







<h2><u>Handwriting</u></h2> <p>We've now practised each handwriting family together. This week, can you practise writing one of our high frequency words? Remember to warm your hands up first!</p> <p>Please see the video on our class page.</p> 	<h2><u>Geography</u></h2> <h3><u>Manchester/Cape Town</u></h3> <p>Using google earth, can you find Cape Town and Manchester? Zoom in, and as you do, look for the human and physical features.</p> 	<h2><u>Science</u></h2> <p>Can you complete an experiment to find out how the shapes of objects can be changed by squashing, bending, twisting and stretching?</p> <p>Using objects from around your house, investigate which ones will squash, bend, twist and stretch.</p> <p>For more information, please watch the video on our class page.</p> 	<h2><u>Spellings</u></h2> <p>Here are our class spellings for this week. The 'j' sound spelt with 'g' and 'j'.</p> <table><tr><td>gem</td><td>jacket</td></tr><tr><td>giant</td><td>jar</td></tr><tr><td>magic</td><td>jog</td></tr><tr><td>giraffe</td><td>join</td></tr><tr><td>energy</td><td>adjust</td></tr></table> <p>Please see the video on our class page for Friday's spelling test.</p> 	gem	jacket	giant	jar	magic	jog	giraffe	join	energy	adjust																
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<h2><u>Children's mental health week</u></h2> <p>This year the theme is Express Yourself. Here is a video about the theme. https://youtu.be/rfbOkWFTRAw On Monday (1st) we are asking all children at home and at school to wear clothes that they think expresses themselves. Watch this video and have a go at the task. https://youtu.be/STdJ_80RyE Please see the links underneath for more activities. Watch one or more of the online stories.</p>	<h2><u>All about me handprint</u></h2> <p>We would like each child to draw around their hand or use a hand template, and in each finger space write a statement about themselves that they think is important. This could be a physical feature or a personality trait, for example; I am sporty, I wear glasses, I am shy. These will be printed and displayed in school and in our PSHE class floor books.</p> 	<h2><u>P.E</u></h2> <p>Join the children in school in completing the Joe Wicks fitness videos every Monday, Wednesday and Friday morning at 9am.</p> <p>Challenge: exercise your name!</p> <table><tr><td>A 50 jumping jacks</td><td>N 25 burpees</td></tr><tr><td>B 20 crunches</td><td>O 40 jumping jacks</td></tr><tr><td>C 30 squats</td><td>P 15 sec arm circles</td></tr><tr><td>D 15 pushups</td><td>Q 30 crunches</td></tr><tr><td>E 1 min wall sit</td><td>R 15 pushups</td></tr><tr><td>F 10 burpees</td><td>S 30 burpees</td></tr><tr><td>G 20 sec arm circles</td><td>T 15 squats</td></tr><tr><td>H 20 squats</td><td>U 30 sec arm circles</td></tr><tr><td>I 30 jumping jacks</td><td>V 3 min wall sit</td></tr><tr><td>J 15 crunches</td><td>W 20 burpees</td></tr><tr><td>K 10 pushups</td><td>X 60 jumping jacks</td></tr><tr><td>L 2 min wall sit</td><td>Y 10 crunches</td></tr><tr><td>M 20 burpees</td><td>Z 20 pushups</td></tr></table>	A 50 jumping jacks	N 25 burpees	B 20 crunches	O 40 jumping jacks	C 30 squats	P 15 sec arm circles	D 15 pushups	Q 30 crunches	E 1 min wall sit	R 15 pushups	F 10 burpees	S 30 burpees	G 20 sec arm circles	T 15 squats	H 20 squats	U 30 sec arm circles	I 30 jumping jacks	V 3 min wall sit	J 15 crunches	W 20 burpees	K 10 pushups	X 60 jumping jacks	L 2 min wall sit	Y 10 crunches	M 20 burpees	Z 20 pushups	<h2><u>Art</u></h2> <p>In geography, we are learning all about Manchester. Did you know that the worker bee is a famous symbol of Manchester? Can you draw a bee using the following tutorial? https://youtu.be/Ho4aUHY6fss</p> 
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- Stand Tall Molly Lou Melon: <https://www.youtube.com/watch?v=f0PJbx6cUFo>
- I am Truly! https://www.youtube.com/results?sp=mAEB&search_query=i+am+truly
- We're all wonders: <https://www.youtube.com/watch?v=IWQuoaAtXGE>
- I like myself: <https://www.youtube.com/watch?v=HVp8DtaWUVo>
- I am enough (a range of links): https://www.youtube.com/results?search_query=i+am+enough+read+aloud

- Amazing Grace: <https://www.youtube.com/watch?v=LmIfdJRSsGQ>
- Hair Love: <https://www.youtube.com/watch?v=eCgwAJ6S01M>
- Chrysanthemum: <https://www.youtube.com/watch?v=BdLAJt2zmaU>
- Spaghetti in a Hot Dog Bun: https://www.youtube.com/watch?v=lzqhiH5_1eU