|  |  |  |
| --- | --- | --- |
| 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. | SPHESUN 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 WEDNESDAYSee the website each week for a list of suggested activities |