

Class: 4th class Teacher : Ms Goff	Hello everyone –I hope you and your families are safe and well. I have really enjoyed receiving you emails, thank you. It is so nice to hear and see what you have been up to. Please feel free to send me a message, say Hello, send a picture or ask for help. My direct email address is : room7help@gmail.com. Looking forward to hearing from you. 😊				
	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
English	Enjoy the bank holiday weekend. Hope the good weather continues!!	Revise these 6 spellings- stinking, handkerchief, anguish, distinctive, defunct, singular	New Wave English-1 Day. Revise: accident, medicine, cereal, vacancy, advance, cinnamon	Read at Home-Pg 81 Questions 1-8. Revise 12 spellings altogether.	New Wave English-1 Day. Test yourself on your spellings.
Irish		Léigh Sa Bhaile- Choose a story and read.	Léigh Sa Bhaile- complete the questions on yesterday's story.	Léigh Sa Bhaile- learn foclóir	Léigh Sa Bhaile-test yourself on the foclóir you've learned.
Maths		Mental Maths Week 35- Monday & Problem Solving.	Mental Maths Week 35- Tuesday & Problem Solving.	Mental Maths Week 35- Wednesday & Problem Solving.	Mental Maths Week 35- Friday Review
	Our focus for this week in maths is Weight . Planet Maths – Pg 114-118. Choose a different activity from each page each day to complete in your copy. You can have fun with this activity at home. Remember we weigh items in grams (g) and Kilograms (kg). Estimate the weight of items around the house. Which unit –grams or Kilograms would be the best unit to weigh your items ?				
SESE	This week's focus is History. Tom Crean – https://www.scoilnet.ie/uploads/resources/25427/25163.pdf · PDF file Read this powerpoint. Write 8 facts into your copies about Tom Crean.				
PE	Please choose activities below. Remember to be careful and always warm up.!!				

* All written work can be completed in the copy provided.

*Jolly Grammar dictionary work can be completed online. Look up the meanings of the words. Ignore the boxes that ask for page numbers.

* You are not asked to complete the second page of Jolly Grammar each week.

PE Bingo

Jump up and down in a space 40 times

Play musical statues

Ride a bike, scooter

Balance on a part of your body for 60 seconds

Jump or **Move** over a pillow 40 times

Play hide and seek

Hop, jump or **stand** on the spot for 60 seconds

Balance in a plank position

Pass a ball around your waist or head 25 times

Balance an object on your head

Keep a balloon in the air for 60 seconds

Perform 50 **star jumps**

Complete 20 shuttles (running, walking or moving)

Skip or **Move** for 2 minutes

Roll a ball across a table 10 times

Perform 40 of the same type of jumps

Create and complete an obstacle course

Throw or **roll** an object into a target 10 times in a row

Dribble a ball in and out of objects

Perform 40 squat jumps / sit forwards

Throw or **roll** a ball against a wall or with a sibling

Move and complete 10 laps of your house or garden

Perform 40 jumps

Play a new game with a sibling, parent or carer

Perform 30 push ups

Perform dance movements

Perform a short fitness workout

Perform 30 sit ups or lean forwards

Perform a gymnastics routine

Invent and play a new game

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities



Achieve Bronze

Complete one activity from each line

