**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 Home-School 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)

Each 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**

* Learn to sweep or hoover the floor and do this job for your Mum/Dad.
* Make a phone-call or video-call to a relative and ask them 3 Questions about their day.
* Draw a picture of your favourite tv show and post the picture on our class Padlet page.
* Spend at least 15 minutes doing your favourite type of exercise outside. You can spend much longer than 15 minutes if you’d like ☺

**Tuesday**

* Build a house for your favourite toy using things that are around your home.
* Make a phone-call, video-call or send a message to one of your friends in Ireland class. You can do this through the Padlet app if you want and everyone will see your message!
* Make your own exercise course around the house or outside. You can include exercises like hops, jumps, bear crawls, ball throws & kicks and maybe even some dance moves!
* Challenge yourself to tidy your room and make sure your clothes and toys are all put away and are neat and tidy.

**Wednesday**

* Make a simple schedule/timetable with your parent/sibling of the things you’re going to do today and tick them off when you have completed each task.
* Write down any fruit or vegetables you’ve eaten today and send a picture through Padlet of how healthy you are eating.
* Use a timer/stopwatch to see how long you can: Run on the spot

Jump on the spot

Hop on each foot

* Put on a Just Dance video from Youtube of a song you like and try and follow the dance moves. Here’s one of Super Mario Dancing <https://www.youtube.com/watch?v=RxwziZzFef4>

**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 a meal. For example: You could gather all the ingredients or and prepare some of the food like washing the potatoes.
* Try a new food or have another go at tasting a food that you weren’t sure about before.
* 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.

**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!
* You could try a very simple workout from Youtube <https://www.youtube.com/channel/UC2eP2lZ7RzHDBWfAWMH21xw> or if it’s too easy you could try <https://www.youtube.com/watch?v=d3LPrhI0v-w> which is more difficult.