

June 8th – 12th
1st Class

Dear parents/guardians of 1st class students,

I hope you are enjoying the lovely sunshine. As always keep going on work your daughter has not finished yet and take each day at your daughter's pace.

Similar to last week select a piece of 'Project Work' your daughter would like to work on for the week from the Boredom Busters folder. Thank you again for your continued support.

Best wishes,

Ms Gleeson.

Dear 1st class girls,



















I hope you are enjoying the lovely sunshine and getting outside to play. Choose another fun project from the 'Boredom Busters' folder this week. If you have a brother or sister they can join in on your project too! I have really enjoyed seeing your work in your emails. This week send me a picture of the piece of work you are most proud of!

Be kind,

Ms. Gleeson.

Self-correcting for Cracking Maths

How many egg cups does each container hold?

- Which container holds the most?
- Which container holds the least?
- How many egg cups fill the yoghurt pot?
- How many egg cups fill the glass?
- How many egg cups would fill 2 cans?
- How many more egg cups does it take to fill the glass than the can?
- How many egg cups would it take to fill 2 yoghurt pots and 1 can?
- Does the glass hold more than or less than a yoghurt pot?
- Two yoghurt pots hold more than one glass. True or false?

Suggested Daily Timetable

9.00-9.30	Exercise (JoeWicks live (Youtube) / Cosmic Yoga (Youtube)/ Go Noodle website/ Active Break Ideas (see below)
9.30-10.45	Work on the Core Subjects (English/Irish/Maths – See day-by-day activities below)
10.45-11.00	Small Break-Have a snack and go outside for a run/play
11.00-12.00	RTE School Hub
12.00-12.45	Project Work – select an activity from project work section to work on this week.
12.45-1.15	Lunch
1.15 onwards	Free Time

Core Subject Work

Class Maths Game Addition and Subtraction Game:

<https://www.topmarks.co.uk/maths-games/mental-maths-train>

Monday

English:

My News – write a few sentences for your news. State the day, date, weather and some piece of news e.g. something you did at the weekend/ are looking forward to.

Starlight Combined Reading and Skills Book p.62 – read.

P.63 Activity A and B

Spellbound p.75 Exercise 3

Homework copy: Write 2 sentences using your dolch words

Reading: Continue to encourage your daughter to read daily.

Oral Language Activity: Talk about your favourite game.

Draw a picture and write about it.

Maths:

Class Game

Cracking Maths – continue with any unfinished work

Watch this video and then complete Addition 7: p.149

[Click here for Monday's video](#)

Please correct any work your daughter does with her and help her learn from mistakes.

Work it Out – Catch up/finish a week you missed/ have not completed.

Gaeilge: Éist le scéal: choose a story to listen to and enjoy!
<https://padlet.com/maire8/fv5mg5v9m27j>

Science: Air all around me p.57
Do some experiments to explore the air that is all around us.

Tuesday

English:

My News – write a few sentences for your news. State the day, date, weather and some piece of news e.g. something you did at the weekend/ are looking forward to.

Starlight Combined Reading and Skills Book p.64 Activity A and B

Spellbound p.75 Exercise 4

Homework copy: Write 2 sentences using your dolch words

Reading: Continue to encourage your daughter to read daily.

Maths:

Class Game

Cracking Maths – continue with any unfinished work

Watch this video and then complete Counting in fives: p.150

[Click here for Tuesday's Video](#)

Please correct any work your daughter does with her and help her learn from mistakes.

Work it Out – Catch up/finish a week you missed/ have not completed.

Gaeilge: Éist le scéal: choose a story to listen to and enjoy!
<https://padlet.com/maire8/fv5mg5v9m27j>

Science: What a Wonderful World: Minibeasts p.62

Wellness Wednesday Activities

Please choose a few of these activities to do with your siblings or altogether as a family instead of school work.

Wellness Wednesdays are all about doing things that bring enjoyment and happiness.

Get out in the sunshine as much as possible today and make sure you get at least 60 minutes of exercise.

Boredom Busters has more activities that may be suitable for your family to take part in today.

Exercise

Joe Wick's PE workout every weekday at 9am

Go Noodle

Cosmic Yoga

Skipping, cycling, dancing, going for a walks.

See Project Work/Active Breaks section for more!

Art

'Draw with Don' YouTube channel

'Art Attack' series on YouTube

Mindfulness colouring

Free drawing

Paint (with Bob Ross on Netflix / YouTube)

Origami

Sculpt with clay

Gardening

Pull weeds
Water flowers
Plant new flowers

Skills / Talents

Baking
Knitting
Learn to juggle
Do a magic trick
Write a play, a poem or a story

Meditation

Headspace for kids (app)
Cosmic Yoga
Read for pleasure
'Spark joy!' and organise possessions (eg. toys, clothes)

Games

Board games (eg. Scrabble, Articulate, Headbands...)
Cards (eg. Snap, Go Fish, Solitaire...)
Pen and paper games (eg. X's and O's, Stop the bus...)
Music games (eg. Karaoke, Musical statues..)
Outdoor games (eg. Obstacle course, football..)

Music

Learn to play an instrument or learn a new song
Listen to different genres or decades of music
Compose a song or piece of music
Strictly Come Dancing: Pick a song and prepare a dance routine
Do a music quiz

Television

RTE's School Hub

Favourite movie/ T.V programme

Nature programmes eg. David Attenborough's Blue Planet.

Thursday

English:

My News – write a few sentences for your news. State the day, date, weather and some piece of news e.g. something you did at the weekend/ are looking forward to.

Starlight Combined Reading and Skills Book p.64 Activity C

Write your own Summer Bucket List

Spellbound – finish any pages that are not finished

Homework copy: Write 2 sentences using your dolch words

Reading: Continue to encourage your daughter to read daily.

Listen to a story: <https://www.oliverjeffers.com/books>

Maths:

Class Game

Cracking Maths – continue with any unfinished work

Watch this video and then complete Counting in Tens: p.151

[Click here for Thursday's video](#)

Please correct any work your daughter does with her and help her learn from mistakes.

Work it Out – Catch up/finish a week you missed/ have not completed.

Gaeilge: Cluiche: Choose a game to play today!

<https://www.cula4.com/ga/cluichi/>

Science: What a Wonderful World: A Minibeast study p.63

Find a minibeast in your garden or green today and examine it. Be sure and return the minibeast to the habitat afterwards.

Fun Friday

English:

My News – write a few sentences for your news. State the day, date, weather and some piece of news e.g. something you did at the weekend/ are looking forward to.

Starlight Combined Reading and Skills Book p.65

Spellbound: Finish any pages that are not finished

Homework copy: Write 2 sentences using your dolch words

Reading: Continue to encourage your daughter to read daily.

Maths:

Class Game

Cracking Maths – Weight: p.152 (Use a weighing scales if you don't have a balance for activity 2. If you don't have cubes you could use teaspoons/lego pieces etc)

Please correct any work your daughter does with her and help her learn from mistakes.

Work it Out – Catch up/finish any Friday tests you have not finished

Gaeilge: Watch 'Cúla4 Ar Scoil' on TG4 at 10 o' clock today or get it online later!

Art/Science: Create a poster about your favourite minibeast.

Active Breaks Ideas!

Pause for Play

<https://www.safefood.eu/Start/Your-Tools/Pause-For-Play.aspx>

Supergirl Workout

https://www.youtube.com/watch?v=TGex6z_t4Mk

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Move and Freeze

https://www.youtube.com/watch?list=PLh-1JU15_Ti6lupVpfIrLNKb8Pef-jabS&v=388Q44ReOWE&feature=emb_title

Kids Bop

<https://www.youtube.com/channel/UCKE0Xnj818IDaHvIcRiq0Bg?app=desktop>

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

CARD DECK WORKOUT

Use a deck of cards to take you through a 20 - 30 minute full body workout. Each suit corresponds to an exercise. The number on the card indicates the number of reps. Pick a card to determine your exercise and reps, and continue to work your way through the deck. You'll be an exercise ace in no time!

SUITS

- ♥ Hearts = Jumping Jacks
- ♦ Diamonds = Push-ups
- ♠ Spades = Squats
- ♣ Clubs = Sit-ups

FACE CARDS

- Jack = 11 reps
- Queen = 12 reps
- King = 13 reps
- Ace = 14 reps
- Joker = 1 min plank

Examples:

7 of hearts =
7 jumping jacks

King of spades =
13 squats

Don't forget to give
the deck a good
shuffle first!

Have a great workout!

