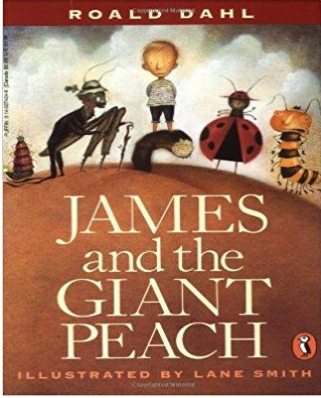




# The Winchester School

## Year 3 Family Learning Newsletter **January 2023**

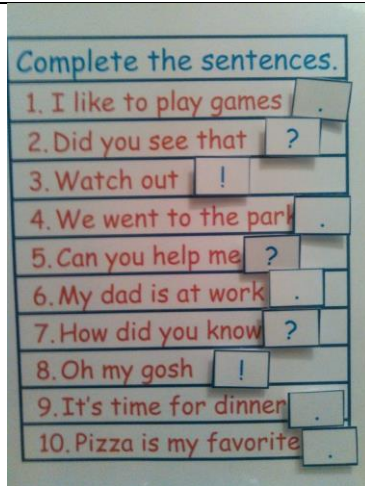


Area for Learning	Focus	Activities	Useful Websites/Apps
<b>Literacy</b>	<p><b>Spellings:</b></p> <ul style="list-style-type: none"> <li>To spell words of two or more syllables.</li> </ul>  <p><b>Grammar:</b></p> <ul style="list-style-type: none"> <li>To apply <b>punctuation marks</b> appropriately in sentences.</li> <li>To recognize verb tenses.</li> <li>To identify Collective nouns as a <b>collection of people, place, animal or thing.</b></li> <li>Compound nouns</li> </ul>	<p><b>Talk</b> about sounding letters according to the syllables in the word. Every syllable has one and only one vowel sound.</p> <p><b>Discuss</b> that a syllable is a word or a word segment that is pronounced as a single sound. Some words have one syllable (including cat, dog, fish, and walk). Some words have two syllables (including soggy, orange and walking). Some words have three syllables (including gigantic, terrible and peculiar).</p> <p><b>Encourage</b> your child to divide words into syllables and sound them out first separately and then as one word.e.g. spell-bound, sli-ther, sli-ther-ing.</p> <p><b>Punctuation:</b> Pause while speaking to your child to enunciate the end of a sentence. While reading a story with your child, highlight punctuation marks- full stops, capital letters, commas, question marks, exclamation marks and speech marks.</p> <p><b>Verbs:</b> Give your child a time limit to act out a certain verb. To get more practice within context, tell the guessers that they have to make a sentence using the verb that is being acted out.</p>	<p>Syllables:</p> <p><a href="#">What are Syllables?</a></p> <p><a href="#">Syllables-Part of a word</a></p> <p><a href="#">Syllables</a></p> <p><a href="#">Punctuation</a></p> <p><a href="#">Nouns and Verbs</a></p> <p><a href="#">Verb Tenses</a></p>



# The Winchester School

## Year 3 Family Learning Newsletter **January 2023**



Follow the sequence of a story. Ask questions such as -What happened first, next, later, finally.

Encourage your child to highlight verbs in a paragraph and discuss which tense it has been narrated in.

Speak to your child about the use of tenses that ascertain at what time an event in the story is taking place.

A compound noun is a noun made from at least two words.

Encourage your child with some examples of compound nouns.

**Example:** Toothpaste: a paste used in cleaning the teeth.

Schoolhouse: a building used as a school.

Bedroom: a room in the house where one sleeps in a bed.

Collective Nouns:

**Encourage your child to play a Match Up Game-**

- Cut up some pieces of green card and write the following on each: bees, flowers, people, trees, fish, wolves, grapes and puppies.
- Then cut up some pieces of yellow card and write the following on each: crowd, pack, litter, bunch, swarm, bouquet, forest and shoal.
- Ask your child to match the green cards to the yellow cards.

[Compound nouns](#)



[Collective nouns](#)



# The Winchester School

## Year 3 Family Learning Newsletter **January 2023**







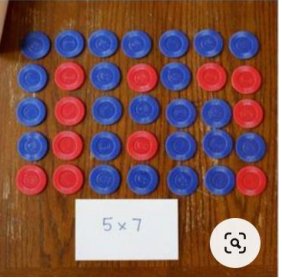

	<p><b><u>Text Level:</u></b></p> <p><b>Novel-James and the Giant Peach:</b></p> <ul style="list-style-type: none"> <li>To draw inferences such as inferring characters' feelings, thoughts and motives from their actions, and justifying inferences with evidence.</li> <li>To identify how language, structure and presentation contribute to meaning.</li> <li>To gather information about the author's style of writing</li> <li>To refer to the text when looking for information.</li> </ul> <p><b>Descriptive Writing</b></p> <p><b>Sensory details:</b> sight, sound, smell, taste, and touch</p> <p><b>Figurative language:</b> to use simile and metaphor to add depth to authors' descriptions.</p>	<p>(Answers: a crowd of people, a pack of wolves, a litter of puppies, a bunch of grapes, a swarm of bees, a bouquet of flowers, a forest of trees, a shoal of fish.</p> <p><b>Talk:</b> About Roald Dahl and the different novels written by him.</p> <p><b>Discuss:</b> Characters in the story are magical and develop the idea of fantasy in creative writing.</p> <p><b>Encourage:</b> To explore the description of creatures in the story and link their personality to human traits.</p> <p>Tell your child that descriptive writing helps the reader visualize the person, place, thing, or situation being described. When a text conjures a vivid, sensory impression in the reader's mind, not only does it make the writing more interesting to read; it helps the reader understand the text better and recognize the author's intention more clearly.</p> <p><b>Discuss</b> the different characters in the story, James and the Giant Peach, and encourage your child to differentiate between different characteristics.</p> <p><b>Encourage</b> your child to be kind and respectful and follow the value of tolerance.</p>	<p><a href="#">James and the Giant Peach quiz</a></p> <p><a href="#">Roald Dahl</a></p>  <p><a href="#">Descriptive writing explained</a></p>  <p>descriptivewritingstructure (1).pdf</p>
--	--	---	---



# The Winchester School

## Year 3 Family Learning Newsletter **January 2023**



	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px dashed black; padding: 5px; width: 45%;"> <p style="text-align: center;"><b>Simile</b></p> <p>A comparison of two different things using the words, "like" or "as".</p> <p>Example: On her first day of school, Jane was <u>as cool as a cucumber</u>.</p>  </div> <div style="border: 1px dashed black; padding: 5px; width: 45%;"> <p style="text-align: center;"><b>Metaphor</b></p> <p>A comparison of two different things that DOES NOT use the words "like" or "as".</p> <p>Example: Noah has a <u>heart of a lion</u>.</p>  </div> </div>	<p>Tell your child that descriptive writing helps the reader visualize the person, place, thing, or situation being described. When a text conjures a vivid, sensory impression in the reader's mind, not only does it make the writing more interesting to read; it helps the reader understand the text better and recognize the author's intention more clearly.</p>	<p> <a href="#">descriptivewritingsho wnottellsheet1.pdf</a></p> <p><a href="#">Simile and Metaphor</a></p>																																																															
<p><b>Numeracy</b> <b>Multiplication</b></p>	<p>To know multiplication facts of 2,3,4,5 and 10 times table To know 3- and 4-times tables</p> <p>To understand division as grouping and sharing</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>To create a multiplication fact chart from 1 to 10. Sample multiplication chart:</p> <table border="1" style="margin: 10px auto;"> <tr><th>x</th><th>1</th><th>2</th><th>3</th><th>4</th><th>5</th><th>6</th></tr> <tr><th>1</th><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><th>2</th><td>2</td><td>4</td><td>6</td><td>8</td><td>10</td><td>12</td></tr> <tr><th>3</th><td>3</td><td>6</td><td>9</td><td>12</td><td>15</td><td>18</td></tr> <tr><th>4</th><td>4</td><td>8</td><td>12</td><td>16</td><td>20</td><td>24</td></tr> <tr><th>5</th><td>5</td><td>10</td><td>15</td><td>20</td><td>25</td><td>30</td></tr> <tr><th>6</th><td>6</td><td>12</td><td>18</td><td>24</td><td>30</td><td>36</td></tr> <tr><th>7</th><td>7</td><td>14</td><td>21</td><td>28</td><td>35</td><td>42</td></tr> <tr><th>8</th><td>8</td><td>16</td><td>24</td><td>32</td><td>40</td><td>48</td></tr> </table> <p><b>Encourage</b> your child to make a magic square by using numbers from 1 to 8 where all rows and columns and diagonals add to the same total.</p>	x	1	2	3	4	5	6	1	1	2	3	4	5	6	2	2	4	6	8	10	12	3	3	6	9	12	15	18	4	4	8	12	16	20	24	5	5	10	15	20	25	30	6	6	12	18	24	30	36	7	7	14	21	28	35	42	8	8	16	24	32	40	48	<p><a href="#">multiplication</a></p> <p><a href="#">multiplication-with-pictures</a></p> <p><a href="#">bingo-multiplication.html</a></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>There are 10 sweets in a packet. I have bought 17 packets. How many sweets do I have?</p>  </div>
x	1	2	3	4	5	6																																																												
1	1	2	3	4	5	6																																																												
2	2	4	6	8	10	12																																																												
3	3	6	9	12	15	18																																																												
4	4	8	12	16	20	24																																																												
5	5	10	15	20	25	30																																																												
6	6	12	18	24	30	36																																																												
7	7	14	21	28	35	42																																																												
8	8	16	24	32	40	48																																																												



# The Winchester School

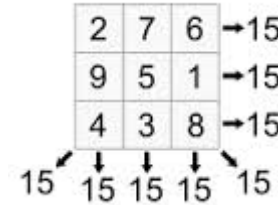
## Year 3 Family Learning Newsletter January 2023



Use a stopwatch to time yourself.

How quickly can you write out your 4 x table like this:

$1 \times 4 = 4$   
 $2 \times 4 = 8$   
 $3 \times 4 = ?$   
 $4 \times 4 = ?$   
 Up to  $12 \times 4$ .



MULTIPLICATION STRATEGIES	
<b>EQUAL GROUPS</b>  $3 \times 4 = 12$ 3 groups with 4 items in each	<b>REPEATED ADDITION</b> $4 + 4 + 4 = 12$ $3 \times 4 = 12$
<b>SKIP COUNTING</b> $4, 8, 12$ $3 \times 4 = 12$	<b>ARRAY</b>  3 rows with 4 items on each $3 \times 4 = 12$



**Challenge:**

The toy shop stocks tricycles and go-carts. The tricycles have 3 wheels and the go-carts have 5 wheels. Suna counted the wheels. He counted 37 altogether. How many tricycles are there? How many go-carts? Find two ways to do it.

Science

**UNIT 1 - Animal Including Humans (Skeleton and Muscles)**

**Talk** to child about the importance of having a skeletal system, the bones which make a skeleton and their functions in our body.

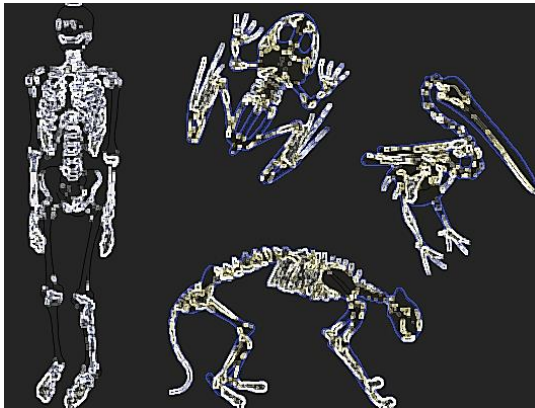
**Animal Including Humans (Skeleton)**  
[Skeleton System](#)



To describe that humans (and some other animals) have bony skeletons inside their bodies.

To make and record relevant observations of bones and skeletons.

To know the functions of the human Skeleton.



To understand how different types of animal bodies are supported.

To predict, make comparisons, and identify a pattern in the investigation (Vertebrates and Invertebrates)

Quiz your child to test their Knowledge.

**Encourage** your child to do interactive activities:

Play a game - Use a blank skeleton and make a list of the bones in the human body.

**Share** with the children the names of the longest and the smallest bone in our body.

Children can make a small booklet, where they can draw or stick pictures of any five bones present in the human body and write some interesting facts about different bones in our body.

**Talk** to your child about vertebrates and invertebrates. What makes them different from each other.

**Encourage** your child to do interactive activities: Find and stick pictures of different vertebrate and invertebrate animals.

[Learn Human Body](#)

[The Skeletal System interactive activity for 5 \(liveworksheets.com\)](#)

<https://www.healthline.com/health/fun-facts-about-the-skeletal-system>



# The Winchester School

## Year 3 Family Learning Newsletter January 2023



<p>Arabic for Arabs</p>	<p><b>فكر في حياتك :</b></p> <ul style="list-style-type: none"><li>أن يفسر التلميذ المفردات الجديدة في النص المعلوماتي .</li><li>أن يقرأ التلميذ النص قراءة سليمة خالية من الأخطاء .</li><li>أن يوضح التلميذ الأعمال الابتكارية التي يمكن أن يقوم بها .</li><li>أن يطرح التلميذ أسئلة عن الفكرة الرئيسة والفكر الفرعية في النص مبدئياً رأيته في المضمون.</li></ul> <p><b>أسلوب العطف :</b></p> <ul style="list-style-type: none"><li>أن يميز التلميذ أسلوب العطف .</li><li>أن يحدد التلميذ حروف العطف ودلالاتها .</li><li>أن يفرق التلميذ بين المعطوف – المعطوف عليه .</li></ul> <p><b>هيا نعمل :</b></p> <ul style="list-style-type: none"><li>أن يطرح التلميذ أسئلة عن الفكرة الرئيسة والفكر الفرعية في نصوص شعرية ، مبدئياً رأيته في المضمون .</li><li>أن يحدد التلميذ بعض الجماليات في النص .</li><li>أن يميز التلميذ بعض الأساليب الإنشائية والخبرية .</li><li>أن يعدد التلميذ فوائد العمل..</li></ul>	<p><b>يستطيع السيد ولي الأمر أن يساعد الطالب عن طريق:</b></p> <p>مساعدة الطالب على استخدام الكلمات الجديدة في تعبيراته داخل المنزل.</p> <ul style="list-style-type: none"><li>مساعدة الطالب على القراءة السليمة للنصوص المدروسة .</li><li>مساعدة الطالب في الربط بين خبراته ومعلوماته السابقة وبين ما يتعرفه من معلومات جديدة.</li><li>مساعدة الطالب في الحديث مستخدماً أسلوب العطف.</li><li>مساعدة الطالب في البحث عن أبيات شعرية تحوي أسلوب العطف .</li></ul> <p>يمكن لولي الأمر الدخول من خلال الرابط المرفق لموقع قناة اللغة العربية والتربية الإسلامية الخاص بمدرسة ونشستر ومتابعة التسجيلات الخاصة بالدروس ومشاركتها مع التلميذ وتدوين ما تعلمه في دفتره المدرسي.</p>	<p><a href="#">منصة عصافير للقراءة</a></p> <p><a href="#">قناة اللغة العربية والتربية الإسلامية بمدرسة ونشستر</a></p>
<p>Arabic for Non-Arabs</p>	<p><b>THE FAMILY</b></p> <ul style="list-style-type: none"><li>To create sentences about the family.</li><li>To use the things found at home to create sentences.</li><li>To describe a day with the family.</li><li>To describe family food and hobbies.</li></ul> <p><b>The city</b></p> <ul style="list-style-type: none"><li>To distinguish between some different places in the city.</li><li>To create sentences about the places.</li><li>To describe Dubai using new verbs and adjectives.</li><li>To express opinion about different places.</li><li>To compare between two places.</li></ul>	<p>Help your child to link between the picture and the word.</p> <p>Ask your child to draw the places and family and describe them.</p> <p>Go through the links on the Arabic YouTube channel so that you can help your child learn more at home about the topic.</p>	<p><a href="#">Asafeer reading platform</a></p> <p><a href="#">Arabic and Islamic YouTube Channel</a></p>



# The Winchester School

## Year 3 Family Learning Newsletter January 2023



<p>Islamic for Arabs</p>	<p><b>الصدق</b> أن يستنتج التلميذ مفهوم الصدق وفوائده . أن يدلل التلميذ على الصدق من القرآن والسنة .</p> <p><b>الصوم</b> أن يستنتج التلميذ مفهوم الصوم. أن يبين التلميذ حكمة الصوم. أن يستنتج التلميذ آداب الصوم.</p> <p><b>سورة الليل</b> أن يفسر التلميذ بعض مفردات الآية الكريمة. أن يقارن التلميذ بين طاعة الله ومعصيته. أن يبين التلميذ نتائج الأعمال الصالحة والسيئة.</p>	<p>حثه على التزام آداب التلاوة تصميم مخطط عن الصوم وآدابه مساعدته في معرفة فوائد الصوم ، والصدق حثه وتشجيعه على الصوم مساعدة التلميذ في البحث عن شواهد عن الصوم والصدق من القرآن والسنة</p> <p>يمكن لولي الأمر الدخول من خلال الرابط المرفق لموقع قناة اللغة العربية والتربية الإسلامية الخاص بمدرسة ونشستر ومتابعة التسجيلات الخاصة بالدروس ومشاركتها مع التلميذ وتدوين ما تعلمه في دفتره المدرسي.</p>	<p><a href="#">قناة اللغة العربية والتربية الإسلامية بمدرسة ونشستر</a></p>
<p>Islamic for Non-Arabs</p>	<p>Unit 3: lesson 2 (Fasting )</p> <p>To conclude the importance of fasting.</p> <p>To extract the benefits of fasting.</p> <p>Unit 3 :Sura AL layl</p> <p>To conclude the general meaning of the Surah.</p> <p>-To analyze the themes of the Surah.</p> <p>Unit 3: Tolerance</p> <p>To conclude the importance of Tolerance</p> <p>To clarify the effects of tolerance in the society.</p>	<p>Ask your child to write about a day of fasting in Ramadan.</p> <p>Encourage your child to learn Surah- al Layl within YouTube.</p> <p>Encourage your child to use the Duaa taught and explained in each lesson.</p> <p>Encourage your child to colour the monthly prayer chart and answers in book ISLAM MY WAY OF LIVING as per the topic completed.</p> <p>Encourage your child to be a good example of good manners in life.</p> <p>Go through the links on the Arabic and Islamic YouTube channel</p>	<p><a href="#">Arabic and Islamic YouTube Channel</a></p>





# The Winchester School

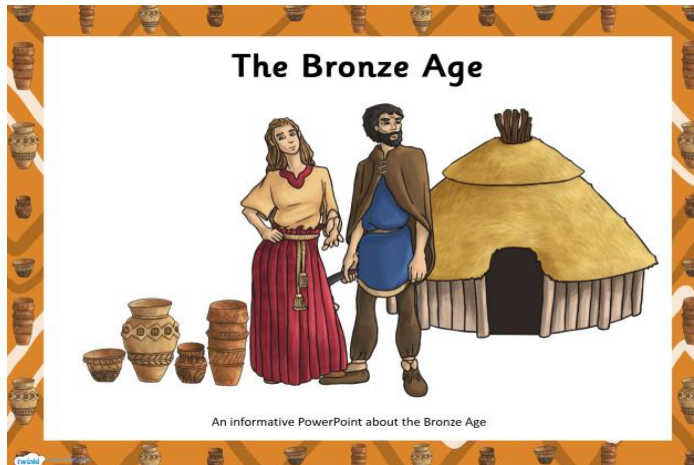
## Year 3 Family Learning Newsletter **January 2023**



### Humanities

### History

- To explore why the introduction of bronze was a significant change.
- To explore Stonehenge and what we can learn from it about the people who built it.



### The Bronze Age – Introduction

**Talk** to your child about the discovery of bronze and how it changed the lives of people in the Stone Age.

### The Bronze Age – Stonehenge

**Share** with your child pictures and information about Stonehenge and its significance.

**Encourage** your child to research the monument of Stonehenge and the skills required to construct it.

[Introduction – The Bronze Age](#)



[Stonehenge](#)



# The Winchester School

## Year 3 Family Learning Newsletter **January 2023**




<p><b>UAE Social Studies</b></p>	<p><b>Schools in the UAE</b></p> <ul style="list-style-type: none"> <li>To explore the difference between schools in the past and the present.</li> <li>To realize how school technologies are changing the way people learn.</li> </ul>  <p><b>Higher Education in the UAE</b></p> <ul style="list-style-type: none"> <li>To explore some traditional jobs and new futuristic jobs.</li> <li>To look at a number of professions that people can study at university and start thinking about what they would like to be when they grow up.</li> </ul> 	<p>Talk to your child about the differences in schools in the past and present.</p> <p>Share with your child how wrong behaviour can badly effect learning at school.</p> <p>Talk to your child about the importance of going to university and college.</p> <p>Share with your child your job responsibilities and the importance of following it diligently.</p>	<p><a href="#">Schools in the UAE</a></p> <p><b>Key Vocabulary:</b> respect, behaviour, teamwork, major</p> <p><a href="#">Higher Education in the UAE</a></p> <p><b>Key Vocabulary:</b> job duty, profession</p>
----------------------------------	---	--	---



# The Winchester School

## Year 3 Family Learning Newsletter January 2023

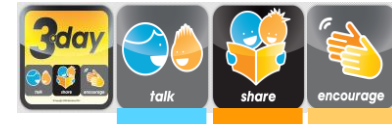


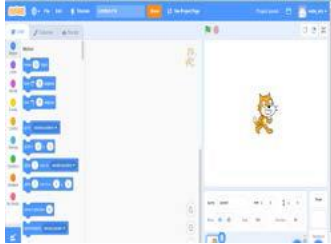


	<p><b>Healthcare in the UAE</b></p> <ul style="list-style-type: none"> <li>To explore what the UAE is doing to keep people healthy.</li> <li>To explore the local issue of obesity and try to find ways to solve it.</li> </ul>	<p>Talk to your child about the importance of having a healthy weight.</p> <p>Share with your child how healthy people can participate more in the community.</p> 	<p><a href="#">Healthcare in the UAE</a></p> <p><b>Key Vocabulary:</b></p> <p>obesity, avoid, issue, medical equipment</p>
<p><b>Moral Education</b></p>	<p><b>Being Healthy and Staying well</b></p> <ol style="list-style-type: none"> <li>Proper food and good health.</li> <li>Sports and a Healthy body.</li> <li>Understanding another person’s feeling.</li> </ol>	<p><b>Talk</b> to your child about the importance of eating healthy and staying well as well as the importance of various sports for a healthy body.</p> <p><b>Share</b> recipes that are wholesome and have nutrients.</p> <p>Provide opportunities for your child to share his/her feelings through play.</p> <p>Read a story together and ask your child what he/she feels for the character.</p> <p><b>Encourage</b> your child to do an interactive quiz - 6 Basic Nutrients And 5 Food Groups! Trivia Quiz - ProProfs Quiz</p>	<p><b>Healthy Eating</b></p> <p><a href="https://youtu.be/mMHV-EFWNLmC">https://youtu.be/mMHV-EFWNLmC</a></p> <p><a href="https://youtu.be/21s8-SMOSTY">https://youtu.be/21s8-SMOSTY</a></p> <p><a href="https://youtu.be/vADtodHhfKU">https://youtu.be/vADtodHhfKU</a></p>



# The Winchester School

## Year 3 Family Learning Newsletter **January 2023**



<p><b><u>ICT</u></b></p> <p><b>SCRATCH Programming</b></p> <p><b>Creating stories, games and animations</b></p>	<p>To explore the features of SCRATCH i.e., inserting the sprite, creating a stage and moving the sprite.</p> <ul style="list-style-type: none"> <li>To make a sprite (or more sprites) move forever or control the movement of the sprite in a direction.</li> <li>To switch the costume of the sprite.</li> <li>To switch the backdrops.</li> <li>To create a scene of fantasy story by using 'Say instruction', 'Wait instruction' and 'Repeat instruction'.</li> </ul> <p>To import sprites and background from google.</p>	<p>Creativity, Collaboration, Reasoning.</p> <p>Support your child to complete activities based on different scenarios</p> <p>Example: Create an interesting story, Quiz on Cyber Safety, Birthday Card with animation or a game.</p> <p>Visit the given links to get ideas and supporting tutorials.</p> 	<p><a href="https://scratch.mit.edu">Scratch - Explore (mit.edu)</a></p> <p><a href="https://scratch.mit.edu">Scratch - Imagine, Program, Share (mit.edu)</a></p>  
---	---	--	--



# The Winchester School

## Year 3 Family Learning Newsletter **January 2023**



<p><b>Music Year03</b> <b>(Kiko)</b></p>	<ul style="list-style-type: none"> <li>Improving children’s confidence and musicality through singing actions songs and chanting rhymes.</li> <li>Improving on listening skills and recalling.</li> </ul>	<ul style="list-style-type: none"> <li>Let the children sing action songs at home.</li> <li>Ask the child to perform the songs we learned in school.</li> <li>Help the child choose which other songs they know aside from the songs taught in school and let them invent their own singing actions.</li> </ul>	<p><a href="https://www.timeout.com/new-york-kids/music/best-kids-songs">https://www.timeout.com/new-york-kids/music/best-kids-songs</a></p>
<p><b>Music Year03</b> <b>Joyson</b></p>	<ul style="list-style-type: none"> <li>Learning how to play the recorder using notes G A B</li> </ul>	<ul style="list-style-type: none"> <li>Let the child practice at home, even though there will be squeaking</li> </ul>	<p>1. Identify the notes in the recorder with the backing track <a href="#">B.A.G. Medley - RECORDER - YouTube</a></p>
<p><b>Music Year03</b> <b>(Sunil)</b></p>	<ul style="list-style-type: none"> <li>Learning how to play the song “Mary had a little lamb” on recorder.</li> </ul>	<ul style="list-style-type: none"> <li>Let the child practice at home, even though there may be squeaking.</li> <li>Check if the child is holding the recorder properly.</li> </ul>	



<p>Physical Education</p>	<p><b><u>Cricket/Batting stance :</u></b></p>	<p><b><u>Talk and Encourage the children to do the following:</u></b></p>	<p><b><u>Useful sites:</u></b></p>
<p>First week</p>	<p>To accurately replicate the basic batting stance, to understand the importance of batting stance and preparation of effective batting drive. To develop the ability to adjust shot selection and to develop the knowledge of footwork used in batting stance.</p>		<p><a href="https://www.youtube.com/watch?v=BTUEz0xkbbI">https://www.youtube.com/watch?v=BTUEz0xkbbI</a></p>
<p>Second week</p>	<p><b><u>Cricket/Forward Defense:</u></b></p> <p>To accurately replicate the basic batting grip and forward defense. To understand the importance of movement timing and preparation of effective forward</p>	<ul style="list-style-type: none"> <li>• <u>Proper warm up</u></li> <li>• Hip rotation</li> <li>• Arm rotations</li> <li>• Slow jogging on the spot</li> <li>• Alternate toe touch</li> <li>• Batting Stance</li> <li>• Follow the links and practice</li> <li>• <u>Cooldown</u></li> </ul>	<p><a href="https://www.youtube.com/watch?v=6UDDCjpSPsQ">https://www.youtube.com/watch?v=6UDDCjpSPsQ</a></p> <p><a href="https://www.youtube.com/watch?v=P4AW4F_U5Qc">https://www.youtube.com/watch?v=P4AW4F_U5Qc</a></p>
<p>Third week</p>		<p><b><u>Talk and Encourage the children to do the following:</u></b></p>	<p><b><u>Useful sites:</u></b></p> <p><a href="https://www.youtube.com/watch?v=0ZhXvTzVr0s">https://www.youtube.com/watch?v=0ZhXvTzVr0s</a></p> <p><a href="https://www.youtube.com/watch?v=kG82cRep_A">https://www.youtube.com/watch?v=kG82cRep_A</a></p> <p><a href="https://www.youtube.com/watch?v=CdIYCoqUVEQ">https://www.youtube.com/watch?v=CdIYCoqUVEQ</a></p>



# The Winchester School

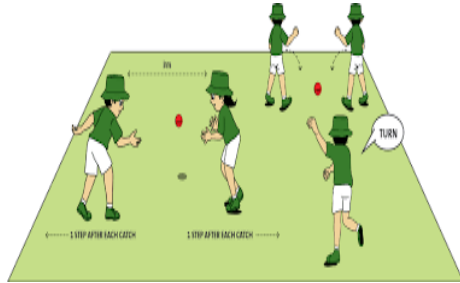
## Year 3 Family Learning Newsletter January 2023



Fourth week

### Cricket /Low Catch:

To demonstrate & use a low catching style. To be able to accurately replicate a basic catching



### Cricket /High Catch:

To be able to accurately replicate a basic technique of high catch.



### Proper warm up

- Tuck jump
- Depth jump
- Star jump
- Broad jump
- Jumping jacks
- Follow the links for forward defense

### Cool down

Talk and Encourage the children to do the following:

### Proper warm up

- On the spot run
- Shuttle runs

### Useful sites:

<https://www.youtube.com/watch?v=XPWplFob-Ms>

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

<https://www.youtube.com/watch?v=pnoigzECNn4>

### Useful sites:

<https://www.youtube.com/watch?v=8oX2eBvkHV8>

<https://www.youtube.com/watch?v=c25Q1i-08Rw>



# The Winchester School

## Year 3 Family Learning Newsletter **January 2023**



- Star jump
- Broad jump
- Jumping jacks
- Follow the links for low catching

### Cool down

Talk and Encourage the children to do the following:

### Proper warm up

- Plank Pose
- Side Plank
- Single leg Deadlifts
- High Lunge
- Tuck Crunches
- Squat Jumps

Follow the links and practice high catch

### Cooldown