**Home Learning Activities**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| COLOUR EACH BLOCK WHEN YOU COMPLETE THE LEARNING ACTIVITIY  Theme: Games | | | | | | | | |
| **SPHE/ Physical Education**  Play Bean bag toss  (Instructions separate) | **Life Skills/ SPHE**  Play 1 game with your family everyday. | | | | | | | **English/ SHE**  Play Stop the bus Game  (Instructions Separate) |
| M | | T | W | Th | F | |
| **SPHE/ Physical Education**  Lava Pit Game  (Instructions Separate) | **Social Skills/ Oral Language**  Play “What am I?”  (Instructions Separate) | | | | | | | **Cookery**  Iced Fairy Cakes  (Recipe sent separate) |
| **SPHE/ Physical Education**  Play Jersey Tag  (Instructions Separate) | **Physical Education**  Take part in 30-minutes of exercise each day. | | | | | | | **English**  My Personal Journal  Complete 1 entry about your week in your personal journal. |
| M | T | | W | Th | | F |

**Home learning Activities**

Here are some activities that will be completed weekly as part of the Middle 1 Home Learning Activities:

**My Personal Journal**

This unique time will be spoken about in history and I would like Middle 1 to record their time to create something they can treasure for years. This will allow pupils to reflect on their time at home and to share thoughts and feelings. My Personal Journal can include pictures or writing based on your child’s abilities. (More detail in individual email.) 1 or 2 entries per week is plenty and the children will be able to present these when they return to school.

**Physical Activity**

Physical Activity is very important at this time to help support health and wellbeing. The HSE recommends that all children and young people aged between 2 and 18 years should be active for at least 60 minutes per day. Ideas to help achieve this are:

* The Body Coach Joe Wicks provides a 30-minute workout each day at 9am. This can be watched at any time of the day. [www.youtube.com/thebodycoachtv](http://www.youtube.com/thebodycoachtv)
* Movement and mindfulness videos [www.gonoodle.com](http://www.gonoodle.com)
* Daily 10 minute exercise videos <https://rtejr.rte.ie/10at10/>
* Cosmic Kids Yoga (yoga and mindfulness) <https://www.youtube.com/user/CosmicKidsYoga>

Playing football, racing or daily walks are all great exercise and fun!