

# 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	WCR	Music	Teams – assembly
Tuesday	Maths	English	Science	PE (active calendar)	Teams – Blooket
Wednesday	Maths	English	Wellbeing Wednesday		Teams – Guess my number
Thursday	Maths	English	PSHE/French	SPAG	Teams – Bingo
Friday	Arithmetic	English- Non screen activity	Purple Mash/Art Doodle	Topic	Teams – Catch up

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



## February 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>						
1 <b>Catch a ball with your OTHER hand:</b> Bronze: 15 catches Silver: 25 catches Gold: 35 catches	2 <b>Practise skipping,</b> either with a rope or without: Bronze: 2 minutes Silver: 5 minutes Gold: 7+ mins	3 <b>Try dribbling a ball,</b> or some socks, around your yard. Make yourself an obstacle course to kick it around.	4 <b>Try and do some sit ups:</b> Bronze: 10 sit ups Silver: 20 sit ups Gold: 30 sit ups	5 <b>Try and do some step ups onto something:</b> Bronze: 20 step ups Silver: 40 step ups Gold: 50+ step ups	6-7 <b>Challenge 1:</b> Find a yoga video to try out at home. <b>Challenge 2:</b> Create your own yoga pose or routine <b>Challenge 3:</b> Teach your yoga pose/routine to someone at home.	
8 <b>Find a yoga pose</b> you'd like to try and see how long you can hold it: Bronze: 30 seconds Silver: 1 minute Gold: 2+ mins	9 <b>Jump on the spot</b> for as long as you can without getting tired: Bronze: 30 seconds Silver: 1 minute Gold: 2+ mins	10 <b>Practise throwing to improve aim,</b> see how many times you hit the target: Bronze: 5 times Silver: 10 times Gold: 15+ times	11 <b>Go for a run or a jog</b> if you are able to – see how long you can keep going: Bronze: 2 minutes Silver: 5 minutes Gold: 7+ mins	12 <b>Squat – count how many squats you can safely do in a minute:</b> Bronze: 15 squats Silver: 20 squats Gold: 25+ squats	13-14 <b>Challenge 1:</b> Complete an exercise for every person in your house <b>Challenge 2:</b> Complete an exercise for every letter of your name <b>Challenge 3:</b> Complete an exercise for every year of your age	
15 <b>Do some star jumps:</b> Bronze: 20 jumps Silver: 35 jumps Gold: 50 jumps	16 <b>Play a game of catch –</b> how many can you catch without dropping: Bronze: 15 times Silver: 20 times Gold: 40+ times	17 <b>Do some high knees</b> until you need to stop: Bronze: 30 secs Silver: 1 min Gold: 2+ mins	18 <b>Keep ups – see how many times you can kick a ball up:</b> Bronze: 5 times Silver: 10 times Gold: 20+ times	19 <b>Practise hopping on both legs:</b> Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes	20-21 <b>Challenge 1:</b> Follow along to a Just Dance video on Youtube <b>Challenge 2:</b> Try to memorise the dance routine you've been following <b>Challenge 3:</b> Create your own dance routine for a song	
22 <b>Do some mountain climbers</b> for 1 minute: Bronze: 5 times Silver: 10 times Gold: 15 times	23 <b>Push ups!</b> Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups	24 <b>Practise balancing on both legs:</b> Bronze: 30 seconds Silver: 1 minute Gold: 2+ minutes	25 <b>Have a jog around:</b> Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	26 <b>See how many tuck jumps you can do in a row:</b> Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	27-28 <b>Challenge 1:</b> Choose your 3 favourite exercises from this month to do again. <b>Challenge 2:</b> Choose your 5 favourite exercises from this month to do again. <b>Challenge 3:</b> Choose your 7 favourite exercises from this month to do again.	