

<p><b><u>Join our weekly Zoom Lessons</u></b>          Tuesday - 10am - English          Thursday - 10am - Maths          Friday - 10am - Class Zoom</p> <p>You will just need a pen and paper and a smile 😊</p>	<p><b><u>Use your logins</u></b>          Reading: <b>Bug Club</b>          Maths: <b>Timestable Rockstars</b>          Spelling: <b>Spelling Shed</b>          Try and use these at least once each week.</p>	<p><b><u>BBC Bitesize/ Oak Online Academy</u></b>          There are new daily lessons including videos from teachers and celebrities!          Each week we will recommend a few lessons we would like you to try or you can choose a lesson that interests you each day. 😊</p>
<p>Join an option Lesson with Grange Park Teachers at <b>11.30 am</b></p> <p>Monday - <b>Art</b> with Mrs Hayter + Mrs Looney          Tuesday - <b>PE</b> with Mrs Hughes + Mrs Eyre          Wednesday - <b>DT</b> with Mrs Brooks + Mrs Doran          Thursday - <b>Yoga</b> with Mrs Macintyre + Mrs Doran          Friday - <b>Cooking</b> with Mrs Hayter + Mrs Doran</p>	<p><b><u>Learn a Language</u></b>          Duolingo is a great website that helps you to learn another language. Mrs Rodreigo is excited to try out some French this term.          Find a language course that you could be interested in. Do you know which country the language is from? To make it more interesting, research the country of the language you are learning.          The website is: <a href="https://www.duolingo.com/">https://www.duolingo.com/</a></p>	<p><b><u>Practice Mindfulness and Yoga</u></b>          The Go Noodle website offers a range of short movement, yoga and mindfulness videos. Some of the videos are linked to educational content such as the Water Cycle, others encourage you to practice calming mindfulness such as 'Melting' and there are a range of Yoga style videos such as 'Release your Warrior'.  <a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a></p>
<p><b><u>Art challenges</u></b></p> <ul style="list-style-type: none"> <li>Be inspired by the astronauts who have just reached the international space station and build a rocket using toilet rolls!</li> <li>Add decoration to your home or garden by finding some smooth rocks while out and paint them to make them look like animals.</li> </ul>	<p><b><u>Sport challenges</u></b></p> <p>1 minute challenges- how many of each task can you do in 1 minute? Share how you get on during our Class Zoom on Friday!</p> <ul style="list-style-type: none"> <li>Star jumps</li> <li>Sit ups</li> <li>Burpees (lay on your tummy then jump up - repeat!)</li> <li>Push ups</li> </ul>	<p><b><u>Construction challenge</u></b></p> <p>What can you build with a cardboard box?          Find an old cardboard box in your home and think about all the different things you can make with it. Can you share the cool thing you have made during our Class Zoom on Friday?</p> <p><b>Ideas:</b> Animal shelter/ decorated storage box/ Clothing item/ Rocket ship.</p>

Any questions or ready to share your learning? Email [office@grangepark.kent.sch.uk](mailto:office@grangepark.kent.sch.uk) and somebody from the Stansted team will get back to you ASAP 📧