

**Work for First Class : SPORTS WEEK 8th – 12th June 2020**

**Dear Parents: This week is Sports Week so we have cut back on the usual work to allow time for enjoying some sporting activities. Further down (Pg. 3) you will see details of the STAY ACTIVE challenge where you can score and record daily points from the menu of activities.**

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We also begin the *Relationships and Sexual Education* programme this week. As with *Stay Safe* these lessons need parental guidance. We have skipped some topics as they overlap with themes covered in SPHE this year in school and in the *Stay Safe* programme. There is a lot of material but you should pick and choose.

Again, please **only do as much as your child can manage**. If you have any queries or questions don’t hesitate to email us. We would love you to **send us some photos of the children doing sports**!

**See work from Ms. Sheil & Ms. Ní Dhalaigh below**

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| **Monday** | **English:** Our News (5 sentences of your news)  **Active Week Fun Activity: Soccer:** Louise Quinn, soccer player for Ireland and Arsenal, guides us through a turn and pass skills challenge: <https://www.youtube.com/watch?v=WUiXpnBEZYs>  **RSE:** This link will bring you to the RSE teacher handbook: <https://www.education.ie/en/Schools-Colleges/Information/Curriculum-and-Syllabus/Primary-/Resource-Material-for-Relationship-and-Sexuality-Education-1st-and-2nd-class-.pdf>  Theme 5: Showing Our Feelings  Aim: **To provide children with opportunities to develop some awareness of meaning and emotion conveyed through facial expression, gesture, movement and tone of voice**  Suggested Option: Story: The Princess Who Never Smiled (Pg. 51) followed by listed questions to explore feelings  Pg. 55 has some songs you might like to youtube which draw links between music and emotions |
| **Tuesday** | **Maths:** Next Test in Master You Maths  **Active Week Fun Activity:** Guided dance activity: <https://www.youtube.com/watch?v=M5ffOxDIcwc&list=RDCMUCyqR7WkL8i1b6xtSssDmW9w&index=4>  **RSE:** Theme 6: The Wonder of New Life (See link to teacher handbook on Monday)  Aim**: To provide children with opportunities to appreciate and celebrate the wonder of new life in the world of nature.**  Suggested Option: Video on New Life. Here are some very cute puppies: [**https://www.youtube.com/watch?v=VwdmeoG4Pvo**](https://www.youtube.com/watch?v=VwdmeoG4Pvo)Suggested questions following video – How are newborn babies like newborn puppies? How are they different? Do you think a baby or a puppy would be easier to care for? Why do you think that? |
| **Wednesday** | **English:** DoStarlight Pg. 45  **Active Week Fun Activity:** GAA Handling and Practice Challenge:[**https://www.youtube.com/watch?v=-YEyTAQYWEg&list=PLbAvjLA-cZu3wHQQvoXnW0iYnmGT4OYUN&index=7&t=0s**](https://www.youtube.com/watch?v=-YEyTAQYWEg&list=PLbAvjLA-cZu3wHQQvoXnW0iYnmGT4OYUN&index=7&t=0s)  **RSE:** Theme 7: How My Body Works (See link to teacher handbook on Monday)  Aim**: To provide children with opportunities to learn about the senses and their functions.**  Pg. 68/69 has an important note on ‘Language for the Body’  Suggested options to choose here (choose at least one):  (1) Pgs 70/71 has some ideas around exploring the senses and what happens to my food  (2) Pg 72 details a Listening Walk  (3) Pg. 73 has a *poetry* activity |
| **Thursday** | **Maths:** Cracking Maths Pg. 97 (Revision: Change from 20c)  **Active Week Fun Activity:** Trish Mc Dermott, our Dance Teacher, guides us through a family dance challenge. You can put your new moves to any pop song you like!<https://www.youtube.com/watch?v=xB0sg8nQXDc&list=PLt3aHDpWcOx0KJFmNWegn4eTv50f9Qgu_&index=2&t=0s>  **RSE:** Theme 8: Growing Means Changing (See link to teacher handbook on Monday)  Aim: **To provide children with opportunities to recognise that growing up brings increased and changing responsibilities for oneself and others.**  Suggested Option 1: Story Pg. 79:‘Maeve does some growing up’ – some questions follow this to help your child make connections about his/her own life and growing **or** Option 2**:** Pg. 82 ‘Looking at Photographs’ with questions to explore growing |
| **Friday** | **English:** One page of handwriting  **Active Week Fun Activity:** GAA Catching Challenge:[**https://www.youtube.com/watch?v=ImP6UmzbnZY&list=PLbAvjLA-cZu3wHQQvoXnW0iYnmGT4OYUN&index=6&t=0s**](https://www.youtube.com/watch?v=ImP6UmzbnZY&list=PLbAvjLA-cZu3wHQQvoXnW0iYnmGT4OYUN&index=6&t=0s)  **RSE:** Theme 9: Decisions and their Consequences (See link to teacher handbook on Monday)  Aim: **To provide children with opportunities to see that decisions have consequences in terms of their effect on themselves and other people.**  Suggested Option 1 Pg.91 – choose some situations from the list to explore with your child – focusing on the consequences our decisions can have on ourselves and others **or**  Option 2 Pg. 93- further situations to explore alternative decisions sand their consequences |

**Useful Website for this week: RTE** Home School hub continues at [www.rte.ie/learn/](http://www.rte.ie/learn/)

* Contact Teacher: [msquinn@scoilchoca.ie](mailto:msquinn@scoilchoca.ie)



**Sports Week**

**STAY ACTIVE CHALLENGE: BUILD YOUR POINTS WITH EXERCISE**

**What I have to do:** Every day you have to accumulate 100 points by completing a variety of different activities. Each activity gives you different points. The **Daily Bonus Activity** can be any other activity that is not listed. Some suggestions might be a training session from your GAA or Soccer club, a dance class, a gymnastics class or even a family workout!

**Outdoor Challenges**

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| Running (15 minutes) | 60 points |
| Cycle (30 minutes) | 60 points |
| Walk (30 minutes) | 50 points |
| Kick about | 40 points |
| Trampoline (20 minutes) | 40 points |
| Skipping (10 minutes) | 40 points |
| Basketball games (20 minutes) | 40 points |
| Puck around | 40 points |
| Hopscotch (5 minutes) | 10 points |
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**Indoor Challenges**

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| Running up and down stairs x 5 | 40 points |
| Online yoga class | 50 points |
| Online dance class | 50 points |
| Pressups x 20 | 20 points |
| Squats/Frog Jumps x 20 | 20 points |
| Hula Hooping x 20 | 20 points |
| Table Tennis | 20 points |
| Balloon keepie uppie (15 min game) | 20 points |
| Plank Hold (30 seconds x 5) | 30 points |
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**\*\*\*Daily Bonus Activity\*\*\* 100 points**

**Special Video from the Teachers** of Scoil Choca Naofa Sunday 7th June 8pm School website

An extra **SURPRISE** video Sunday, June 7th 8pm School website

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**SEN Teacher 1**: Ms. Sheil [mssheil@scoilchoca.ie](mailto:mssheil@scoilchoca.ie)

**Note:** SEN teachers have added work on to the teachers’ plan. Children can decide to do this work instead of something the teacher has assigned. It is not extra work. Also, we would be delighted if you could **email on a picture of something that your child has done** and is proud of so we can see their lovely work again! Also ,try to watch the School Hub daily on RTE at 11.00 am...it is very good!

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| **Literacy** | Comprehension Workbook.  This week I am only giving two pages because I know you will be doing lots of sport.  Please complete Fishing and By The River. |
| **Numeracy** | In your maths sheets I would like you to finish the page on addition that you started last week and also complete half of the next page on subtraction.You can use the numberline at the top of the subtraction page to count back.I will send you some revision sheets next week. |

**SEN Teacher 2:** Ms. Ní Dhálaigh msnidhalaigh@scoilchoca.ie



