

# HOME LEARNING (COVID-19)

Due to the COVID-19 pandemic, we've decided to give you a few ideas of things you can do to help your child to learn. Please remember that the work is completely optional. Our suggestion is that you give your days some routine and maybe dedicate an hour or two to schoolwork.

In Project Homework, you can pick as many of the activities below over the coming period. Every subject is covered below and some require the help of family, some can be done on a computer, but most can be done on your own. Each activity has an explanation.

Finally, thank you again for your continued support and I would also like to take this opportunity to reiterate the importance of keeping yourself and your loved ones well.

| KEEPING ACTIVE               | LITERACY  | SESE                                     | ARTS  | NUMERACY   |
|------------------------------|---|--|---|--|
| <a href="#">HIIT Workout</a> | <a href="#">Skype with a Relative</a>   | <a href="#">Family Tree</a>              | <a href="#">A Sketch a Day</a>                | <a href="#">Maths Websites</a>                         |
| <a href="#">Go Noodle</a>    | <a href="#">The Daily News</a>  | <a href="#">The History of my Family</a> |   |  |
|                              | <a href="#">Gaeilge</a>   |  | <a href="#">Puppet Show</a>                   | <a href="#">Make a cool pattern</a>                    |
| <a href="#">Get Outside</a>  | <a href="#">Read a book with a parent/family member</a><br><a href="#">Reading some of the reading websites we have posted on our website</a> | <a href="#">My Holiday</a>               | <a href="#">Who is your favourite artist?</a> | <a href="#">Board Games with Mathematical Thinking</a> |

# BODY AND MIND

## HIIT Homework

Stick on your favourite upbeat playlist and try out these exercises one after the other. To give yourself a bigger challenge, do each circuit twice or three times or more!

| SESSION 1 - 5 x 25  | SESSION 2 - LEGS MOVING   | SESSION 3 - UP AND DOWN  |
|---|---|--|
| <ol style="list-style-type: none"><li>1. 25 jumping jacks</li><li>2. 25 squats</li><li>3. 25 seconds run on the spot</li><li>4. 25 push ups</li><li>5. 25 seconds plank</li></ol> | <ol style="list-style-type: none"><li>1. 30 seconds run on the spot</li><li>2. 30 seconds high knees</li><li>3. 30 seconds jumping jacks</li><li>4. 30 seconds butt kicks</li><li>5. 30 seconds jog on the spot</li></ol> | <ol style="list-style-type: none"><li>1. 30 seconds jumping jacks</li><li>2. 30 seconds mountain climbers</li><li>3. 30 seconds run on the spot</li><li>4. 30 seconds plank</li><li>5. 30 seconds burpees!</li></ol> |

OR

Have a family disco - stick on your favourite tunes and bop around the room for 20 minutes!

## GET OUTSIDE

Try out as many of these exercises outside (keeping social distance!) that you can and tell your teacher which ones you've done.

|   |   |
|---|---|
| <ul style="list-style-type: none"><li>● Cycle your bike for 10 minutes</li><li>● Go for a walk</li><li>● Ride your scooter for 10 minutes</li></ul> | <ul style="list-style-type: none"><li>● Jump on your trampoline</li><li>● Walk your dog</li><li>● Bubble bashing - get someone to blow bubbles for you to try and burst all of them</li></ul> |
|---|---|

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>● Draw your own hopscotch with chalk and play</li><li>● Throw a ball against a wall and catch</li><li>● Create your own obstacle course</li><li>● Run for 5 minutes</li><li>● 10 minutes of free play outside</li><li>● If possible walk home from school one day</li></ul> | <ul style="list-style-type: none"><li>● Do 3 laps of your house or up and down the hall 10 times</li><li>● Keepie uppies - how many can you do in a row?</li><li>● Skip sideways up and down the garden 5 times</li></ul> |
|---|---|



## SKYPE WITH A RELATIVE

This can be a nice idea if you have a family member who may have to self-isolate or who you may not be able to visit. It's a way for children to use oral language and it might be a nice kind of game to play to keep boredom away.

Ideas include:

1. Play 20 questions - take turns in thinking of an object and the other person can only ask questions which have a yes or no answer.
2. A-Z - Pick a topic and take turns in naming something beginning with A then B then C and see if you can get to Z Without skipping any letters.
3. The Big Interview - child prepares 10 questions they'd like to know about the relative and then asks them
4. More ideas here: <https://www.fluentu.com/blog/educator-english/esl-vocabulary-games/>

## GAEILGE

Games and Activities for all classes to practice Gaeilge <https://seideansi.ie/index.php>

Translation of seideansi website <https://www.translatetheweb.com/?from=ga&to=en&ref=SERP&dl=en&rr=UC&a=https%3a%2f%2fseideansi.ie%2f>

Translate Irish to English <https://translate.google.com/?tl=ga#view=home&op=translate&sl=ga&tl=en>

<https://www.cula4.com/ga/> <http://www.seomraranga.com/links/>

Listen to Gaeilge stories <https://soundcloud.com/forasnagaeilge/sets/an-gum-1>

Even if you can't speak Irish, there are some great ways to pick up some vocabulary. One really easy activity is to pick a topic, for example: food, household objects, colours, and so on, then write down 20 words associated with that topic in a list. Next go to <https://www.focloir.ie/en/> and translate the words. The great thing is that almost every word on the website has an audio recording of it so you can listen to how to pronounce the words! As a family, you could try and learn a few words every day!

For more advanced speakers, how about doing any of the tasks in the grid through Irish? The news is probably the easiest one to do as Gaeilge.

Another idea is to sign up to <https://www.duolingo.com/course/ga/en/Learn-Irish> to learn some Irish - 5 to 10 minutes a day and who knows how fluent you'll be when you get back!

## THE DAILY NEWS

This task can be done with any age from Junior Infants to 6th class. It can be done in a number of ways but here is a suggestion for 2 different age groups:

| Infants to 1st Class   | 2nd Class Upwards  |
|--|--|
| <ul style="list-style-type: none"><li>Child tells you the news they have for the day. Stick to things in their own life rather than focusing on the news on the radio or TV.</li></ul> | <ul style="list-style-type: none"><li>Child writes/types their news as well as news happening outside the world.</li></ul> |

|  |  |
|--|--|
| <ul style="list-style-type: none"><li>○ The day, the date, the weather outside</li><li>○ 1 or 2 things they did yesterday</li><li>● Write down what they tell you on a whiteboard or piece of paper.</li><li>● Child either types out what you've written or copies it down in a journal or copybook.</li><li>● You can create your own little newsroom on the kitchen table or you can use Green Screen apps on an iPad and record your child reading their news.</li><li>● You can upload the video to Google Classroom or send it to loved ones to keep in touch.</li></ul> | <ul style="list-style-type: none"><li>● You can create your own little newsroom on the kitchen table or you can use Green Screen apps on an iPad and record your child reading their news.</li><li>● You can upload the video to Google Classroom or send it to loved ones to keep in touch.</li></ul> |
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## READ A BOOK WITH A PARENT

Snuggle up on the couch and spend ten minutes reading for no other reason than the joy of reading a book. Of course, there are loads of benefits to reading every day but what a nice time to drop everything for a short time.

## READING WEBSITES

Phonics and reading <https://www.starfall.com>

Sight words <https://readingeggs.co.uk/apps/>

Junior Reading <https://readingeggs.co.uk/apps/>

Learn to read Monkey Junior ABC Kids – Tracing and Phonics

Online Dictionary <https://www.collinsdictionary.com/>

## FAMILY TREE

Make your family tree with your child. You can do this digitally or by hand and you can go back as far as you want!

## BIGGER PROJECTS

These instructions are for these projects:

- The History of my Family                      An extension of the Family Tree Project - tell us about your family
- Who is your favourite artist?                Tell us something about your favourite artist - A singer? A painter? A poet?
- My Holiday    Tell us about your last holiday

*Here are some ways you can produce it .*

1. Write it!    Make your project on paper. (No bigger than A3 please!)
2. Type it!    Make your project adding text, images and maybe video
3. Build it!    Using whatever materials you want, build and make your project
4. Present it!                                        Make a Slideshow about your project
5. Make a Book!                                    Use Book Creator on an iPad or Chromebook to make a book about your project
6. Video it!                                         Grab a phone and hit record.

You can do this project in Irish or English.

## A SKETCH A DAY

If you have a copybook or sketchpad, this would be useful but you don't really need anything except paper and a pencil. Your job is to create one sketch a day for the duration of the project. The only catch is you have to pick a theme. Choose from:

- Healthy Foods
- Happy Things
- Things that need batteries
- Famous People
- Objects that are usually red

## PUPPET SHOW

Making a puppet show can be a fun way to spend some time and there's lots of different ways to do it now.

1. Make a sock puppet - [https://www.youtube.com/watch?v=e-mfUBQE3\\_s](https://www.youtube.com/watch?v=e-mfUBQE3_s)
2. Make finger puppets - [https://www.youtube.com/watch?v=6eq370x\\_lvo](https://www.youtube.com/watch?v=6eq370x_lvo)
3. Make an online Puppet Show - Puppet Pals App

The main thing is to write the scripts and record them! If you have a puppet show stage, great; if not, use a table to hide underneath!

## MATHS / NUMERACY WEBSITES

<https://www.ictgames.com>

<http://www.mathplayground.com>

<https://www.ictgames.com/mobilePage/numberFactBingo/>

**Number bonds 20** <http://ictgames.com/mobilePage/funkyMummy/index.html>

**Hundred square game** <http://www.ictgames.com/mobilePage/hundredHunt/>

**1-100 and 1-1000 games**

<http://ictgames.com/sasNumberSort/index.html> <http://ictgames.com/mobilePage/clock/>

**Place Value** <https://www.topmarks.co.uk/learning-to-count/place-value-basketball>  
<https://www.topmarks.co.uk/Search.aspx?Subject=16&AgeGroup=2>

**The Great Tables Challenge** [http://www.theschoolhub.ie/flash/math\\_game.s](http://www.theschoolhub.ie/flash/math_game.s)

**Fractions, decimals and percentages** [http://theschoolhub.ie/flash/flying\\_high.swf](http://theschoolhub.ie/flash/flying_high.swf)

[http://www.mathplayground.com/balloon\\_invaders\\_percent.html](http://www.mathplayground.com/balloon_invaders_percent.html)

**Problem Solving** <http://www.mathplayground.com/thinkingblocks.html>

**Angles** use as a demonstration tool to aid the use of a protractor and test your angle estimation skills. <http://www.crickweb.co.uk/ks2numeracy-tools.html#angle>

## COOL PATTERNS

Patterns are everywhere - some of them simple like the sequence of a traffic light and some of them are really difficult like the swirls on a snail's shell. Your job is to make a pattern using any medium you want. You could knit a scarf in 2 different colours or you could build a tower using Lego with different patterned levels. You could even write a long sequence of numbers that follow a pattern. Be inventive and try and think of something someone else might not do. Upload your results to your Classroom or show it to your teacher.



## Board Games with Mathematical Thinking

- Snakes and ladders
- Monopoly
- Chess
- Draughts
- Ludo
- Card games
- Lego
- Jig saws