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

**Week Beginning 22nd February & 1st 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)**24th February Sensory Story and Sensory Art Theme – February 17th – February 23rd Random acts of kindness weekFollow the link to the story ‘A little spot of kindness’.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. Rainbows are more recently associated with kindness and hope. To celebrate ‘kindness’ you are going to make your own rainbow using the dot and swipe technique. Follow the link to see the demonstration. You can make as many as you want …and as big or small as you want.Please take pictures of you completing the work and send them to Beth. 3rd March Sensory Story and Sensory ArtTheme – 3rd March is World Wildlife Day – Forests and Livelihoods – sustaining people and planet Follow the link to the story ‘The Great Kapok Tree’ 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.You can also watch this link to introduce the theme further:[**https://www.youtube.com/watch?v=M5WEiuEtm4E**](https://www.youtube.com/watch?v=M5WEiuEtm4E)Once you have listened to the story and completed all the symbols, you will then need to start your art activity. You are going to make a rain stick. Follow the link to make the rain stick. Decorate the stick however you want.Please take pictures of you completing the work and send them to Beth.  | You tube link to ‘A little spot of kindness’[**https://www.youtube.com/watch?v=PjLxmDujdxc**](https://www.youtube.com/watch?v=PjLxmDujdxc)‘Little spot of kindness ‘ Symbols sheet Dot and swipe rainbow link:[**https://www.youtube.com/watch?v=eUqwHVMc\_sE**](https://www.youtube.com/watch?v=eUqwHVMc_sE)You tube link to ‘ The Great Kapok Tree’<https://www.youtube.com/watch?v=J1Teb-_jTyI> Kapok tree Symbols sheet Make a rain stick link:<https://www.youtube.com/watch?v=giI9RfsA0uM> |
| Wednesday pm | Physical Education 24th FebruaryRemember your exercise routine that you have been developing? This week you are going to add another 3 exercises to the routine. Now you should have 9. Put them all together and practise them. Don’t forget to warm up and warm down after your session.Physical Education 3rd MarchNow you have your very own exercise session that you have developed. Teach it to members of your family, encourage them to join in. Don’t forget to warm up and warm down after your session. |  You tube for fitness/ exercise ideas |
| Thursday am | Shop Cook and Eat 25th FebruaryShop, Cook and EatIn half term it was Shrove Tuesday – Pancake day. Research the ingredients on the Tesco direct website .What is needed to make ‘pancakes’? Find the ingredients needed, write down the prices of each ingredient and add up the cost at the end.Then:Make yourself some pancakes. Follow the link to make ‘pancakes’ (or find your own preferred recipe). Find all the food items needed and the utensils and make the snack with appropriate support. Try some tasty toppings on your pancake! Tidy up, clean and wash up at the end of your snack. Image result for pancakes<https://www.bbcgoodfood.com/recipes/easy-pancakes>Shop Cook and Eat 4th March Shop, Cook and EatChoose a simple meal to make for lunch or dinner (jacket potato with a choice of toppings). 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 of your lunch. Image result for jacket potato with beans and cheese | 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 25th FebruaryPP: Recognise how they relate to others Before you begin, access the ‘Rainbow breath ‘activity again on you tube. This helps to focus your mind and breathing ready to work. You are going to think about your individual family. Talk about it with your parent. Who is in your family? Mum? Dad? Brother? Sister etc. List all the people that are in your family on the ‘My family’ house sheet. You need to write their actual names but also what they are to you (using the appropriate words) i.e. brother/mum . Please take pictures of you completing the work and send them to Beth.PSHCE 4th MarchPP: Recognise how they relate to others Before you begin, access the ‘Rainbow breath ‘activity again on you tube. This helps to focus your mind and breathing ready to work. Re cap on your work from last week and your family. Research family trees on the internet and what they mean. Use the ‘family tree’ sheet to make your own family tree. You can write the names of your family, stick in photographs or draw and label pictures. Please take pictures of you completing the work and send them to Beth | Rainbow breath Go Noodle<https://www.youtube.com/watch?v=O29e4rRMrV4>My Family House sheetFamily tree sheet |
| Friday am | Art 26th FebruaryFebruary 17th – February 23rd is Random acts of kindness week. You are going to design a card of your own and send it to a neighbour/friend/family member. You can create any design you wish on the card. Research the internet and pinterest for ideas. Write a message inside and send it (if you are hand delivering it please make sure you have quarantined it for 72hours before delivering it)Art 5th March The 1st March is St David’s Day.Follow the link to make some beautiful paper daffodils, or make simpler daffodils using cake cases for the centre. You can display your flowers in a vase of give them to someone in your family.  | Image result for homemade cards Image result for homemade cardsDaffodils<https://www.youtube.com/watch?v=yplW0rJMGjA><https://www.youtube.com/watch?v=UvMb3R6sLuo> |
| Friday pm  | ICT 26th FebruaryWatch 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 5th March Watch todays Newsround again. 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 |