**Lower 6th Form – Weekly Planner**

**Weeks Beginning: 20th & 27th April 2020**

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| **Subject** | **Activity**  | **Links**  |
| Monday am  | Community VisitGo outside, either for a walk, or in the garden. Investigate sounds which you may not always notice – using the sense of hearing – listen for native birds, aeroplanes, people talking, dogs barking, bikes, cars, buses, sirens, the wind rustling branches/leaves. Use a sound checklist to record any sounds you hear.Reinforce your listening skills by playing this sounds lotto on YouTube when you get back from your walk/time in the garden | Sounds checklist<https://www.twinkl.co.uk/resource/t-l-5071-new-my-sound-walk-checklist>This link takes you to a listening lotto on YouTube<https://www.youtube.com/watch?v=4GhEGU0wUc0> |
| Monday pm | EnterpriseFollow the symbol recipe to make fairy cakes. Do this as independently as you can. Don’t forget to wash your hands before you start and to wear an apron. Also, remember to wash up and tidy up after yourself when you have finished.See if your family would like to buy a piece. This could be extended to include using the supermarket website to price up ingredients and work out how much you have spent using a calculator. You could also work out how much you could make if you charged 50p for each cake, using calculator. |  |
| Tuesday am | Key SkillsMathsPlay Uno with your family. You can teach them the rules if you can remember them, or listen as they are read to you. You can play as independently as you can, selecting cards from your hand to match the colour or number on the playing pile. You could also play with a partner, following instructions to identify and select the card they ask you for, from the hand you have, or from a reduced choice of two or three cards. You could start an Uno tournament, writing the players’ names and recording the score at the end of each game. Play several games over the weeks and record the scores. Decide when the winner will be announced e.g. when someone reaches 300 points English* Draw/colour a picture and/or write a letter to a family member or friend telling them what you have been doing. Send them a photograph of yourself doing something nice to make them smile. Copy their address onto an envelope – make sure you write clearly and set it out correctly so the post office can read it.
* FaceTime/Zoom meet/House Party/Messenger call a family member or close friend. Listen carefully and respond appropriately to questions they ask you. Talk clearly and use signs to have a conversation with them.
 | Watch this video clip showing the rules of how to play Uno<https://www.youtube.com/watch?v=dicgjskLVJc>Watch this video clip on how to write a letter<https://www.youtube.com/watch?v=y2d-0dIimgY> |
| Tuesday pm | Vocational StudiesCafé SkillsTake on the role of waiter/waitress or cook and invite you family to come to your café. Try doing a differetn role from the last time you did this. Ask one member of your family to help you by being either cook to your waiter/waitress, or waiter/waitress to your cook. Make a simple menu using pictures from the internet or your own drawings & labels. Take each person’s orders for drinks and snacks and go into the kitchen to make them. See if you can remember what to do and try to be as independent as you can. Remember to wash your hands and wear an apron before starting and remember and follow the safety rules when making hot drinks and toast.GardeningWatch the power point of gardeing jobs, to remind you of the different things you might do as a gardener. Make sure you are appropriateky dressed and wearing safe shoes/boots. Go out into the garden and decide which job you are going to do – digging, planting, weeding, watering, cutitng the grass, composting etc. make sure you wear gardening gloves before you start and hold and use gardening equipment safely. Make sure your hair is tied up if it is long and remember not to run in the garden. Either continue with jobs you have been doing, or try something new Take photos of the jobs you have done or ask someone to take photos of you whilst you are working. Don’t forget to wash your hands with lots of soap when you have finished.  | Use this Café Role play pack if you want to<https://www.twinkl.co.uk/resource/t-t-1192-cafe-role-play-pack>Use this crop calendar to choose things to plant & grow<https://www.twinkl.co.uk/resource/sowing-schedule-crop-calendar-t2-t-10000479>  |
| Wednesday am & pm | Recreation & LeisurePhysical activity – play ball games in the garden – kick/throw or push the ball to each otherGo on you trampoline & see how many jumps you can doPut your favourite music on and dance around – rock it out! Go for a walk with your familyGo out in the garden on your scooter or take your scooter out when your family go out for their exercise – remember the road safety rules! Use chalk to make a hop scotch on the path in the garden – see if your mum, dad or siblings will teach you how to play it – hop, step, jump or move into the number you have thrown/dropped the stone into.Watch and follow Jo Wick’s fitness routineTry some of the Cosmic Yoga for Kids sessions on YouTube | This link will take you to a site where you can revisit all of Jo Wick’s PE sessions<https://www.t3.com/features/how-to-re-watch-joe-wicks-pe-lesson-on-youtube-april-7>This site has a video of how to set up and play hopscotch<https://learnenglishkids.britishcouncil.org/how-videos/how-play-hopscotch> |
| Thursday am | Daily Living SkillsPlan and make your own meal for lunch. For example, sandwiches and soup, beans on toast, jacket potato, beans and cheese. Cheese on toast, tuna & cheese melt sandwiches, sandwiches and crisps. Plan your meal – List or select what ingredients you will need and collect or choose what equipment you will need e.g. chopping board, grater, knife, can openerCan you remember what you need to do to make your meal? Try to be as indepe3ndent as you can. Remember to wash your hands with soap and put an apron on before starting to make your meal. Remember the safety rules when using any sharp/hot equipment. Don’t forget to tidy up, wash up, dry and put away everything you have used when you have finished. Take a photo of what you have made or ask someone to take photos of you making your meal.  |  |
| Thursday pm | Personal CareWatch a you tube clip about how to clean your teeth properly. Practise the sequence using a dry toothbrush, in front of a mirror first. You can do this yourself, or let a family member do it for you. Once you have practised these for a while, go into the bathroom and practise cleaning your teeth with toothpaste. Make sure you clean all of the different surfaces of your teeth. You can either do this yourself, or accept having your teeth cleaned by a family member. You can use the pictures and recording sheet to sequence the steps in how to clean your teeth – there are 2 sets of photos, one set show a more detailed sequence, one set a simpler sequence | This video clip shows how to clean each surface of your teeth<https://www.youtube.com/watch?v=CmZp1wdJAw4> |
| Friday am | ArtShaving foam art – paint a rainbow. Watch the video clip to learn how to make a shaving foam rainbow print. You will need a baking tray, shaving foam, poster paint or food colouring paper or card and a ruler. Fill the baking try with foam and then dribble paint onto the foam in the shape & colours of a rainbow. Put a piece of paper onto the foam to print the rainbow painting onto the paper. Use a ruler to scrape the excess paint/foam off the paper. You will be able to keep printing onto new pieces of paper Try the activity again, but this time, use blobs of colours and swirl them together using a fork or a pencil. Once you have a design you like, press the paper onto the foam. Explore the patterns and designs you can make using this technique.  | Rainbow shaving foam art activity<https://www.youtube.com/watch?v=YCiW57AA9wU> |
| Friday pm | ICTLook at photos of yourself on the screen (phone, iPad, computer or TV) doing any of the activities during the week. Share these with your family – look at them, talk about them and choose symbols or say how you feel about them. Compose an email with support to send Andrée photos/information on some of the activities you have been doing this week. Even if it something completely different from the planner, it doesn’t matter, she would love to see what you have been up to. Use one of the free educational apps on the school Face Book page on your iPad. Let Andrée know how you’ve got on with it – ask someone to help you send an email about it.  |  |
| * Please refer to annual reviews for your child’s personalised targets.

We would love to see and hear about what you have been doing, feel free to email Andrée – abarnard@parklane.cheshire.sch.uk  |