**HOME LEARNING 18th – 22nd January 2021**

**(Week 3)**

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|  | **Session**  | **Progress made**  |
| **Monday****1** |  **Community Action** **Task 1 – My community PowerPoint**(see website)Look at and discuss how people can help us. Discuss what jobs people do and what they do to help.**Task 2 –** Answer the questions on the interactive quiz (website)**Task 3** People who help us (writing practice see website resources) |  |
| **2** | **Titan** **Independent living** |  |
| **3** | **Yoga or Budgeting** (What you chose in school)**Follow videos and pause on each move**[**Seated and standing yoga**](https://www.youtube.com/watch?v=e8opMY-SoZc) **(video)****Or complete exercises and sessions on your own** [**Video Wheelchair Yoga**](https://www.youtube.com/watch?v=FrVE1a2vgvA)**Follow Routine** [**Video PE YOGA**](https://www.youtube.com/watch?v=47Se2HWSv9k)**---------------------****Money/ Budgeting** Task1 –Watch [Coin Recognition Video](https://www.youtube.com/watch?v=vs8F_g3MGtM) Task 2- identify coinsTask 3- order coins smallest to largest in value.(use real coins) If this is easy ….Please start to work through electronic tasks and skills **Task 4 Consolidation activities** [Money activities and Assessment](https://central.espresso.co.uk/espresso/primary_uk/subject/module/activity_index/item849256/grade1/index.html) Work on the Target you are not achieving 100%  | Comment on success of first time attempt of  |
| **Tuesday****D of E Day** | **30 Minutes EHCP** Speech Language and Communication  |  |
| **1** |  **Physical Activity** **Task 1** **Basic indoor session** [**Seated fitness**](https://www.youtube.com/watch?v=X6TtFr2Zp_s)**Task 2** **Home work out** Follow the different stations and create your own work out around the room or the house.**Resource on Class 5.4 website**  |  |
| **2** |  **Learn a new Skill** Learn how to use an appliance, technology or tools outdoors. **Task 1** To identify different jobs that could be completed in the home or in your learning area. What would help your independence? **Task 2** To practically listen and watch how to use equipment practically from your support  |  |
| **3** |  **Volunteering** **Task 1-**  Agree a task you volunteer to complete In your setting.**Task 2 –** Complete volunteering record **e.g** Hoover every evening,(30 Minutes a week)Clean and tidy room Help parents with Dinner**Task 3 – How do people see me work sheet and discussion**Read through statements and agree which statements are true. * Record by writing out statements ,
* Highlighting statements
* Cut out statements and organise

Like me, not me |  |
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| Wednesday | **30 Minutes EHCP – Cognition**  |  |
| 1 | **Session 1-** Preparation for WorkPowerpoint – Look at Powerpoint and answer questions related to what words mean **Task 1-** Discuss skills and qualities Relate to their own skill and qualities about themselves And Employers expect **Task 2-** Complete Progress sheet choosing at least 3 qualities and 3 skills **Resource-**  |  |
| 2  | **Session 2** Lifestyle First Aid**Task 1** – [Discuss topic of bone joint and muscle pain](https://www.sja.org.uk/get-advice/first-aid-lesson-plans/bone-muscle-joint-injuries-lesson-plan/)**Task 2-** Different parts of the body. [**Interactive board task**](https://www.twinkl.co.uk/resource/tg-sc-05-parts-of-the-body-labelling-activity)**Paper Task –** Identify parts of the body . (this will help when administering first aid. **Practical task**[Apply first aid for a sore ankle or knee,](https://www.youtube.com/watch?v=0jps5SZlTdo) [Apply first aid for a sore elbow](https://www.youtube.com/watch?v=iQ6OesdfWSk)**Resource-**First aid power point |  |
| 3 | **Session 3-** Home tasks **Daily Exercise** **Exercise – walk to the local park, Up and down step / stairs/ Exercise in the garden/ follow a dance routine.** Feedback about your own nature walk. What did you see? Describe them? Agree an activity and its duration.Complete the activity and report Record in independence /physical  |  |
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| Thursday | **30 Minutes EHCP – Independence Target**  |  |
|  | **Session 1** – Food Preparation Improve Knife Skills to support with independent cooking. **Task 1 –** Use one hand to stabilise vegetable or meat. Use dominant hand to slice or chop to contribute to preparation of a snack or meal. <https://www.youtube.com/watch?v=fs8cQ_tjsF8&feature=youtu.be> **Task 2** Review Food preparation completed **Task 3 -** Identify where cooking and food preparation can be supported in the timetable (Breakfast , Lunchtime or the evening) |  |
|  | **Session 2 –** GOLF FITNESS and adapted golf **Task 1 -** <https://www.youtube.com/watch?v=Icfdmkmk9Qw> **Task 2** To roll ball to different targets or to use household equipment to send ball to a target. **DANCE / Gym FITNESS** **Task 1 – Complete a short warm up.**[**https://www.youtube.com/watch?v=aW\_JqSK-CgY**](https://www.youtube.com/watch?v=aW_JqSK-CgY)**Task 2** – hold each position for 20 seconds. Listen to the names of the positions so you can create your own routine. |  |
|  | **Session 3-** Hobbies – Following rules in a game **Task 1** Create a board game with support. The board needs at least 28 spaces so the game can have enough content and turn taking can take place. **Parent task**Write in words, letters or numbers on the game tiles. So your son/daughter can practise their EHCP target vocabulary. **Task 2** Play game focusing on turn taking and reading the tile. If they can not read the tile move back one space and read this tile before their next roll of the dice/ number generator.  |  |
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| Friday | **30 Minutes EHCP –****Social Well-Being Target**   |  |
|  | **Session 1-** Managing Social relationships **Task 1** Agree questions that can be asked when making a telephone call **Task 2** Think about what they have done over the last week. **Task 3**Call a friend/ relative ask agreed questions. Answer questions in sentences using key words.  |  |
|  | **Session 2-** Products (good) and Services **Task 1 -**[**https://youtu.be/Umq76iNkhx0**](https://youtu.be/Umq76iNkhx0)Watch the video and pause to discuss what is a good and a service. Why are they different. **Task 2 Logo’s** [**https://www.youtube.com/watch?v=s3SbAtA4nVQ**](https://www.youtube.com/watch?v=s3SbAtA4nVQ)Name the brand Do they sell a good or service? |  |
|  | **Session 3-** Self Development – EHCP TARGET STUDENT LED. |  |
|  | **Task** | **Progress**  |
| **(Daily)****Physical Exercise**  | [**https://www.youtube.com/watch?v=-TGEdzRzSbw**](https://www.youtube.com/watch?v=-TGEdzRzSbw%20%20) [**https://www.youtube.com/watch?v=faE7889AIaU**](https://www.youtube.com/watch?v=faE7889AIaU)[**https://www.youtube.com/watch?v=wPVsVbSwQ60**](https://www.youtube.com/watch?v=wPVsVbSwQ60) |  |
| **(Weekly)****Independent living Skills**  | **Making the bed** [**https://www.youtube.com/watch?v=HtHM1mgt7Yk**](https://www.youtube.com/watch?v=HtHM1mgt7Yk)**Load the washing machine**[**https://www.youtube.com/watch?v=xja1mLXfQDw**](https://www.youtube.com/watch?v=xja1mLXfQDw)**Loading the dishwasher** [**https://www.youtube.com/watch?v=z5PEVuzAHDg**](https://www.youtube.com/watch?v=z5PEVuzAHDg) |  |
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| Daily Activities  | **Daily Exercise** **Exercise – walk to the local park, Up and down step / stairs/ exercise in the garden/ follow a dance routine.** Feedback about your own nature walk. What did you see? Describe them? Agree an activity and its duration.Complete the activity and report Record in independence /physical  |
| Independent living Weekly  | **Cook 1 hr / Food Critic – Focus Communication** Cook evening meal with support. Follow verbal instruction, Find item, chop ingredient and mix. Prepare food.  Was the Food hot, warm, cool or cold. Which item was the tastiest? Would you change anything? Repeat for pudding or treat.  |
| Daily/ Weekly  | **Independent study 1 hr**Review the week verbally or in written form. What tasks have you completed? What achievements are there? What progress have been made and what are you going to work on next week. Has information been emailed to teacher. Report progress within email.  |
| Websites to support learning  | **Discovery Expresso**- Follow the link <https://www.discoveryeducation.co.uk/login/autologin/?service=espresso&user=admin&token=OTU3MTspVPr0PO5AQJj9P5yLIYlhVMTQNw==&err=na>

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**Resource for Community action**

**Task 1** Use a text box to type or to get an adult to record your verbal answer.

**Task 2** Discuss and record how people in other bubbles can still help you and you can help them.

Example- Teacher may be in a different bubble, still help with work over email, over the phone or internet.



Tuesday Session 2





**Tuesday Session 3**



**Thursday – Session 3**



**Create your own board game.**

Fill shapes with numbers, words or topics to discuss.

Use a dice or a random number generator on the internet. Move a game piece with the number given and read the content of the box.