

# Home Learning Weekly Timetable – Year 6

This timetable gives you an overview of the learning that will be set this week. We have not put any set times to this as we understand that you may need to fit the learning around your own demands at home.

- Teams session: 9:40am Everyday

Monday	Maths	English	Reading comprehension	French	Teams – assembly
Tuesday	Maths	English	Science	PE (active calendar)	Teams – story
Wednesday	Maths	English	Topic	WCR	Teams – scavenger hunt
Thursday	Maths	English	PSHE/RE	Art doddle (link)	Teams – quiz
Friday	Arithmetic	English	Purple Mash	SPAG	Teams – catch up

At any time, you can also access our online resources:



## January Active Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Let's keep moving!</b> Take on the daily challenge and share your results with your teacher, your friends or your family! Can you beat them? Can you try again and beat yourself?</p>				<p>1 Have a <b>jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>2 Practise <b>balancing</b> on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>	<p>3 Practise <b>balancing</b> on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes</p>
<p>4 Practise <b>leaping</b> without stopping: Bronze: 10 leaps Silver: 25 leaps Gold: 40 leaps</p>	<p>5 Do some <b>star jumps</b>: Bronze: 20 times Silver: 30 times Gold: 50 times</p>	<p>6 Do some <b>lunges</b> in a minute: (both legs) Bronze: 10 lunges Silver: 20 seconds Gold: 30 seconds</p>	<p>7 See how many <b>tuck jumps</b> you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>8 Practise <b>throwing and catching</b>: Bronze: 20 catches Silver: 40 catches Gold: 60+ catches</p>	<p>9 Create your <b>own circuit</b> thinking about using lots of different muscles!</p>	<p>10 <b>Teach</b> the people at home <b>your circuit</b> and see <b>who impresses you most!</b></p>
<p>11 <b>Push ups!</b> Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups</p>	<p>12 Catch a ball with your <b>OTHER</b> hand: Bronze: 15 catches Silver: 25 catches Gold: 35 catches</p>	<p>13 <b>Bounce up and down on the spot</b> until you're exhausted: Bronze: 20 times Silver: 40 times Gold 70+ times</p>	<p>14 Do some <b>high knees</b> until you need to stop: Bronze: 30 secs Silver: 1 min Gold: 2+ mins</p>	<p>15 Hold a tree pose until you fall over (try both legs): Bronze: 30 seconds Silver: 1 minute Gold: 2+ mins</p>	<p>16 Find a space to run around and <b>time yourself</b> doing some laps.</p>	<p>17 See if you can <b>beat your times</b> from yesterday!</p>
<p>18 Do some <b>frog jumps</b>: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps</p>	<p>19 <b>Hopscotch</b> until you need to stop: Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes</p>	<p>20 Practice <b>dribbling</b> a ball: Bronze: 1 minute Silver: 2 minutes Gold: 5+ minutes</p>	<p>21 Practise <b>hopping on your left leg</b>: Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes</p>	<p>22 Try and do some <b>sit ups</b>: Bronze: 10 sit ups Silver: 20 sit ups Gold: 30 sit ups</p>	<p>23 See how many times you can hit a ball/some socks back and forth with someone at home.</p>	<p>24 Try to <b>beat your score</b> from yesterday – can you discuss the ways to improve?</p>
<p>25 Try <b>hurdling</b> over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes</p>	<p>26 <b>Keep ups</b> – see how many times you can kick a ball up: Bronze: 5 times Silver: 10 times Gold: 20+ times</p>	<p>27 Have a <b>jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes</p>	<p>28 <b>Squat</b> – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats</p>	<p>29 Practise <b>hopping on your right leg</b>: Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes</p>	<p>30 Choose one of the <b>skills you've found the trickiest</b> to practise for 15 minutes today!</p>	<p>31 Choose your <b>favourite skill</b> to teach someone else today!</p>