


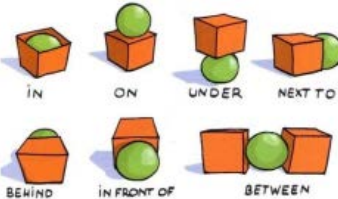







Area of learning	Focus	Activities	Useful Websites/Apps
Literacy	<p><b>Spellings:</b></p> <p><b>Homophones</b> new-knew story-storey there-their</p> <p><b>Prefix</b> '-inter' means between or among - super' means above - anti means against -auto' means self or own</p>  <p><b>Grammar:</b></p> <ol style="list-style-type: none"> <li>To use <b>apostrophe</b> to show ownership or possession.</li> <li>To use <b>present perfect tense</b> in sentences.</li> <li>To use <b>prepositions</b> of time and place.</li> <li>To use <b>imperative verbs</b> to convey directions, advice, or requests.</li> </ol>	<p><u><b>Talk and Encourage the children to do the following:</b></u></p> <p><b>Talk</b> about the use of homophones. Homophones are words that sound the same as another word but have a different meaning, and often a different spelling.</p> <p><b>Discuss</b> the rules of different homophones and identify the difference in meanings.</p> <p><b>Encourage</b> your child to start making a spelling bank with different homophones. Make a list of homophones in a story. Your child can then try to frame sentences with each word.</p> <p><b>Prefix</b> Talk to your child about prefixes. A prefix is a word part with a specific meaning at the beginning of a word. <b>Example -<u>inter</u>national, <u>super</u>power, <u>anti</u>septic, <u>auto</u>matic</b></p> <p><b>Apostrophe</b> Begin with activities that encourage your child to use <b>Matching cards</b>, for example 'I am' with 'I'm'. These will familiarize your child with the spellings and placing an apostrophe in words.</p>	<p><a href="#">Homophones</a></p> <p><a href="#">What are homophones?</a></p>  <p>Prefixes-super---anti- -and-auto-.pdf</p> <p><a href="#">Prefix-tutorial</a></p>  <p><a href="#">Apostrophe for Possession</a></p> <p><a href="#">Punctuation worksheets</a></p> <p><a href="#">Present perfect tense</a> <a href="#">Present perfect tense-tutorial</a></p>



	<p><b>Punctuation:</b> To use capital letters in sentences.</p> <p>To use end stops such as full stops, question marks or exclamation marks to end sentences.</p> <p><b>TEXT LEVEL:</b></p> <p><b>Folk tale</b></p> <ul style="list-style-type: none"> <li>• <b>Thunder and Lightning</b></li> <li>• <b>Tiger Dead! Tiger Dead!</b></li> <li>• <b>How the Camel got its Hump.</b></li> <li>• <b>How the Tiger got its Stripes.</b></li> </ul>	<p>Computer games where children <b>move a virtual apostrophe</b> and put it in the correct place, usually give children immediate feedback.</p> <p><b>Present Perfect Tense</b></p> <p>Encourage conversations with your child, focusing on events or actions that have happened recently. Ask questions like, "Have you ever visited that place?" or "What have you done today?"</p> <p>Point out present perfect tense sentences in books, movies, or everyday situations. Discuss how they express actions that began in the past and have relevance to the present.</p> <p><b>Prepositions</b></p> <p>Encourage your child to describe things around the house with respect to their positions. Encourage them to use interesting and varied vocabulary to describe the position of the things around. Example: The flowers are in the vase. I left my shoes under the brown table.</p> <p><b>Encourage</b> your child to identify characters, settings, dialogues and main events.</p> <p><b>Discuss</b> the characters, their feelings, different settings and the plot of the stories.</p> <p><b>Enact</b> stories using puppets or through role play.</p> <p><b>Encourage</b> your child to discern the main ideas in the text and to ignore irrelevant information.</p>	<p><a href="#">Prepositions of place and time</a></p>  <p><a href="#">imperative verbs game</a></p> <p> <a href="#">how-the-camel-got-h-is-hump.pdf</a></p> <p> <a href="#">How Tiger Got His Stripes.pdf</a></p> <p> <a href="#">Tiger Dead! Tiger Dead!.pdf</a></p>
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### NON- FICTION:

#### Instructional Text

- To organize instructions in steps.
- To use imperative verbs and adverbs.
- To include technical vocabulary.

#### Rhyming Couplets

To explore rhyme schemes and create rhyming poems.

#### Moral Education:

Being Healthy and Staying well

- Proper food and good health
- Sports and a healthy body

**Guide** your child to narrate the most important details of a text they have read.

**Talk** to your child about different types of nonfiction texts like newspaper, magazines, fact files, instructional books and information books. Discuss with your child that non-fiction books are facts and give accurate information.

**Discuss** the elements of a non-fiction texts like heading, sub-heading, illustrations, labels and diagrams, glossary, index, table of contents.

**Encourage** your child to read different non-fiction texts.

**Talk** to your child about rhyming words.

**Read** a poem to the child and let your child tell you the rhyming words.

**Discuss** that a rhyming couplet is a pair of successive lines that rhyme. It's usually the last words at the end of each line that rhyme. They're also typically the same length and have the same meter or rhythm.

**Encourage** your child to create rhyming couplets on a theme.

**Talk** to your child about the importance of eating healthy and staying well, as well as the importance of various sports for a healthy body.

**Share** recipes that are wholesome and have nutrients. Provide opportunities for your child to

### Instructional Texts



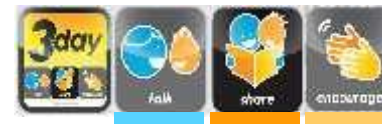
<b>Heading</b>	<input type="checkbox"/> tells the reader what a word means
	<input type="checkbox"/> tells the reader what a section of text will be about
<b>Caption</b>	<input type="checkbox"/> shows what something looks like
	<input type="checkbox"/> tells what a picture is
<b>Glossary</b>	<input type="checkbox"/> gives the definitions for keywords in the text
	<input type="checkbox"/> tells what page certain information can be located in the text

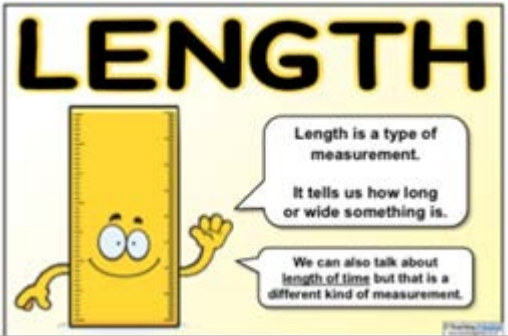

### Rhyming poems

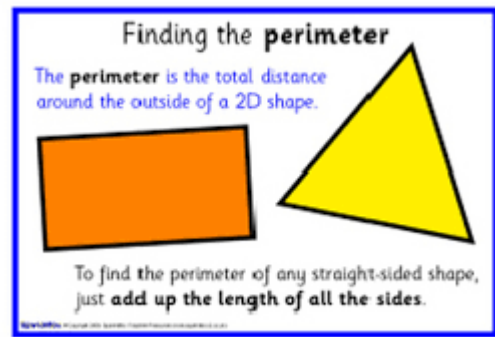
### Rhyming games

### Writing Couplets





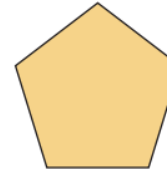
		<p>share his/her feelings. Read a story together and ask your child what he/she feels for the character.</p> <p><b>Encourage</b> your child to empathize with the feelings of family members and friends.</p>	
Mathematics	<p><b>Measurement – Length</b></p>  <p>To draw or measure lines in centimeters and millimeters.</p> <p>To solve word problems involving length.</p> <p><b>Measurement – Perimeter</b></p> <p>To calculate the perimeter of 2 D shapes</p>	<p><b>Talk</b> about why we measure different objects in our daily life. Let your child measure and compare the length of different objects at home like clothes, shoes etc.</p> <p><b>Discuss-</b></p> <p>Who wears the biggest shoes in the family? How many centimetres long is it? How much longer is it than my shoe?</p> <p><b>Talk</b> to your child about different types of 2D shapes and their perimeters.</p> <p>Use straws cut into lengths of 2, 4, and 6 inches, along with pipe cleaners cut into 2-inch pieces.</p> <p><b>Encourage</b> your child to explore perimeters by making polygons with sides of various lengths. They measure and record the lengths, then draw the shape.</p> <p><b>Challenge</b></p>	 <p><a href="https://www.topmarks.co.uk/maths-games/7-11-years/measures">https://www.topmarks.co.uk/maths-games/7-11-years/measures</a></p> <p><a href="#">Perimeter</a></p>



### Statistics- Data Handling

- To evaluate, interpret and present data using pictograms in different ways.
- To draw simple pictograms for a simple understanding of data.

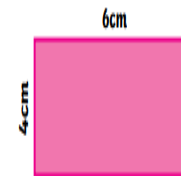
I have a pentagon. Its perimeter is **75cm**. How long is each of its sides?



Hugo has drawn a rectangle.



If I halve the measurement of one pair of sides and double the length of the other pair, I will get the same perimeter.



Is this true? Prove it!

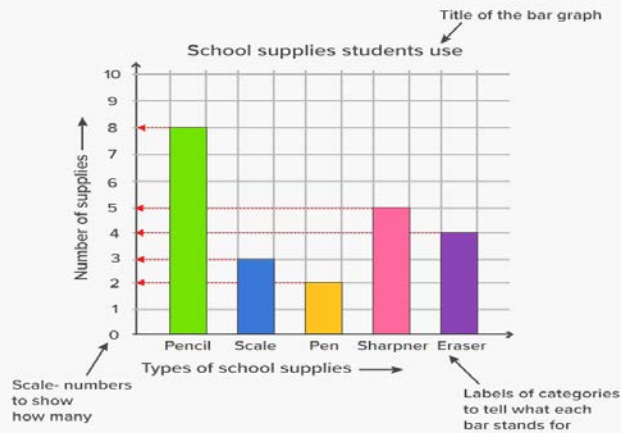
**Super Challenge** – Use Building block / Legos for this activity

Discuss on data handling involves **gathering information, summarizing it, and deciding what it means**. They can help to predict such things as the weather and how sports teams will perform.

<https://www.turtlediary.com/game/bar-graph.html>



- To present data using pictograms and tables. Apply and solve one-step and two-step questions [for example, 'How many more?' and 'How many fewer?'] using information presented in pictograms and tables.
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### Talk

Step 1: Write your hypotheses and plan your research design

Step 2: Collect data from a sample

Step 3: Summarize your data with descriptive statistics


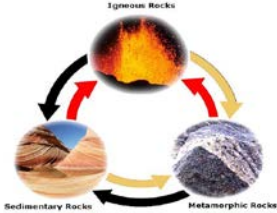
Step 4: Test hypotheses or make estimates with inferential statistics

Step 5: Interpret your results

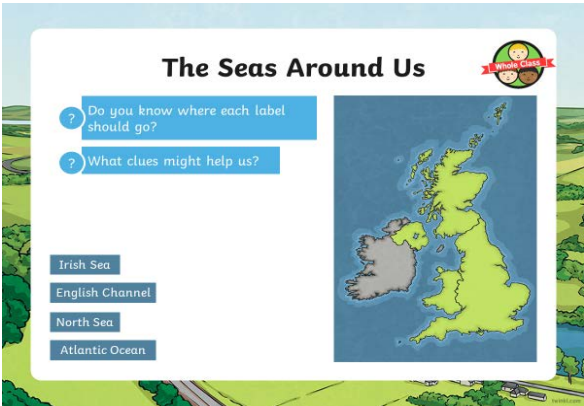
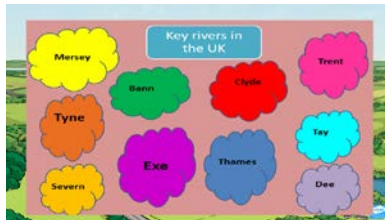
They can help to predict such things as the weather and how sports teams will perform.






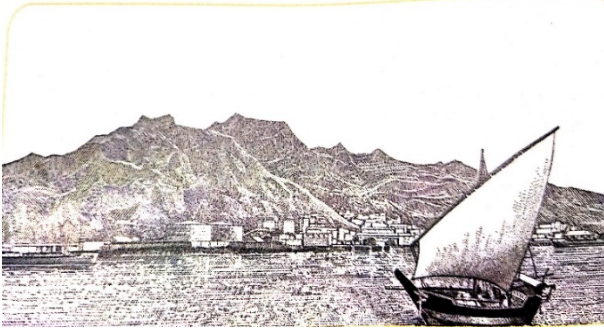

		<p>Examples of statistical questions.</p> <p>What is the most popular lunch choice?</p> <ul style="list-style-type: none"> <li>• What school do these students attend?</li> <li>• How many math teachers are in the school?</li> <li>• What is a common age for the teachers at the school?</li> <li>• About how many hours of sleep do students generally get on a school night?</li> </ul>	
<b>Science</b>	<p><b><u>Rocks and Soil</u></b></p> <p>To identify and explain the different types of rocks.</p> <p>To sort rocks, compare and group together different kinds of rocks on the basis of their simple physical properties.</p> <p>To investigate and compare the permeability of rocks.</p> <p>To investigate which type of soil can retain the most amount of water and why.</p>	<p><b>Observe</b> samples of stone and stone-like features in and around the house, e.g. walls, roofs, steps, garden tracks, gate-posts, paved areas, gravelled pathways etc.</p> <p><b>Share</b> with your child, videos on the local environment. Observe construction sites and garden centres in the local area. Collect samples of different types of rocks.</p> <p><b>Research</b> on what materials were used in the land reclamation of Palm Jumeirah island and from where they were sourced.</p> <p>Along with your child become a <b>Rock detective</b>. Spot how materials from rocks are used inside the house (tiles, toilets, basins, plaster, bricks, roofing</p>	<p><b><u>Rocks and Soil</u></b></p>  <p><a href="#"><u>Types of Rock</u></a></p> 



	<p>To describe in simple terms how fossils are formed when things that have lived are trapped within rock.</p>	<p>materials, steps) and outside the house (playground, pavements, walls, posts etc).</p> <p><b>Share</b> with your child the different kinds of architectural structures in Dubai. Tell your child about the oldest houses built and what stones they were made of.</p> <p><b>Guide</b> your child to illustrate and write what they observe.</p>	<p><a href="#">Fossils</a></p> <p><a href="#">Rocks type worksheet   Live Worksheets</a></p> <p><a href="#">Fossilization Process worksheet   Live Worksheets</a></p>
<p><b>Humanities Geography</b></p>	<p><b>The United Kingdom – Rivers and Seas</b></p> <ul style="list-style-type: none"> <li>To name and locate the rivers and seas of the United Kingdom using a map or an atlas</li> </ul> 	<p><b>Encourage</b> your child to locate the United Arab Emirates and its surrounding seas on a map of the world. Next use an atlas and locate your home country and then the United Kingdom, its rivers and surrounding seas on a world map.</p> <p><b>Talk</b> about the key rivers and seas and their importance. Play a game - who can locate them the quickest on a map.</p> <p><b>Share</b> time together following a river on a map to find where it starts and ends.</p> <p><b>Challenge</b> your child to identify the rivers and seas of the UK.</p> <p><b>Key Words:</b> river, sea, North Sea, English</p>	<p><a href="https://www.youtube.com/watch?v=rb9vZAfuOdo">https://www.youtube.com/watch?v=rb9vZAfuOdo</a></p>  <p><a href="https://www.primaryhomeworkhelp.co.uk/rivers/UK.htm#:~:text=The%20longest%20river%20in%20the,large%20areas%20of%20central%20England.">https://www.primaryhomeworkhelp.co.uk/rivers/UK.htm#:~:text=The%20longest%20river%20in%20the,large%20areas%20of%20central%20England.</a></p>



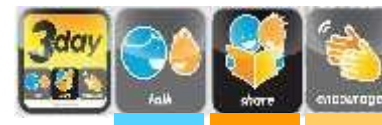



	 <p><b>Where Do Rivers Go?</b></p> <p>Can you find the River Thames?</p> <p>Where does it start?</p> <p>Where does it end?</p> <p>What do you notice about where the rivers start and end?</p>	<p>Channel, Irish Sea, Atlantic Ocean, River Thames, River Severn, River Tay, River Bann</p>	
<p><b>U.A.E. Social studies</b></p>	<p><b><u>Life in Coastal Cities</u></b></p> <p>To explore the importance of trade in the UAE in the past and present.</p> <p>TRADING IN THE UAE</p> 	<p><b>Talk</b> about the products we can buy from a mall or centre around the UAE. Where did they come from and how?</p> <p><b>Encourage</b> your child to find out what merchants took from the UAE to sell in other countries and what they bought in other countries to sell in the UAE.</p> <p><b>Share</b> information about trading in the UAE.</p>	<p><a href="https://www.liveworksheets.com/w/en/uae-ss/175300">https://www.liveworksheets.com/w/en/uae-ss/175300</a></p> <p><b>Key vocabulary:</b> merchants, trade, dhow, products, coastal, inland.</p> 



# The Winchester School

## Family Learning Newsletter Year 3 November 2023



<b>Music-Mr. Kiko</b>	<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><li>Playing with a recorder</li></ul>	<ul style="list-style-type: none"><li>Encourage the child sing action songs at home. 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><li><u>Encourage your child to practice recorder at home</u></li></ul>	<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>  <a href="https://www.youtube.com/watch?v=yNzwF04WC0A">https://www.youtube.com/watch?v=yNzwF04WC0A</a>
<b>Music- Mr. Sunil</b>	Learning how to play the song "I Love You" on recorder	<ul style="list-style-type: none"><li>Let the child practice at home, even though there will be squeaking. Be an audience. But better also check if the child is holding the recorder properly.</li></ul>	
<b>Music-Mr. Joyson</b>	<ul style="list-style-type: none"><li>Improving child's confidence and musicality through music letter names reading for beginners.</li></ul> We explore the music notes in a specific song "twinkle twinkle". So that they are able to play in the recorder	<ul style="list-style-type: none"><li>Let the child understand the music note and the finger position on the recorder.</li><li>Ask the child to perform it with the beat. Below mentioned link is for the beats.</li><li><u><a href="#">80 BPM - Simple Straight Beat - Drum Track - YouTube</a></u></li></ul>	<a href="#">Twinkle Twinkle Little Star (D Major) - Recorder Tutorial</a>  <a href="#">EASY Song - YouTube</a>
<b>ICT</b>	To create power point presentation with transition effects to the slides and animation to the objects	Good Organizational skill, critical thinking. Encourage your child to create Power point on any topic of their interest. Apply transition effect to the slides and animation to the text, image in the slide.	<a href="#">PowerPoint: Slide Basics (gcfglobal.org)</a>  <a href="#">PowerPoint: Getting Started with PowerPoint (gcfglobal.org)</a>



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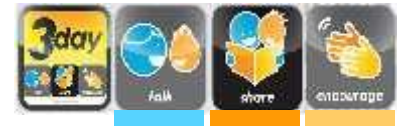


			<a href="https://edu.gcfglobal.org/en/powerpoint/applying-transitions/1/">https://edu.gcfglobal.org/en/powerpoint/applying-transitions/1/</a>
<b>Moral Education</b>	<p>To behave in a way that ensures they learn effectively and benefit fully from being at school, demonstrating that they know what their place in school is, what school expects of them and how their behaviour should be adapted in different situations (at school, playing with friends, and at home)</p> <p>To recognise how their actions as an individual affect others and apply appropriate levels of self-awareness and responsibility to interact correctly with other members of the school community and in role-play activities</p>	<p><b>Talk</b> to your child about what school expects of them and how their behaviour should be adapted in different situations.</p> <p><b>Encourage</b> your child to interact correctly with everybody around them.</p> <p>Speak to your child and engage him/her through different stories demonstrating good behaviour with friends and at home.</p>	
<b>Arabic for Arabs</b>	<p><b>قصة غابة العجائب*</b></p> <p>أن يحدد التلميذ عناصر القصة أن يحلل التلميذ عناصر القصة أن يفسر التلميذ المفردات الجديدة في القصة أن يقرأ التلميذ قراءة جهرية سليمة مراعيًا التنغيم والضبط السليم أن يحدد الفكرة الرئيسة والأفكار الفرعية أن يحدد التلميذ عناصر القصة</p> <p><b>(ظرف الزمان والمكان ) نحو</b></p> <p>أن يميز التلميذ ظرف الزمان وظرف المكان أن يُنشئ التلميذ جملاً تحوي ظرف الزمان-والمكان</p> <p><b>النداء</b></p>	<p>يستطيع السيد ولي الأمر أن يساعد التلميذ عن طريق حث التلميذ على استخدام الكلمات الجديدة في تعبيراته داخل المنزل</p> <p>"مساعدة التلميذ على القراءة السليمة لقصة " <b>غابة العجائب</b></p> <p>مساعدة التلميذ في الربط بين خبراته ومعلوماته السابقة وبين ما يتعرفه من معلومات جديد</p> <p>مساعدة التلميذ في كيفية جمع كلمات من المحيط الذي حوله وتوظيفها في سياقات جديدة</p> <p>تدريب الطالب على إلقاء القصيدة إلقاءً صحيحاً مع تمثيل المعنى في نبرات الصوت</p> <p>مساعدة الطالب على كتابة جمل جديدة تحوي النداء</p> <p>مساعدة الطالب على كتابة جمل جديدة تحوي ظرف المكان وظرف الزمان</p> <p>مساعدة الطالب على كتابة جمل تحوي علامات ترقيم</p>	<p><a href="#">قناة اللغة العربية والتربية الإسلامية</a></p> <p><a href="#">بمدرسة ونشستر</a></p> <p><a href="#">منصة كتي</a></p>

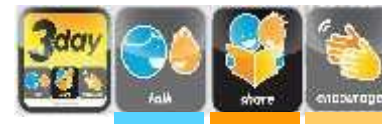


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	<p>يمكن لولي الأمر الدخول من خلال الرابط المرفق لموقع قناة اللغة العربية والتربية الإسلامية الخاص بمدرسة ونشستر ومتابعة التسجيلات الخاصة بالدروس ومشاركتها مع التلميذ وتدوين ما تعلمه في دفتره المدرسي</p> <p>أن يكون جمل نداء ب(يا) محاكيًا النمط أن ينشئ - جمالاً فعلية بسيطة .</p> <p><b>علامات الترقيم</b> أن يميز التلميذ بين علامات الترقيم ( ، . ؟ ! ) أن يُنشئ التلميذ جمالاً تحوي علامات ترقيم ( ، . ؟ ! )</p>		
<p><b>Arabic for Non-Arabs</b></p>	<p><u>THE FAMILY</u> To create sentences about the family. To compare between the family members. To describe the family using the correct adjectives. To describe a day with the family. To describe the family food and hobbies. To create a telegram correctly.</p>	<p>In every new lesson, we provide new words with its meanings. Help your child to memorize them and using them in sentences on his/her own. Help your child to link between the picture and the word. Ask your child to draw things seen at home. Talk to your son about the family. Go through the links on the Arabic and Islamic YouTube channel so that you can help your child learn more at home about the topic.</p>	<p><a href="#">Drinks in Arabic</a></p> <p><a href="#">ARABIC COLOURS</a></p> <p><a href="#">Family members in Arabic</a></p> <p><a href="#">Kotubee reading platform</a></p>
<p><b>Islamic Education - Arabs</b></p>	<p><b>نزل الوحي على النبي محمد عليه السلام</b> أن يتعرف قصة نزول الوحي على النبي محمد عليه السلام . أن يبين مهمة الرسول عليه الصلاة والسلام . أن يستنبط أول ما نزل من القرآن الكريم على سيدنا محمد صلى الله عليه وسلم <b>خديجة بنت خويلد - رضي الله عنها</b> أن يعدد صفات السيدة خديجة - رضي الله عنها أن يستنتج دور السيدة خديجة في مساندة الرسول في نشر الإسلام أن يحرص على الاقتداء بالسيدة خديجة - رضي الله عنها <b>آداب تلاوة القرآن الكريم</b> أن يستنتج آداب تلاوة القرآن الكريم .</p>	<p>مساعدة التلميذ في حفظ الآيات الكريمة من خلال المصحف المعلم. مساعدة التلميذ في تصميم مخطط عن السيدة خديجة رضي الله عنها. مساعدة التلميذ في معرفة الفرق بين التقي والشقي يوم القيامة . حث التلميذ على التزام آداب التلاوة.</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>



	أن يدلل على فضل تلاوة القرآن الكريم. أن يقيم بعض السلوكيات .		
<b>Islamic Education-Non-Arabs</b>	<p>Divine revelation (Suratu a-Albayyina)</p> <p>To recite Surah Al Bayyinah properly and correctly.</p> <p>To introduce the information about Surah Al-Bayyinah.</p> <p>To understand the over-all meaning of the Surah.</p> <p>Belief (Iman) belief in angels.</p> <p>To find out the Arabic word for Angel, their characteristics and duties.</p> <p>To define who the angels are and what they are made of.</p> <p>To recognize that the belief in the unseen Angels is one of the six pillars of Iman.</p> <p>To be able to mention the names and attributes of some angels.</p> <p>To be able to describe their function and deeds.</p> <p>The call to prayer (adhan and iqama)</p> <p>Students will be able to learn the meaning of Adhan.</p> <p>Students will be able to explain what is desirable to say upon hearing the call prayer</p>	<p>Please encourage your child to memorize Suratu al-Albayyina</p> <p>share with your child some information about the angels.</p> <p>Help your child to watch adhan video and memorize it.</p> <p>Encourage your child to color monthly prayer chart and answers in book ISLAM MY WAY OF LIVING as Encourage your child to apply obligatory element of Salah.</p> <p>Go through the links on the Arabic and Islamic YouTube channel so that you can help your child learn more at home about the topic.</p>	<p><a href="http://www.study4uae.com/">Arabic and Islamic YouTube Channel</a></p> <p><a href="http://www.study4uae.com/">http://www.study4uae.com/</a></p>
<b>Physical Education</b>	<u>Sports day</u>	<u>Talk and Encourage the children to do the</u>	<u>Useful sites:</u>







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Activity -1	<p>Aim of the lesson is to improve their speed and agility.</p>	<p><u>following:</u></p> <p><u>Proper warm up</u> The Students will do the proper warm up and will practice races with basic rules. Follow the link</p> <p><u>Cooldown</u> After the game students will do proper cooldown activity.</p>	<p>Link1:</p> <p><a href="https://www.youtube.com/watch?v=ZMfUXg7B0oU">https://www.youtube.com/watch?v=ZMfUXg7B0oU</a></p>
Activity -2	<p><u>Soccer – Dribbling</u></p>  <p><small>shutterstock.com · 1543481927</small></p> <p>The aim of this Soccer lesson plan is to understand the importance of successful Dribbling &amp; Able to travel with the ball in playing situation.</p>	<p><u>Talk and Encourage the children to do the following:</u></p> <p><u>Proper warm up</u></p> <ul style="list-style-type: none"> <li>• Tuck jump</li> <li>• Depth jump</li> <li>• Star jump</li> <li>• Broad jump</li> <li>• Jumping jacks</li> <li>• Follow the link for dribbling</li> </ul> <p><u>Cool down</u></p>	<p>Link1:</p> <p><a href="https://www.youtube.com/watch?v=Sdv6Y1tqE4U">https://www.youtube.com/watch?v=Sdv6Y1tqE4U</a></p> <p><a href="https://www.youtube.com/watch?v=movQZS-VY9I">https://www.youtube.com/watch?v=movQZS-VY9I</a></p>
Activity -3	<p><u>Soccer- Kicking skill</u></p>	<p><u>Talk and Encourage the children to do the following:</u></p> <p><u>Proper warm up</u></p> <ul style="list-style-type: none"> <li>• On the spot run</li> <li>• Shuttle run</li> </ul>	<p>Link 1</p> <p><a href="https://www.youtube.com/watch?v=F4WXCLOQH2E">https://www.youtube.com/watch?v=F4WXCLOQH2E</a></p>




	 <p>Teaching and learning in Soccer, Students will be able to demonstrate kicking techniques and transfer these in to game situations.</p>	<ul style="list-style-type: none"> <li>• Star jump</li> <li>• Broad jump</li> <li>• Jumping jacks</li> </ul> <ul style="list-style-type: none"> <li>• Follow the link for Kicking skills</li> </ul> <p><u>Cool down</u></p>	<p>Linck 2</p> <p><a href="https://www.youtube.com/watch?v=PQjoSNaf5c">https://www.youtube.com/watch?v=PQjoSNaf5c</a></p>
Activity -4	<p><b><u>Soccer – Team game</u></b></p> <p>Teaching and learning in soccer able to understand how to coordinate with team mates in playing situation.</p> 	<p><u>Talk and Encourage the children to do the following:</u></p> <p><u>Proper warm up</u></p> <ul style="list-style-type: none"> <li>• Plank Pose</li> <li>• Side Plank</li> <li>• One Leg Stiff-Legged Deadlifts</li> <li>• High Lunge</li> <li>• Tuck Crunches</li> <li>• Curtsy Squat</li> </ul> <p>Follow the link for Team game and movement</p> <p><u>Cooldown</u></p>	<p>Link 1 :</p> <p><a href="https://www.youtube.com/watch?v=WkhbInv1MeE">https://www.youtube.com/watch?v=WkhbInv1MeE</a></p>



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