

SHERWOOD PRIMARY SCHOOL

3MW REMOTE LEARNING PLAN

Friday 8th October 2021



CORE LEARNING TASK FOR ENGLISH



Yesterday was National Poetry Day and to celebrate we are taking a break from biographies to write our own poems.

To begin enjoy the following video of the poet Michael Rosen reading one of his poems.

<https://www.youtube.com/watch?v=z1cfVQyrQ3Q>

Now take part in the step by step guide to poetry writing from this years National Poetry Day.

<https://www.youtube.com/watch?v=xWkCMZ5eKwc>

Use the guide on SeeSaw to structure your writing and send in a photo.

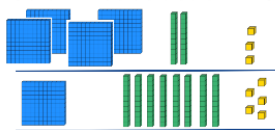
CORE LEARNING TASK FOR MATHEMATICS

Warm up:

Play the 'Daily 10' math's questions starting with level 3 addition.

<https://www.topmarks.co.uk/maths-games/daily10>

Column subtraction $423 - 185 =$



| | | | | |
|---|--------------|--------------|----|--|
| | | 3 | 11 | |
| | 4 | 2 | 3 | |
| - | 1 | 8 | 5 | |
| | 2 | 3 | 8 | |

Today we will continue our work with written methods for subtraction.

We will be looking at Subtracting 3-digit numbers and regrouping in multiple columns.

In this lesson, we will secure our learning on column subtraction and will practise regrouping across all columns.

Please watch the following video, which will guide you through the task.

<https://classroom.thenational.academy/lessons/subtracting-3-digit-numbers-regrouping-in-multiple-columns-74rkce>

Work is assigned on SeeSaw.

KEY VOCABULARY

Addition, subtraction, place value, equals, regrouping, poetry, strength, squat, push, circuit

WIDER CURRICULUM TASK

PE

See below for today's activity circuit to get your body moving and your heart pumping! Begin by watching the introductory video for the activity:

<https://www.youtube.com/watch?v=0bjCC2dJOPs>

Why not relax and stretch to finish with some yoga:

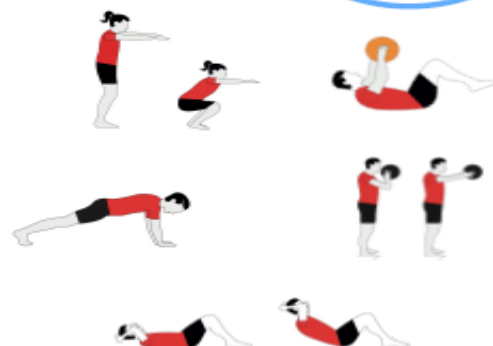
<https://www.youtube.com/watch?v=8oGR5xucltI>



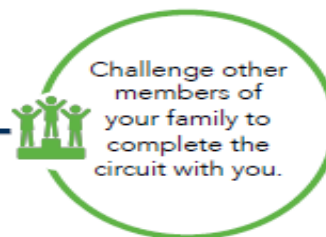
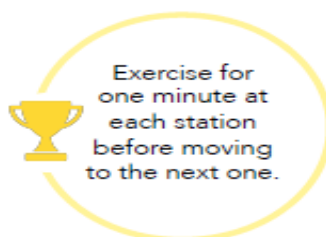
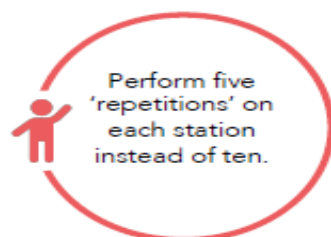
Super Strength PE Home Learning

Time to Learn:

- Lay out five markers in a space around your area. These are your five strength circuit activities.
- **Station 1:** Perform ten squat jumps.
- **Station 2:** Perform ten lying ball lifts.
- **Station 3:** Perform ten push outs.
- **Station 4:** Perform ten sit ups.
- **Station 5:** Perform ten box press ups.
- How many times can you repeat the circuit?



Can you try your hardest on each station and ensure you do not give up?



Top Tips

Work Hard!

- By working hard we will improve our strength.
Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Let's Reflect

Do you understand why working hard will help improve the strength of your muscles?

Do you understand why it is important to be strong when playing sport?



Complete P.E.
INSPIRE LEARN SUCCEED



**YOUTH
SPORT
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