






Thomas Russell Junior School

Monday 18 th May 2020 #BornReady!	
9 - 9.30am 	'PE with Joe' Start the day with some action! A 30 minute workout with Joe Wicks on YouTube.
9.30 - 11am 	Activity 1: 'Word of the day.' Find the definition of the word 'zephyr' and then why not try one of the activities on the help sheet provided, e.g. can you write a noun phrase using the word 'zeyphr'. Activity 2: Read through Monday's lesson plan (page 1). First, read about the Mass Observation Project (page 2). How would you explain what the project does? When did it start? Next, revise Formal Features. Use the <i>Checklist</i> to revise formal features of writing (page 3). Which of these features can you find in the <i>Brief History of Mass Observation</i> ? Highlight and annotate the text to show them. Finally, plan what you will include in your diary on the <i>Planner</i> - page 4. After that, write a diary entry. Can you include some features of formal writing as you do? You could record your diary entry, use images and captions. How you display your work is up to you.
11.15 - 12.15pm 	https://www.youtube.com/watch?v=ao_d5k1UFeg Money Sense Mondays - watch the Youtube video (from 31mins 30secs) to learn about budgeting. Can you send us the answers to these questions? Did you have more wants or needs on your list? What is 'net pay'? What does 'balance' mean? What would your top 5 tips be to help someone manage their money better? Can you create a glossary of terms? E.g: balance, debt, interest etc.
Lunchtime!	Think about two role models in your life. Why do they inspire you?

1.15 – 2.15pm



Science/ history: Amelia Earhart

Watch the **video clip** <https://www.bbc.co.uk/teach/class-clips-video/ks2-amelia-earhart/zv6k382>. This short animation shows the life of Amelia Earhart, a courageous pilot who broke records in the air.

When you have watched the clip, open up the Amelia Earhart PPT and read through the slides. At the end there is one task for you to complete.

You could always do your own research.

Have fun and let us know how you get on.

2.30 – 3.30pm

ASSEMBLY TIME

It is Mental Health Awareness Week this week (18th – 24th May). The theme is **kindness**. We know we have a whole school community full of special, kind children and adults 😊. Kindness is important as it:

- makes us feel good!
- improves relationships
- makes us all happy
- bonds our community and our family

You will find in the Daily Doodle pack two 7-day calendars (as well as some guidance for your adults at home): one with suggested acts of kindness and a blank version for you to complete yourself. Each calendar is split between kindness to others and kindness to yourself.

Throughout the week, fill in your calendar with how you have been kind to others on that day as well as how you have been kind to yourself. *Will you tell someone a joke? How about doing some calming mindful breathing exercises?*

You may like to create your own calendar and decorate it with all of your favourite things. You can also get the calendars on this link: <https://mentallyhealthyschools.org.uk/media/2036/seven-days-of-kindness-calendar.pdf>