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| **Day** | **Session 1** | **Session 2** | **Session 3** | **Session 4** | **Extension task** |
| Monday | **Preparation for work**  Skills and Qualities –  **Task 1**  Discuss skills and record  **Task2**  Discuss qualities and record | **Task1**  Expresso News  **DiscoveryExpresso**  [**https://www.discoveryeducation.co.uk/login/eha/?service=espresso**](https://www.discoveryeducation.co.uk/login/eha/?service=espresso)  **Username:** aln  **Password:**OTU3MTspVPr0PO5AQJj9P5yLIYlhVMTQNw==      **Activity 2**  Compare articles where they good news , bad news, what news do they have from the weekend.  Draw picture and write a sentence of this. | **EHCP-** Independence  Prepare a snack, drink, meal, or prepare dinner.  **Meal Preparation**  **Task 1 –** Chop ingredients under adult instruction  Task 2 – Gather the appropriate cooking items- Pan, tray etc. | **EHCP-**  **Social and Wellbeing**  **YouTube-**  **Type in**  **COSMICYOGA**  **Masked singer**  **Task 1**  **Follow routine in time with instructor**  **Activity 2**  Harry Potter cosmic Yoga | **Help complete a home task/ independent living.**  **E.g**  Tidy room, vacuum, dust |
| Tuesday | **Travel Training**  **Task 1**  Choose area of self-development  **This can include-** Hygiene routines, food preparation fitness  **Task 2**  Create an action plan | **Community action**   * Identify area of your garden that needs tidying. * Take photo of before work completed   **Weed the garden.**  **Sweep paths**  **Remove rubbish**   * Take picture afterwards | **EHCP**  **Cognition and Learning**  Basic road safety  **Task 1**  [**https://www.twinkl.co.uk/resource/t-t-2544689-road-safety-week-differentiated-reading-comprehension-activity**](https://www.twinkl.co.uk/resource/t-t-2544689-road-safety-week-differentiated-reading-comprehension-activity)  **Reading Task 1**  **Task 2**  **Green cross code** [**https://www.twinkl.co.uk/resource/t-t-2544749-the-green-cross-code-writing-activity-sheet**](https://www.twinkl.co.uk/resource/t-t-2544749-the-green-cross-code-writing-activity-sheet) | **Travel Training**  **Task 3**  Follow action plan created from the morning | **Computer task**  Use computer to type words you can read and write to show your learning |
| Wednesday | **Go to discovery Expresso**  **Self-start tasks**  **Learning ideas- News, Premier league, Money, Weather**  **DiscoveryExpresso**  [**https://www.discoveryeducation.co.uk/login/eha/?service=espresso**](https://www.discoveryeducation.co.uk/login/eha/?service=espresso)  **Username:** aln  **Password:**OTU3MTspVPr0PO5AQJj9P5yLIYlhVMTQNw== | **Wednesday- 11.00**  **Fitness**  **Beginner**  [**https://www.youtube.com/watch?v=uqLNxJe4L2I&ab\_channel=TheBodyCoachTV**](https://www.youtube.com/watch?v=uqLNxJe4L2I&ab_channel=TheBodyCoachTV)  **Intermediate**  [**https://www.youtube.com/watch?v=q20pLhdoEoY&ab\_channel=TheBodyCoachTV**](https://www.youtube.com/watch?v=q20pLhdoEoY&ab_channel=TheBodyCoachTV)  **Advanced**  <https://www.youtube.com/watch?v=QI3siixKtmo&ab_channel=QineticLive> | Complete any work Outstanding and write on Progress Parent comment sheet. | |  |
| **Return completed sheets to school** | | | | | |
| Thursday | **Back in school** | | | | |
| Friday |

Home learning Plan 28th September 2020