation.</p>	<p>Starfish Fingers</p> <p>Hold your hand up and spread your fingers wide. Then, with the fingers of the opposite hand, trace all of your fingers, counting from one to five. Then take turns tracing each others fingers. Do this exercise at bedtime, its rhythmic, soothing and calming.</p>	<p>Mindfulness 5-4-3-2-1</p> <p>5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste</p>	<p>Self Esteem</p> <p>Draw a picture of yourself and around it draw 5 big love hearts. Inside each love heart write something that you love about yourself.</p>