**Weekly Activity Menu**

Hi Ireland Class.

Ryan here. As you know I’ve already sent you some work in a folder for you to be working on at home. This is your HomeSchool folder which means I want you to try and do a piece of work from it every day that you are usually at school. (Mon,Tue,Wed,Thurs & Fri)

Starting from this week I’m also going to ask you to try and do some other tasks, jobs and projects. You can choose from the options I give you. It would be great if you would ask your Mum or Dad to send me pictures of your work via email or you could post it yourself through the ‘Padlet’ app.

It’s also still very important that you are washing your hands properly. If you’re not sure if you’re doing it right you can watch this video that we watched in school.

<https://www.youtube.com/watch?v=LQ24EfM7sEw>

It’s still very important that you try to do some Maths or English work but below are some other tasks and projects you could try and work on while you’re at home.

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Dear Parents,

All of the tasks below are completely optional and there is no pressure whatsoever on children to complete them. I just wanted to give you some more options and from the children’s point of view some more fun tasks and projects. It would be great if you could send little pictures or messages on the Padlet page of the children working on any of these tasks so that they can keep in touch with one another at a class level. <https://padlet.com/ryan259/d9vpchgrij09>

Feel free to contact me with any questions.

Ryan

* Social Skills/ Independence Skills
* Gross Motor/PE/Movement Breaks/Simple Exercises
* Curriculum based skills (Art, Science, STEM, Fine Motor)

**Monday**

* Wash the dishes for your family after a meal.
* Make a phonecall to a relative and ask them 3 Questions.
* Draw a picture of what you see outside your window.
* Do 10 jumps on the spot and then 10 hops on each leg (Right & Left)

**Tuesday**

* Create a Superhero using recyclable items and items around the house.
* Interview a family member about when they were your age and ask them how things were different. You can do this in person in your own house or you could call or facetime a relative.
* Bear crawl around the house or garden for as long as you can (Use a Timer!) Remember you learned how to bear crawl during Playball
* Learn how to make your bed. If you already know how to do it, make sure all the beds in your house are made and are tidy.

**Wednesday**

* Play a game/board game which involves taking turns and following rules.
* Help your Mum/Dad make up a list for things that you need from the shop.
* Use a timer/stopwatch to see how long you can: Run on the spot

 Jump on the spot

 Hop on each foot

* Put on your favourite song and make a video of you singing and dancing along.

**Thursday**

* Try to complete a puzzle or jigsaw on your own or with a sibling/parent. Try to do your best teamwork.
* Help your Mum or Dad with making the dinner. For example: Washing the vegetables or Laying out the Knives and Forks or Making the drinks.
* Try a new food or have another go at tasting a food that you weren’t sure about before.
* Decide on what your favourite active hobby is and play for at least 15minutes. For example: Playing football/basketball; Jumping on a trampoline; Swinging; Playing tag or hide and seek.

**Friday**

* Try to complete a simple science experiment with things you have at home. There’s tonnes on the internet. Here are a few ideas: <http://www.sciencefun.org/kidszone/experiments/>
* Check all the bins in the house and take them out. See how quick you can do it using a timer!
* Read your favourite book aloud to someone in your family. Try to read as much as possible. Get an adult to ask you questions about what you’ve read. Log on to Reading Eggs and complete some exercises. This is a fun way to read. I have sent on all your passwords to your parents.
* Create your own imaginary Easter Egg and design it! Cut it out and stick it on your wall/fridge.