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| Art   * Make your own telephone using pots and string | Music   * Learn to play the Kerry Polka on the TinWhistle   I have attached the notes.  Any with a little ‘ beside them means high for example F’.  There are lots of videos on youtube so you can check the rhythm and how it should sound. | SPHE  SUN SAFETY   * Discuss the dangers of the sun to our health * List ways to prevent and help against these dangers * Create a TV/ radio advert about sun safety |
| **PE**  JUMPING:   * Time to practice you jumping. * Jump in a variety of ways – one foot, two feet, alternating feet * Practice the approach run for completing the long jump * Practice the long jump setting personal targets to reach | **Oral language**   * You are a radio host. Create 10 questions for example – name, favourite book, hobbies, name something you have done that you are proud of, three words you would use to describe yourself. * Conduct an interview with a member of your family. Record the interview on a phone or tablet so that you can listen back to it and record your information in your English copy. | WELLNESS WEDNESDAY  See the website each week for a list of suggested activities |