**Lower 6th Form – Weekly Planner**

**Weeks Beginning 4th & 11th May 2020**

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| **Subject** | **Activity** | **Links** |
| Monday am | Community Visit  Go outside, either for a walk, or in the garden. Use the scavenger hunt sheet to find items with different textures e.g. things, which are soft, hard, smooth, rough, wet, bumpy, spiky etc.  Reinforce understanding of textures by finding items in the house with different textures – match them to the ones you found on your walk/in the garden |  |
| Monday pm | Enterprise  Follow the symbol recipe to make biscuits. 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 biscuit. 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 25p for each biscuit, using calculator. |  |
| Tuesday am | Key Skills  Maths  Learn the rules and play a board game with your family where you have to use a dice and move your piece/counter round the board. E.G. Frustration, Snakes & Ladders. Work on recognising the patterns of spots/numbers on the dice and moving the game piece/counter the correct number of spaces.  English   * Ring a family member or friend and talk to them on the phone. Tell them something you have been doing and remember to ask them how they are. Ask your Mum or Dad to take photos of you on the phone. Record the conversation on the Narrative framework (either written, or typed on the computer) and send it to Andrée with the photo of you on the phone – either email it or send it in the post * FaceTime/Zoom meet/House Party/Messenger call a family member or close friend. Listen carefully and respond appropriately to questions they ask you. Where appropriate, talk clearly/use signs or symbols to have a conversation with them. | Watch this video clip showing the rules of how to play Snakes & Ladders  <https://www.youtube.com/watch?v=a-kTZF2EEKc>  School address:  Park Lane School,  Park Lane,  Macclesfield  SK11 8JR  The narrative framework is available on the Lower 6th Form distance learning tab |
| Tuesday  pm | Vocational Studies  Café Skills  Take 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.  Gardening  Watch 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 & Leisure  Physical activity – play ball games in the garden – kick/throw or push the ball to each other  Go on you trampoline & see how many jumps you can do  Put your favourite music on and dance around – rock it out!  Go for a walk with your family  Go 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 routine  Try some of the Cosmic Yoga for Kids sessions on YouTube  Use any of the Wii Fit/Dance games | 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 Skills  Plan 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 opener  Can 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 | PSHCE  Go through the VE Day symbol booklet and complete the activities in there ready to celebrate VE Day on Friday:  Make Union flag bunting  Print poppy pictures  listen to the song ‘Take me Home’  Walk laps of your garden like Captain Tom  Choose fillings and make sandwiches for a VE Day picnic  Stand on the door step at 11am on Friday and stay quiet for the minutes silence  Watch the YouTube video showing how to wash your face properly. Practise washing your face with a dry cloth first, making sure you ‘wash’ all areas of your face. The use a cloth, soap & water and try washing your face properly. Either work to do it yourself, or accept help from a family member to wash your face.  Use the photos in the link to record the sequence of how to wash your face. | Follow this link for the symbol activity book for VE Day activities  <https://lookaside.fbsbx.com/file/VE%20Day%20Home%20Learning%20Booklet.pdf?token=AWxJvcQ-rc-Okza_aHKxEemwWSjrSK8C1ZtpbpZuB_3zq0kOVM6rjWbyUgCga-8gqSfjIZyyaiacIrHg8RSECkCAFXYkU3BwQlUFOnKU-cC5IljxDmBrE-9uXDV_DNrv6VJRcm03xxFPDx20WdtDAaG8E1nCE-M3oyjoU9ew-29ZwEkSoYLnkqR2VmwHOVBeqq0mjKu3cJmLbmP8FwfIPixJ>  Simple video showing how to wash your face  <https://www.youtube.com/watch?v=M1MoCwdFEOc>  This site has instructions and photos of how to wash your face  <https://www.wikihow.com/Wash-Your-Face-(Teens)> |
| Friday am | Art  Coffee filter butterflies – use coffee filter paper and felt tip pens to create beautiful butterflies. You will need coffee filter papers, felt tip pens, pipe cleaners and a fine water spray  Use felt pens to draw and colour a design onto a coffee filter paper – don’t use too many colours. Once you have coloured in the filter paper, use the water spray to lightly wet it so the colours run into each other. Leave to dry.  Once the paper is dry, concertina fold it so it looks like a fan.  Use the pipe cleaner to twist round the middle of the folded paper and make the body of the butterfly. Open out the paper either side of the pipe cleaner to make wings. Hang your butterfly in your window so people passing by on their walks can see it. | \\zfilemgr2-00\abarnard\My Pictures\Distance Learning\Resources\Coffe Filter Butterflies\coffee-filter-butterfly-supplies.jpg |
| Friday pm | ICT  Look 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](mailto:abarnard@parklane.cheshire.sch.uk) | | |