



# LG4 Remote Learning

Each day try to follow the usual timetable for LG4.

Your class teacher will be available during the times and can be contacted through email.

Take a photo during each lesson of either the work or your child engaging with the work provided and send to the teacher.

Tutor: [hharrison@mhs.bfet.uk](mailto:hharrison@mhs.bfet.uk)

	Monday	Tuesday	Wednesday
Morning	MY INDEPENDENCE  C JOHNSON	PE  H HARRISON	PLAY & LEISURE  C JOHNSON
Afternoon	MUSIC  D HUGHES	PHYSICAL WELL BEING H HARRISON	ART  D HUGHES

If you have any issues or concerns then please contact school  
**0161 223 9915.**



Melland High School  
BRIGHT FUTURES EDUCATIONAL TRUST

# READING FOCUS 2021

Melland High School are pleased to launch our reading focus to develop reading skills, vocabulary and the enjoyment of reading books. Students, staff, parents and carers will be encouraged to take part in reading activities for at least 10 minutes a day.



Please encourage and support your child with this focus. Select the reading focus button on the school website and you will see a range of stories from staff to share with your child:

<http://www.melland.manchester.sch.uk/reading-focus/>

You can also access this national resource:

<https://library.thenational.academy/>



## Virtual School Library | Oak Academy

Welcome to the Virtual School Library, brought you by Oak National Academy in partnership with the National Literacy Trust.. Every week a popular children's author or illustrator will provide you with free books, exclusive videos and their top three recommended reads.

# MONDAY AM

## My Independence

### **Task: Helping to prepare a simple meal**

Your challenge this week is to make your own simple meal for lunch with as much independence as you can.

You can do this just today or for an extra challenge do this every day that you are at home.

Choose something simple such as a sandwich and get a parent/carer to help in the kitchen.

Try and do as much of it yourself as possible including all of the preparation, finding what you need and the clearing away afterwards.

Take a photo of what you have made and send it to me by email or on Class Dojo.

**Remember you should never try and make anything without someone being there to help.**

# MONDAY PM

## My Music

### New Topic

In Music we are going to be looking at soundscapes and recognising instrument sounds. Try these actions together individually, then do them along to the video.



Rubbing hands



Click or tap hands



Clap or slap legs



Jump or stamp

<https://www.youtube.com/watch?v=29qaN0M0o0s>

### Main Task- Recognising instruments.

Play just the sounds the students and use the symbols if they can recognise the instruments.



Sound 1: <https://www.youtube.com/watch?v=ugfUPWIC1i8>

Sound 2: <https://www.youtube.com/watch?v=T0gl9LXq3LA>

Sound 3: <https://www.youtube.com/watch?v=b3oi174RAil>

Sound 4: <https://www.youtube.com/watch?v=nUU8XUhXo6g>

Teacher: D Hughes | email: [dhughes@mhs.bfet.uk](mailto:dhughes@mhs.bfet.uk)

# TUESDAY AM

## PE

You need to continue to be fit and healthy and have fun- just like we do when you're at school. So, get your PE kit on, warm up, get your heart racing and cool down afterwards.  
**Get someone to email me a photo of you joining in.**

### WARM UP

With someone at home, walk on the spot for 1 minute. Keep going but then start swinging your arms. Now jog on the spot for 1 minute. Push your arms up and down. Walk again for one minute. Final push, 1 minute running as fast as you can.

### HEART RACER:

Follow this link and join in for 20 minutes of moving and having fun. Or google, simple 20 minute exercises.

<https://www.youtube.com/watch?v=7HqGCwt4F1I>

### COOL DOWN:

Lie on the floor, stretch your body out so it's as long as it can be. Curl into a ball. Stretch out again. Repeat and rest for 2/3 minutes.

Teacher: H Harrison | email: [hharrison@mhs.bfet.uk](mailto:hharrison@mhs.bfet.uk)

# TUESDAY PM

## Physical Well Being

Well being is about moving and enjoying your own time. Get someone to email me a photo of you joining in.

### TASK ONE

Can you try to learn to juggle?

Use some tissues, some cloths, some socks, plastic bags- anything you may have in the house. Follow this simple video and see if you can give it a go!

[https://www.youtube.com/watch?v=DXmCl\\_SRSbs](https://www.youtube.com/watch?v=DXmCl_SRSbs)

### TASK TWO:

We have been learning how to relax and look after our mental health. Use this time to choose something you enjoy. Take a long bath. Listen to an audio book or some calming music. Ask someone at home to give you a hand massage. There are lots of videos on the school website of staff reading stories, maybe you will enjoy one of them.

Teacher: H Harrison | email: [hharrison@mhs.bfet.uk](mailto:hharrison@mhs.bfet.uk)

# WEDNESDAY AM

## Play and Leisure

### Warm-up

Musical Bumps: This is best played with everyone in the family who can join in. Siblings welcome!

Choose some music – dance along, wait for it to stop and then be the first to sit down when the music stops!

### Task:

Choose a simple 1-1 or small group game that you can play together. This can be a game which you already have at home or it can be something that doesn't need any equipment.

This can be any game that your child enjoys. Examples include:

- Any simple board / card game
  - Hide and Seek
  - Balloon Tennis
- What time is it Mr Wolf
  - Treasure hunts
- Any sporting activity: Cricket, relay race, tag.
  - There are many more!

Once you have chosen your game for the week, play it with as many family members as you can. Try to encourage positive interaction, following simple rules, responding to others and requesting different games.

Send me a photo and show me which game you have chosen!

Teacher: C Johnson | email: [cjohnson@mhs.bfet.uk](mailto:cjohnson@mhs.bfet.uk)

# WEDNESDAY PM

## My Art

### New Topic

We are looking at work by Jackson Pollock and graffiti.

Below are two activities you can try. You can focus on one or try both

### Texture Hunt

Using some paper and crayons. Rub a crayon over your paper on a rough surface like a brick wall or bottom of your shoes. Write your name in big bright letters over the top.

<https://www.youtube.com/watch?v=T7kDrYR1o6c>



### Pollock style

If you have paint, splash your colours across your page. Start with the darker colours and get brighter.

<https://www.youtube.com/watch?v=qztwQipr8qE>

