## Thomas Russell Junior School

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| Friday 17th April 2020 |
| **9 – 9.30am** | ‘PE with Joe’ Start the day with some action! A 30 minute workout with Joe Wicks on YouTube.  |
| **9.30 – 11am** | Another book that you may like to look at with an adult that deals with the Coronavirus can be found at [issuu.com/nosycrow/docs/coronavirus\_ins/1?ff&hideShareButton=true](https://issuu.com/nosycrow/docs/coronavirus_ins/1?ff&hideShareButton=true).It has been illustrated by Axel Scheffler, who worked with Julia Donaldson on *The Gruffalo* and her many other famous books.  |
| **11.15 – 12.15pm** | Our next TT Rockstars battle will be next week. Get those fast fingers and brilliant brains ready for the fight…!This week, try another of the White Rose Easter Maths Challenges: |
| **Lunchtime!** | Enjoy some family time this lunch. Have a chat about your Easter holiday and the memories you have created together.  |
| **1.15 – 2.15pm**  | Take a virtual tour of the Natural History Museum by going to [nhm.ac.uk/visit/virtual-museum.html](https://www.nhm.ac.uk/visit/virtual-museum.html). You can take a deep dive into the life of a blue whale, let Sir David Attenborough guide you round the displays, examine a 3D model of Dippy Diplodocus’s skull or be wowed by images from the Wildlife Photographer of the Year.  |
| **2.30 – 3.30pm**  | Get up and moving with Cosmic Kids Yoga, a mix of Yoga, mindfulness and relaxation designed especially for children. [Go to youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga) and choose a video from the ‘older kids’ playlist. See who else you can encourage to join in with you! |