

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:30am	P.E. with Joe. Join Joe Wicks, a.k.a The Body Coach every morning to join in with daily workouts. https://www.youtube.com/user/thebodycoach/	P.E. with Joe. Join Joe Wicks, a.k.a The Body Coach every morning to join in with daily workouts. https://www.youtube.com/user/thebodycoach/	P.E. with Joe. Join Joe Wicks, a.k.a The Body Coach every morning to join in with daily workouts. https://www.youtube.com/user/thebodycoach/	P.E. with Joe. Join Joe Wicks, a.k.a The Body Coach every morning to join in with daily workouts. https://www.youtube.com/user/thebodycoach/	P.E. with Joe. Join Joe Wicks, a.k.a The Body Coach every morning to join in with daily workouts. https://www.youtube.com/user/thebodycoach/
9:30 – 10:00am	Write down all of the exercises that you have just done. Think about what muscles and parts of the body you had to use. Did you work hard? How could you tell?	Write down all of the exercises that you have just done. Think about what muscles and parts of the body you had to use. Did you work hard? How could you tell?	Write down all of the exercises that you have just done. Think about what muscles and parts of the body you had to use. Did you work hard? How could you tell?	Write down all of the exercises that you have just done. Think about what muscles and parts of the body you had to use. Did you work hard? How could you tell?	Write down all of the exercises that you have just done. Think about what muscles and parts of the body you had to use. Did you work hard? How could you tell?
10:00 – 10:30am	Break time – go outside for some fresh air, relax, do some colouring – you choose!	Break time – go outside for some fresh air, relax, do some colouring – you choose!	Break time – go outside for some fresh air, relax, do some colouring – you choose!	Break time – go outside for some fresh air, relax, do some colouring – you choose!	Break time – go outside for some fresh air, relax, do some colouring – you choose!
10:30 – 12:00pm	Maths. – Each day there is a new maths lesson to complete. https://whiterosemaths.com/homelearning/year-4/ Don't forget to complete the daily math learning on the school website and use TimeTable Rock Stars.	Maths. – Each day there is a new maths lesson to complete. https://whiterosemaths.com/homelearning/year-4/ Don't forget to complete the daily math learning on the school website and use TimeTable Rock Stars.	Maths. – Each day there is a new maths lesson to complete. https://whiterosemaths.com/homelearning/year-4/ Don't forget to complete the daily math learning on the school website and use TimeTable Rock Stars.	Maths. – Each day there is a new maths lesson to complete. https://whiterosemaths.com/homelearning/year-4/ Don't forget to complete the daily math learning on the school website and use TimeTable Rock Stars.	Maths. – Each day there is a new maths lesson to complete. https://whiterosemaths.com/homelearning/year-4/ Don't forget to complete the daily math learning on the school website and use TimeTable Rock Stars.
12:00 – 13:00pm	Lunch time – Can you keep a food diary or log of all the food you eat?	Lunch time – Can you keep a food diary or log of all the food you eat?	Lunch time – Can you keep a food diary or log of all the food you eat?	Lunch time – Can you keep a food diary or log of all the food you eat?	Lunch time – Can you keep a food diary or log of all the food you eat?
13:00 – 14:00pm	Reading – use either https://www.activelearnprimary.co.uk/ or https://www.getepic.com/ , read a book you took home or a book of your choice.	Reading – use either https://www.activelearnprimary.co.uk/ or https://www.getepic.com/ , read a book you took home or a book of your choice.	Reading – use either https://www.activelearnprimary.co.uk/ or https://www.getepic.com/ , read a book you took home or a book of your choice.	Reading – use either https://www.activelearnprimary.co.uk/ or https://www.getepic.com/ , read a book you took home or a book of your choice.	Reading – use either https://www.activelearnprimary.co.uk/ or https://www.getepic.com/ , read a book you took home or a book of your choice.
14:00– 15:00pm	Topic! Look at the topic grid and the topic page on the school website. Choose one and complete!	Topic! Look at the topic grid and the topic page on the school website. Choose one and complete!	Topic! Look at the topic grid and the topic page on the school website. Choose one and complete!	Topic! Look at the topic grid and the topic page on the school website. Choose one and complete!	Topic! Look at the topic grid and the topic page on the school website. Choose one and complete!