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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