

## Wednesday

### Phonics

\*see separate phonics



### RE

We will continue learning about Lent and why it lasts for 40 days. Click on the pdf 'Lent' on Tapestry. Get a grown up to read it to you and watch the video. Then you will have to make a Lenten Promise that you will try your hardest to keep for the 40 days of Lent.

Draw and write down your promise.

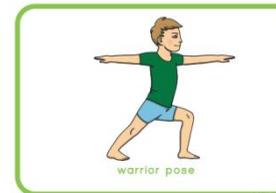
### PE

**Warm up** – 1. Hold your arms out to the side at about chest height. 2. Keep your arms straight. 3. Lift your knee high up to your elbow. 4. Keep your back straight. 5. Return your foot to the floor. 6. Repeat with the other knee. 7. Do this several times. To make this harder speed up or jump between feet!

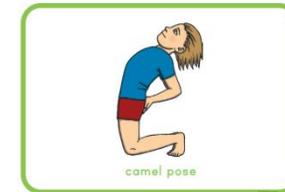


**Main task** – Play this as many times as you like, adding more colours or putting them in different parts of the house to get your heart pumping really fast! Watch the video with a grown up so you learn how to play the game [https://www.youtube.com/watch?v=s\\_7MH8ilhPE](https://www.youtube.com/watch?v=s_7MH8ilhPE)

**Cool down** – Finish with some stretches – remember to do it on both sides!



warrior pose



camel pose



cobra pose



flamingo pose

When your child is writing, either for phonics, English activities or for their own writing during play, please ensure that they are doing it independently. This means that the children are using the sounds they hear and write them down. For example, some children may only hear the first sound, if that is the case that is all they should write. Or a child may hear some of the sounds in the word but not all, this is perfectly acceptable and they should only write what they hear.

Please upload any learning that you'd like to share with us to Tapestry. When you upload your child's learning to Tapestry it continues their learning journey, helping us and you see the progress that your child is making. Tapestry is a positive way of teachers responding to the activities that your child is doing and provide feedback if necessary. We would really appreciate it if **all** parents/guardians uploaded **at least one piece of phonics, English and maths learning** to Tapestry a week.

Thank you for your continued support and we look forward to seeing your Tapestry posts.  
Stay safe!