

Mr. Norton's English groups 5<sup>th</sup> class 20<sup>th</sup>-24<sup>th</sup> April

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Read 5-10 pages of chapter one of the Diary of a Wimpy Kid online book on the funbrain website:</p> <p><a href="https://www.funbrain.com/books/diary-of-a-wimpy-kid/page/1">https://www.funbrain.com/books/diary-of-a-wimpy-kid/page/1</a></p>	<p>Look up ten difficult words from chapter one of the Diary of a Wimpy Kid book in the dictionary or online dictionary and write the meanings in your copy.</p>	<p>Write a recount story (1 page) about what you did last week/at the weekend?</p>	<p>Read the next 5-10 pages of the Diary of a Wimpy Kid online book.</p> <p>Read the chapter aloud to a parent/guardian and orally describe what is happening in the story, main characters, setting etc.</p>	<p>Write a paragraph about what you think will happen next in the story.</p>

Mr. Norton's Social/Activity groups 5<sup>th</sup> class 20<sup>th</sup>-24<sup>th</sup> April

Monday	Tuesday	Wednesday	Thursday	Friday
Mr. Norton's Home exercise lesson	Joe Wicks P.E. Lesson	Mr. Norton's Gross Motor skills activity Lesson	Joe Wicks P.E. Lesson	Mr. Norton's Home exercise lesson

## **Mr. Norton's Gross Motor skills activity group**

1. Throw a tennis ball in the air with two hands and catch it with two hands. Repeat ten times.
2. Throw a tennis ball in the air with your right hand and catch it with your right hand. Repeat ten times.
3. Throw a tennis ball in the air with your left hand and catch it with your left hand. Repeat ten times.
4. Dribble a football using your feet around a cone/jumper 5-10 meters away and back to where you started. Repeat 5 times.
5. Walk/Run with a football and bounce it with your hands after every 4 steps around a cone/jumper 5-10 meters away and back to where you started. Repeat 5 times.
6. Take ten shots at a goal/target. Can use cones/jumpers etc. for the goalposts.

## Mr. Norton's Social/Activity group Home Exercise Lesson

### **Warm up**

Squats, arm rotations(circles), toe touches, heel flicks, leg swings, knees to elbows (5-10 times on each exercise)

### **Workout**

Squats

Push-ups (For beginners against a wall, on knees etc.)

Squat Jumps

Standing Sprints

Tricep bench/chair dips

Lunges

Boxing (punching the air)

Skipping

Front arm raise(Raise arms up straight in line with your shoulders and back down again)

Front Plank (Hold for 30 seconds)

Notes: Perform as many repetitions of each exercise using good technique for 30 seconds, rest for 30 seconds and then move on to the next exercise. Try to complete 3-4 rounds. 2 mins rest between each round. Drink some water. Wash your hands properly after exercising.