**First Class Timetable 30th March – 3rd April Ms. Carter & Ms. Gallagher**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Gaeilge  Bia  All resources on folensonline.ie | Gaeilge  Bia  All resources on folensonline.ie | Gaeilge  Bia  All resources on folensonline.ie | Gaeilge  Bia  All resources on folensonline.ie | Gaeilge  Bia  All resources on folensonline.ie |
| Maths  Online games (Topmarks – Daily 10 Mental Maths Challenge)    Tables Practice (Hit the button game) | Maths  Online games (Topmarks – Daily 10 Mental Maths Challenge)  Tables Practice (Hit the button game) | Maths  Online games (Topmarks – Daily 10 Mental Maths Challenge)  Tables Practice (Hit the button game) | Maths  Online games (Topmarks – Daily 10 Mental Maths Challenge)  Tables Practice (Hit the button game) | Maths  Online games (Topmarks – Daily 10 Mental Maths Challenge)  Tables Practice (Hit the button game) |
| English  Our News and draw a picture | English  Sound of the week – ‘ll’  (hill, tell, shell)  Make a list of ‘ll’ words, write sentences and draw pictures | English  Write a diary – What did you do today? Draw a picture | English  Write a report about your favourite animal and draw a picture | English  Sell, well, bell, fell  Write each word 4 times and put into sentences |
| Play a board game | The BodyCoach – Kids workout on YouTube | Play X’s and O’s | Create your own exercise routine | Draw a picture of your favourite cartoon character |
| Cosmic Yoga | Read a story | Go Noodle | Design a cover for your favourite book | Go Noodle |
| Draw 10 shapes, draw a line to cut the shape into two equal pieces Colour one half of each shape | Play Simon Says | Draw a picture of your house and label the parts of the house (roof, door, window, etc) | Play Chinese whispers | Art for kids’ hub (Directed Drawing Video) – ‘How to draw a minion’ on YouTube |
| Listen to a story  David Walliams  Online | Drama with showstoppers stage school on YouTube | Find some 2D and 3D objects in your home | Go on a Spring walk. What signs of spring can you see? (Daffodil, nest, flower, insect, bird, etc) | Write 5 sentences - In the spring I see |

**Useful websites:**

* To gain access to the Gaeilge resources click on the following link, <https://www.folensonline.ie/registration/?r=t> register as a teacher and use the code Prim20 for Roll Number. Search Abair Liom first class and click on resources. Click Theme and then Bia. The children can engage with the following interactive activities Comhrá – Bricfeasta sa leaba, Póstaer - Bricfeasta sa leaba & Tráth na gCeist - Bricfeasta sa leaba to revise the work they have carried out on this theme.
* <https://www.topmarks.co.uk/maths-games/daily10> This is a fantastic online resource for the children to practice addition, subtraction and ordering. Choose level one and the children answer 10 questions.
* <https://www.topmarks.co.uk/maths-games/hit-the-button> great game to practise addition and subtraction tables, the children can try and improve their score each day.
* <https://www.worldofdavidwalliams.com/elevenses/> David Walliams is releasing a free audio book every day for the next 30 days.
* <https://www.youtube.com/results?search_query=drama+lesson+3+-+7+years+old>, this is a link to a fun and engaging drama lesson, perfect for young children.
* [www.twinkl.com](http://www.twinkl.com)
* [www.cosmickids.com](http://www.cosmickids.com)
* [www.gonoodle.com](http://www.gonoodle.com)
* <https://www.youtube.com/results?search_query=bodycoach+kids+workout>
* <https://www.youtube.com/results?search_query=kids+directed+drawing>

**Be active! Be healthy!**

Are you looking for ways to keep your children active? Check out some of these ideas!

**Cosmic Kids – YouTube Channel**

* Perfect for videos of **yoga**, **mindfulness** and **relaxation**. Designed for children as young as 3.



**Joe Wicks – The Body Coach YouTube Channel**

* There are workouts for both kids and adults on this YouTube channel.



**Go Noodle – YouTube Channel**

* Perfect for videos to keep your children moving! They’re entertaining and fun. There’s a massive range of video’s available. Suitable for children of all ages.



**Zumba Kids – YouTube Tutorials**

* If your child loves dancing, check out Just Dance or Zumba Kids YouTube tutorials.



**Youth Sports Trust – website**

* Youth Sports Trust are compiling resources to use at home to support you and your children to stay active during this time.



**Remember it is just as important to keep your child moving as it is to keep them thinking and reading. Do a little bit of physical exercise every day! Our bodies need to be looked after as well as our brains! 😊**