

Our topic this week is Food, Glorious Food. This week we are going to be looking at all things related to food, including different food groups and digestion.

Monday Timetable:

Please see below for our suggested timetable of lessons for today, this timetable is designed to mirror what we would have been doing in lessons in school.

9am – 9:30am – Work out and exercise.

<https://www.youtube.com/user/thebodycoach1/>

9:30am – Morning Zoom.

Lesson 1: English 9:45 – 10:15

Today I'd like you to read through and watch the videos about the digestive system here:

<https://www.bbc.co.uk/bitesize/topics/z27kng8>

Make notes as we are going to be using this knowledge later on in the week.

Lesson 2: Maths - Times Tables Practise 10:30 – 11:30

Watch the supermovers videos for the different times tables. Complete the attached sheet and play hit the button to practise further. You can also go on TT Rockstars for the next few weeks.

<https://play.ttrockstars.com/login/88933>

<https://www.bbc.co.uk/teach/supermovers/times-table-collection/z4vv6v4>

<https://www.topmarks.co.uk/maths-games/hit-the-button>

1:00pm – Afternoon Zoom check in

John Muir Project. 1:30pm – 2:30pm

The John Muir project is a project designed to improve the environments of the local area. Therefore in these lessons I would like our pupils to think about how they can improve the local environment around them.

It is very important that everyone follows the social distancing guidelines set out by the government. So if you do not have access to a garden or another suitable place away from crowds, then please work on improving an indoor space instead.

It's a great time to get planting if you have any seeds around. Here are some other ideas:

- Clear and tidy the area (sweeping leaves, moving obstacles)
- Pick up litter (be sure to use gloves and other protective equipment)
- Sweeping up leaves
- Mow the grass (check with an adult first)
- Create a bird feeder.
- Weeding
- Planting new flowers / veg
- Painting or varnishing fences
- Pruning or cutting back plants

Share anything else you think of and we'll discuss these as a class. This will be an ongoing project that you can keep coming back to.

This week, with our focus on food, I'd like you to see if you can plant something (or if you already have done this, continue to look after) that will grow into food. This could be lettuce, cress, tomatoes, radishes. Anything that you may be able to eat.

Lesson 4: Food Technology. 2:30 onwards

For food technology this week, I've included a book of simple recipes. Please try your hand at any of these that you wish to.

If you would like to share anything with me from the day, please do so via email.

Joe