**6th Form One – Weekly Planner Wednesday, Thursday and Friday**

**Week Beginning 8th March & 15th March 2021**

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| **Subject** | **Activity**  | **Links and resources** |
| Wednesday am  | **SENSORY GROUP****(please see remote learning 2021 – 6th form 2 planner for ‘Outdoor Education’ group)**10th March Sensory Story and Sensory Art Theme – March 8th International Women’s Day ‘Choose to challenge’Follow the link to the story ‘Amazing Grace’.Listen to the story. As you listen find all the matching symbols on the sheet to the key words in the story. Sign the words if you know the signs or cut them out and stick them down in the order of the story.Once you have listened to the story and completed all the symbols you will then need to start your art activity. You will need some old magazines. You are going to make a collage to celebrate women’s day. Find lots of pictures of women in the magazines. Pin on Silhouette collage https://i.pinimg.com/564x/e7/5a/1a/e75a1a6aac612a0a587109bca95ff627.jpgCut out the pictures. You are then going to draw a silhouette /outline of a head and stick the pictures of the women over the outline. If you haven’t got any magazines, you can google images of famous inspiring women (for example Amelia Earhart) and print them out instead. Please take pictures of you completing the work and send them to Beth. 17th March Sensory Story and Sensory ArtTheme – St Patricks Day Follow the link to the story explanation of ‘St Patricks Day’ Listen to the story. As you listen find all the matching symbols on the sheet to the key words in the story. Sign the words if you know the signs or cut them out and stick them down in the order of the story.Once you have listened to the story and completed all the symbols, you will then need to start your art activity. Follow the link to make your own pot of gold at the end of your rainbow – rainbow twirler.The second activity you can do is to make a sensory soup. Follow the link to see how to make it. If you haven’t got access to the equipment, you can make a simpler version but using water and real coins. You can scoop the coins out into bowls using spoons or ladles. Please take pictures of you completing the work and send them to Beth.  | You tube link to ‘Amazing Grace’<https://www.youtube.com/watch?v=LmIfdJRsSGQ>‘Amazing Grace ‘ Symbols sheet You tube link to ‘ St Patricks day’<https://www.youtube.com/watch?v=49__N0VgifI> St Patricks Day Symbols sheet Rainbow twirlers link:<https://www.youtube.com/watch?v=UzWmJ8ogIUg>Sensory Soup link:<https://www.youtube.com/watch?v=KqvkQ4dWNlw> |
| Wednesday pm | Physical Education 10th MarchContinue to follow your own exercise routine that you developed. Remember to encourage your family to join in too! Don’t forget to warm up and warm down after your session.Physical Education 17th MarchResearch on you tube different ways to exercise. You could maybe try a Jo Wicks, Go Noodle or a yoga activity. Have a go at each one. Which one do you prefer and why? |  You tube for fitness/ exercise ideas<https://www.youtube.com/watch?v=qoh7OnG2K_0><https://www.youtube.com/watch?v=BQ9q4U2P3ig><https://www.youtube.com/watch?v=0vuaCHEAs-4> |
| Thursday am | Shop Cook and Eat 11th MarchShop, Cook and EatIts Mother’s Day on March 14th. Research the ingredients on the Tesco direct website to make the delicious cupcakes below. Research the ingredients needed, write down the prices of each ingredient and add up the cost at the end.Then:Follow the link to make ‘cupcakes’ (or find your own preferred recipe). Find all the food items needed and the utensils and make the snack with appropriate support. Tidy up, clean and wash up at the end. A selection of iced cupcakes<https://www.bbcgoodfood.com/recipes/cupcakes>Shop Cook and Eat 18th March  Shop, Cook and EatThe 19th of March is Red Nose day. Follow the link to make some fun cookies to make. Find all the food items needed and the utensils and make the cookies with appropriate support. Tidy up, clean and wash up at the end. Red nose day cookie image<https://recipes.sainsburys.co.uk/recipes/baking/red-nose-day-cookies> | When setting the table:* Wash your hands
* Clean the table
* Decide which cutlery you will need and find the cutlery from the drawer
* Count out the people in your family - count out individually how many knifes/spoons/forks you will need
* Count out the mats and place them on the table with the cutlery
* Count how many drinks you will need for each family member and make the drinks. Maybe you could take an order for drinks? Like in a café.
* What else do you need for the table? Sauces/ spoons to serve food out etc

Making your meal* Wash your hands
* Look at your recipe or chosen lunch
* Decide what items you will need to make it
* Find all the ingredients in your kitchen
* Find all the utensils you will need – knifes/chopping board/graters etc
* Make your chosen lunch with support from a family member

Once everyone has finished, don’t forget to wash up and clean the table!! |
| Thursday pm | PSHCE 11th MarchPP: Recognise how they relate to others Before you begin, access the ‘Strengthen you focus ‘activity on you tube. This helps to focus your mind and breathing ready to work. You are going to think about your wider community. Think about the places you go , (club, town, school etc) and make a list of all the places in the first column. If you have photos you can print them off and stick them in. Please take pictures of you completing the work and send them to Beth.PSHCE 18th MarchPP: Recognise how they relate to others Before you begin, try the ‘Strengthen you focus ‘activity again on you tube. This will help you to focus again on your work.Re cap on the list you did last week of places in your wider community. Now in the second column, you are going to write your relationship to these places. For example : School – Pupil. You will need support with this to think of the word for each one. Please take pictures of you completing the work and send them to Beth | Strengthen your focus Go Noodle<https://www.youtube.com/watch?v=0vuaCHEAs-4>I am aware of my relationship document |
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| Friday am | Art 12th MarchIt is Mother’s Day on the 14th March You are going to design a card for you mum. You can create any design you wish. Research the internet and pinterest for ideas and make your card. Art 19th March The 17th of March is St Patricks day.Follow the link to make your very own rainbow for St Patricks Day. Maybe there will be a pot of gold at the end of your rainbow!  |  Handmade Mother's Day card /Mother's Day pop up card making idea... -  YouTube Handmade Mothers Day Card - The Best Ideas for KidsGrow your rainbow link:<https://www.youtube.com/watch?v=MmLkGi7-8Wk> |
| Friday pm  | ICT 12th MarchContinue to watch todays Newsround. Listen carefully to the different topics being discussed. Then decide which your favourite topic is. Send me an email telling me what your favourite topic was, what you learnt and why you liked it.ICT 19th March Watch todays Newsround. Listen carefully to the different topics being discussed. Then decide which your favourite topic is. Send me an email telling me what your favourite topic was, what you learnt and why you liked it. | Newsround link:<https://www.bbc.co.uk/newsround/news/watch_newsround> |

* Please refer to annual reviews for your child’s personalised targets.

We would love to see and hear about what you have been doing, please email Beth – batherton@parklane.cheshire.sch.uk |