





Suggested Daily Activities

If your child is showing Covid-19 Symptoms and you are self-isolating at home, but they are well enough to work, these are some suggested activities.
(In the event that we have to close a bubble or the school, we will be issuing different work delivered by the class teacher).

Year 4	
PE 9.00 – 9.30	<p>Start the day with some exercise</p> <p>You could use a Joe Wicks PE lesson off YouTube - PE with Joe</p>  <p>https://www.youtube.com/playlist?list=PLyCLOPd4VxBsXs1WmPceKtsQyFbXTf9FO</p> <p>Find something sporty to do in your back garden</p> <p>https://www.hallamfields.derbyshire.sch.uk/sports-at-home</p> <p>Or you could try some Yoga to start your day</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p> 
English 9.30 – 10.30	<p><u>Reading</u></p> <p>Choose a book from home or from Epic Reading to enjoy. If you can logon to accelerated reader complete a quiz for the book you have read</p>  <p>https://www.getepic.com/sign-in/educator</p> <p>or MyON https://www.myon.co.uk</p>  <p>Then complete the activities on Oak National Academy for English</p> <p>https://classroom.thenational.academy/schedule-by-year/year-4</p> 
10.30 – 10.45	Break

<p>Maths</p> <p>10.45 - 11.45</p>	<p><u>TTRockstars</u></p> <p>Work on your times tables on TTRockstars</p>  <p>Complete the activities on Oak National Academy for Maths</p> <p>https://classroom.thenational.academy/schedule-by-year/year-4</p> 
<p>11.45 - 1.00</p>	<p>Lunchtime – Have something to eat and some time to relax</p>
<p>Wider Curriculum</p> <p>1.00 - 2.00</p>	<p>Complete the activities on Oak National Academy for their third lesson of the day (It could be music, science etc)</p>  <p>https://classroom.thenational.academy/schedule-by-year/year-4</p>
<p>Quiet Time</p> <p>2.00 - 2.30</p>	<p>Choose an activity from our Keeping a Healthy Mind page, do a puzzle, have some quiet time or complete some mindfulness</p>  <p>https://www.hallamfields.derbyshire.sch.uk/keeping-a-healthy-mind</p> <p>GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!</p> <p>https://www.gonoodle.com/</p>

<u>Your Choice</u>	
Your choice	Do some drawing – You can watch a step by video to help you, choose what you'd like to draw https://www.youtube.com/user/ArtforKidsHub
2.30	Scratch Animation – create animations or play on someone else's creation https://scratch.mit.edu/
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3.30	<u>I</u> n your garden - Do something fun or creative in your garden – make sure you ask an adult before you do an activity https://wonderadventures.co.uk/fun-and-free-garden-activities-for-kids/
	Lego – Choose a lego challenge https://6b5d8219-1b9c-4d37-b9cd-42da4a67c5ed.filesusr.com/ugd/f2ea6d_ea68f5b70cf9480da75c7f63617f35cd.pdf
<p><i>Parents/carers these are all suggestions, along with all other links on the school website. Please find a balance of work and other activities that works for your child and your family. If we can offer help with anything please email school enquiries@hallamfields.derbyshire.sch.uk or send us a message through Seesaw (your child's password should be in the back of their Home School Diary)</i></p>	

Remember to take some photos of your work, or save a copy to Seesaw so your teacher can see what you have been busy doing. If you need help send them a message (but remember they are teaching so they might not be able to reply for a while!)



Your login details are in the back of your Home School Diary