Hi all,

Hope you all had a lovely bank holiday!

Below is the **suggested work** for the next fortnight. This time we're working from Wednesday to Wednesday instead of Monday to Monday. Again, there is no pressure on anyone to complete everything listed, just do what you can. Feel free to pick and choose what suits you best from the different options below. Also. I know there are a lot of pages but don't worry, there are a lot of pictures for music and PE. \odot

Well done on all your efforts so far. You're nearly there! 🤗

Slán go fóill,

Miss Kavanagh

Weds 3rd June - Tues 9th June

<u>Maths</u>

<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Monday</u>	<u>Tuesday</u>
<u>3/6/20</u>	<u>4/6/20</u>	<u>5/6/20</u>	<u>8/6/20</u>	<u>9/6/20</u>
Master Your Maths Week 24 p.52 'Monday' <u>BAM</u> Ch.26 'Chance' p.129 <u>Tables Champion</u> Week 24 Monday Column	Master Your Maths Week 24 p.52 'Tuesday' <u>BAM</u> Ch. 26 'Chance' p.130 <u>Shadow Book</u> p.58 <u>Tables Champion</u> Week 24 Tuesday Column	Master Your Maths Week 24 p. 53 'Wednesday' <u>BAM</u> Ch. 26 'Chance' p.131 <u>Tables Champion</u> Week 24 Wednesday Column	Master Your Maths Week 24 p. 53 'Thursday' <u>BAM</u> Ch. 26 'Chance' p.132 <i>Instead of using</i> <i>counters or cubes</i> <i>you could cut up</i> <i>squares of paper</i> <i>and colour them</i> <i>the appropriate</i> <i>colour.</i> <u>Tables Champion</u> Week 24 Thursday column	Master Your Maths Week 24 Test p.89 Shadow Book p.59 Code Cracker (see below)

Answer the questions to crack the code.

What was the man who stole a goat charged with?

767	252	481	87	90	108	108	252	87	300

<i>P</i> = 426-318=	N=217-130=
$A = \frac{1}{4} of 360 =$	D = 364+117 =
$K = \epsilon 7.67 = c$	

I = 42x6 =_____

G = Round 342 to the nearest 100.

<u>Useful links on CJ Fallon to support chapter</u>

p.130

http://data.cjfallon.ie/resources/20691/BAM4_Tutorial_090/lessons/BAM4_Tutorial_090/index.html

p.132

http://data.cjfallon.ie/resources/20691/BAM4_Tutorial_091/lessons/BAM4_Tutorial_091/index.html

<u>Béarla</u>

<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Monday</u>	<u>Tuesday</u>
<u>3/6/20</u>	<u>4/6/20</u>	<u>5/6/20</u>	<u>8/6/20</u>	<u>9/6/20</u>
Spelling: Spell Well Week 31 Ex. A p.64 Block 109 Class Novel: Charlotte's Web Read Chapter 15 Crazy Carnivals Unit 41 'Summer Camp' p.150+151 Study the application form and answer the following questions Handwriting: <u>Ready Steady</u> <u>Write</u> Complete next page.	Spelling: Spell Well Week 31 Ex. B p.64 Block 110 Class Novel: Charlotte's Web Read Chapter 16 Poetry: Crazy Carnivals Unit 41 'Timetable' p.152+153 Analyze the timetable and answer the accompanying questions	Spelling: Spell Well Week 31 Ex. C p.64 Block 111 Class Novel: Charlotte's Web Read Chapter 17 Word Study: <u>New Treasury 4</u> p.68 Bossy Verbs and Phonics - <i>ue</i>	Spelling: Spell Well Week 31 Ex. D p.64 Block 112 Class Novel: Charlotte's Web Read Chapter 18 Grammar: New Treasury 4 p.69 Adjectives Ex. A+B	Spelling: Spell Well Week 31 Ex. E+H p.65 Grammar: New Treasury 4 p.69 Adjectives Ex. C_Unit 10: The Arrivals p.60 Activities p.61 Novel Work: Choose an activity from below to complete on "Charlotte's Web"

Charlotte's Web

- 1. Spider Sense: What can you find out about spiders? Use books and the internet to do some research. Present your findings on a poster or leaflet. Make it interesting and eye-catching.
- 2. Persuasive Pig: Imagine you are Charlotte, writing a letter in your web to persuade the Zuckermans to spare Wilbur's life. Use persuasive (convincing) language, an emotional tone and well-reasoned arguments to make your case.
- 3. Spin a Web: Draw a timeline of Charlotte's role in the story so far. Include all of the key events that she has been involved in. How do you think her part in the story will end?
- 4. Humble: Find as many synonyms (words with the same meaning) as you can for HUMBLE, the last word Charlotte weaves into her web. Write down in your own words what this word means, and how it applies to the characters.

<u>Gaeilge</u>

<u>Dé Céadaoin</u>	<u>Déardaoin</u>	<u>Dé hAoine</u>	<u>Dé Luain</u>	<u>Dé Máirt</u>
<u>3/6/20</u>	<u>4/6/20</u>	<u>5/6/20</u>	<u>8/6/20</u>	<u>9/6/20</u>
<u>Fuaimeanna agus</u>	<u>Fuaimeanna agus</u>	<u>Fuaimeanna agus</u>	<u>Fuaimeanna agus</u>	<u>Fuaimeanna agus</u>
<u>Focail</u> Aonad 26:	<u>Focail</u> Aonad 26:	<u>Focail</u> Aonad 26:	<u>Focail</u> Aonad 26:	<u>Focail</u> Aonad 26:
Na litreacha <i>ái</i>	Na litreacha <i>ái</i>	Na litreacha <i>ái</i>	Na litreacha <i>ái</i>	Na litreacha
(pronounced aw)	Bosca 2	Bosca 3	Bosca 4	Test yourself using
Bosca 1	Ex. C + D p.79	Ex. E + F p.80	Ex. G + H p.80+81	bottom half of p.81
Ex. A + B p.79	<u>Briathra</u> Aimsir	<u>Briathra:</u> Aimsir	<u>Briathra</u> Aimsir	<u>Briathra</u> Aimsir
<u>Briathra</u> Aimsir Chaite – Déan (to do/to make) lch. 87 Bris an cód chun scéal a scríobh. (Dé Céadaoin)	Chaite – Déan (to do/to make) lch. 87 Bris an cód chun scéal a scríobh. (Déardaoin)	<u>Briathra</u> Aimsir Chaite – Déan (to do/to make) lch. 87 Bris an cód chun scéal a scríobh. (Dé hAoine)	Chaite – Faigh (to get) lch. 89 Bris an cód chun scéal a scríobh. (Dé Luain)	Chaite – Faigh (to get) lch. 89 Bris an cód chun scéal a scríobh. (Dé Máirt) Tarraing pictiúr den scéal.

Briathra: Aimsir Chaite – Déan (to do/to make) lch. 87

- 1. (Déan mé) m'obair bhaile aréir.
- 2. (Déan sí) cáca mór sa chistin.

<u>Déardaoin (4/6/20)</u>

- 1. (Ní dean siad) an dinnéar aréir.
- 2. (An dean tú) cáca riamh?

<u>Dé hAoine (5/6/20)</u>

- 1. (Déan sinn) teach beag sa ghairdín
- 2. (Déan Mamó) arán an tseachtain seo caite.

Briathra: Aimsir Chaite – Faigh (to get) lch. 89

Dé Luain (8/6/20)

- 1. (Faigh mé) cóta nua.
- 2. (An faigh tú) cárta Nollag anuraidh.

<u>Dé Máirt (9/6/20)</u>

- 1. (Ní faigh said) uisce tar éis an cluiche.
- 2. (Faigh sinn) bainne ar scoil anuraidh.

Bris an cód

A	Á	B	С	D	E	É	F	G	H	Ι	Í	L	Μ	N	0	Ó	Р	R	S	Т	U	Ú
3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	50	54	56	60	64	66	70

Each bracket stands for a letter. Use your answer to find the matching letter in the grid above.

<u>Dé Céadaoin</u> (4 focail)

 $\underbrace{(8x8)(2x3)}_{(7x8)(6x8)(10x6)(57+3)(3x1)} \underbrace{(6x10)(1+2)}_{(40-1)(3x6)(1x3)(3x3)(2+1)}.$

Déardaoin (4 focail)

 $\underbrace{(8x8)}(\underline{6x1}) \quad \underbrace{(3x1)}(\underline{6x10})(\underline{3x4})(\underline{6x8})(\underline{8x7})(\underline{9x5})(\underline{6-3})(\underline{2x6})(\underline{6x5}) \quad \underbrace{(8x8)}(\underline{3x11})(\underline{5x9})(\underline{9x5}).$

<u>Dé hAoine</u> (4 focail)

(8x8) (3+3) (6x7) (1+2) (3x5) (7x8) (4-1) (10x6) (6-3) (70-10) (6x3) (8x6) (6x7) (7x8) (9-6) . Det Luain (5 focail) (60+4)(7-1) (3x3)(6x11)(11x3)(5x3)(3x7)(3x1)(42-3) (30+9)(9x2)(3x11)(30-3)(10x3)(35-2)(10x6) (4-1)(3x9) (7x6)(8-5)(6x7)(5-2)(12x3) .

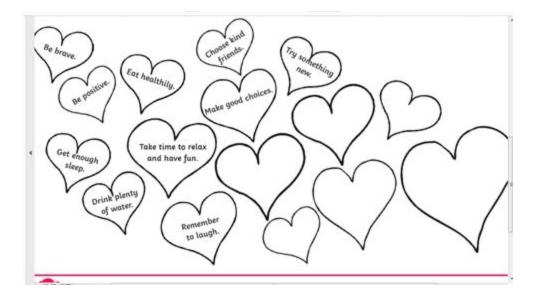
<u>Dé Máirt</u> (3 focail)

 $\underbrace{(9x5)}_{(6x6)}\underbrace{(36+3)}_{(60-4)}\underbrace{(8x6)}_{(6x10)}\underbrace{(63-3)}_{(7-4)}\underbrace{(51+9)}_{(2x3)}\underbrace{(10x6)}_{(8x8)}\underbrace{(2+1)}_{(2+1)}.$

<u>SPHE</u>

• Being Kind to Yourself

We often think about how we can be kind to others and what effect our behaviour has on other people. Have you ever thought about how you can be kind to yourself? This is important now, during these strange times, more than ever. Fill an A4 page with different sized hearts and write your own ideas about how you can be kind to yourself. Some ideas are given in the image below. Colour these hearts in as you carry them out to be kind to yourself.



<u>Religion</u>

• Grow In Love

Theme 9: The Pilgrim Church | Lesson 1

Pilgrimages at Home and Abroad p.76-78

Weds 10th June - Weds 17th June

<u>Maths</u>

<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<u>10/6/20</u>	<u>11/6/20</u>	<u>12/6/20</u>	<u>15/6/20</u>	<u>16/6/20</u>	<u>17/6/20</u>
Master Your <u>Maths</u> Week 25 'Monday' p.54 <u>BAM</u> Ch.33 'Capacity' p.163 *1000ml = 1 litre <u>Tables</u> <u>Champion</u> Week 25	Master Your Maths Week 25 'Tuesday' p.54 BAM Ch.33 'Capacity' p.164 Tables Champion Week 25	Master Your Maths Week 25 'Wednesday' p.55 BAM Ch.33 'Capacity' p.165 Tables Champion Week 25	Master Your Maths Week 25 'Thursday' p.55 BAM Ch.33 'Capacity' p.166 Tables Champion Week 25	Master Your Maths Week 25 Test p.90 BAM Ch.33 'Capacity' p.167	<u>Shadow Book</u> <u>'Capacity'</u> <u>Revision p.68</u> <u>Code Cracker</u> (See below)

Answer the questions to crack the code.

Why was the pudding nervous in the police line-up?

120	6.8	285

8	118	20	285
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128	118	442	118

8	68	54	118

21	118	8	8	35

E = 45+73=	J = 1/3 of 63.	R = 783-341=
Y = 7x5 =	S = 142+143	H = Multiply 10 by 12.
$\mathbf{L} = 48 \div 6 = \underline{\qquad}$	I = 9.4 - 2.6 =	W =Double 64.
$G = \frac{1}{4}$ of 80 =	K = 19+18+17=	

Useful links to support chapter on CJ Fallon

p.163

http://data.cjfallon.ie/resources/20691/BAM4_Tutorial_107/lessons/BAM4_Tutorial_107/index.html

p.164

http://data.cjfallon.ie/resources/20691/BAM4_Tutorial_108/lessons/BAM4_Tutorial_108/index.html

p.167 (addition)

http://data.cjfallon.ie/resources/20684/BAM3_Tutorial_105/lessons/BAM3_Tutorial_105/index.html

p. 167 (subtraction)

http://data.cjfallon.ie/resources/20684/BAM3_Tutorial_106/lessons/BAM3_Tutorial_106/index.html

<u>Béarla</u>

<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<u>10/6/20</u>	<u>11/6/20</u>	<u>12/6/20</u>	<u>15/6/20</u>	<u>16/6/20</u>	<u>17/6/20</u>
Spelling:	Spelling:	Spelling:	Spelling:	Spelling:	Spelling:
Spell Well	Spell Well	Spell Well	Spell Well	Spell Well	<u>Spell Well</u>
Week 32 –	Week 32 -	Week 32 -	Week 32 -	Week 32 -	Week 32 -
Revision	Revision	Revision	Revision	Revision	Revision
Ex. A p.66	Ex. B p.66	Ex. C p.66	Ex. D p.67	Ex. E p.67	Ex. F p.67
Class Novel: <u>Charlotte's</u> <u>Web</u> Read Chapter 19 Handwriting: <u>Ready Steady</u> <u>Write</u> Complete next page.	Sneak Thieves Unit 37 'The Amazon Rainforest' Read p.132+133 Complete activities on p.134 in your copy	Class Novel: <u>Charlotte's</u> <u>Web</u> Read Chapter 20 Grammar: <u>New Treasury</u> <i>Pronouns</i> p.75 Ex. A	Poetry: <u>New Treasury</u> <i>"Colour"</i> p.72 Q1-4 p.73 Grammar: <u>New Treasury</u> <i>Pronouns</i> p.75 Ex. B	Poetry: <u>New Treasury</u> <i>"Colour"</i> p.72 Q5-8 p.73 Grammar: <i>Pronouns</i> p.75 Ex. C	Novel Work: Choose one of the activities from below to complete on "Charlotte's Web"

Charlotte's Web

- 1. <u>Poster Pig:</u> Design a poster to advertise the fair and persuade people to come. Use tempting descriptions of Zuckerman's Famous Pig!
- 2. <u>Introducing</u>.... Imagine you have the task of introducing Wilbur to the crowds at the fair. Write an outstanding opening to introduce the star of the show!
- 3. <u>Predicting</u>.... With only two chapters left in the novel write your prediction on how you think the story will finish.

<u>Gaeilge</u>

<u>Dé Céadaoin</u>	<u>Déardaoin</u>	<u>Dé hAoine</u>	<u>Dé Luain</u>	<u>Dé Máirt</u>	<u>Dé Céadaoin</u>
<u>10/6/20</u>	<u>11/6/20</u>	<u>12/6/20</u>	<u>15/6/20</u>	<u>16/6/20</u>	<u>17/6/20</u>
<u>Fuaimeanna</u> <u>agus Focail</u> Aonad 27: Sa Ghairdín Bosca 1 Ex. A + B p.82 <u>Briathra</u> Aimsir Chaite – Feic (to see) lch. 91	<u>Fuaimeanna</u> <u>agus Focail</u> Aonad 27: Sa Ghairdín Bosca 2 Ex. C + D p.83 <u>Briathra</u> Aimsir Chaite – Feic (to see) lch. 91	<u>Fuaimeanna</u> <u>agus Focail</u> Aonad 27: Sa Ghairdín Bosca 3 Ex. E + F p.83 <u>Briathra</u> Aimsir Chaite – Feic (to see) lch. 91	<u>Fuaimeanna</u> <u>agus Focail</u> Aonad 27: Sa Ghairdín Bosca 4 Ex. G + H p.83+84 <u>Briathra</u> Aimsir Chaite – Ith (to eat) lch. 93 Bris an cód agus tarraing pictiúr.	<u>Fuaimeanna</u> <u>agus Focail</u> Aonad 27: Sa Ghairdín Test yourself using bottom half of p.84 <u>Briathra</u> Aimsir Chaite – Ith (to eat) lch. 93 Bris an cód agus tarraing pictiúr.	Briathra Aimsir Chaite – Ith (to eat) lch. 93 Briathra: Aimsir Chaite Translate sentences (see below) Bris an cód agus tarraing pictiúr.

Briathra: Aimsir Chaite - Feic (to see) lch. 91

<u>Dé Céadaoin</u> (10/6/20)

- 1. (Feic mé) madra sa pháirc.
- 2. (Feic sinn) ár cairde inné.

<u>Déardaoin</u> (11/6/20)

- 1. (An feic tú) an moncaí ag léim sa zú?
- 2. (Ní feic mé) an moncaí ag léim.

<u>Dé hAoine</u> (12/6/20)

- 1. (Feic sé) eilifint ag ól uisce.
- 2. (Feic siad) an tíogar ag ithe feoil sa zú.

Briathra: Aimsir Chaite – Ith (to eat) lch. 93

<u>Dé Luain</u> (15/6/20)

- 1. (Ith sinn) ár mbricfeasta sa chistin ar maidin.
- 2. (An ith tú) an cáca?

<u>Dé Máirt</u> (16/6/20)

- 1. (Ith mé) ceapaire inné.
- 2. (Ní ith siad) seacláid anocht.

<u>Dé Céadaoin</u> (17/6/20)

- 1. (Ith sé) borgaire agus sceallóga.
- 2. (Ith sí) iasc sa bhialann aréir.

Translate (17/6/20)

- 1. I saw a bird in the sky.
- 2. He saw his friend yesterday.
- 3. We ate lunch in the morning.
- 4. Did you eat your dinner?
- 5. I did not see the coat on the ground.

Bris an cód agus tarraing pictiúr.

A	Á	В	С	D	E	É	F	G	H	Ι	Í	L	Μ	N	0	Ó	Р	R	S	Т	U	Ú
3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	50	54	56	60	64	66	70

<u>Dé Máirt</u> (16/6/20)

Bris an cód agus tarraing pictiúr.

(2+1) (3x9) (53+7) (9x5) (3x2) (6x7) (5x6)

<u>Dé Céadaoin</u> (17/6/20)

<u>SPHE</u>

- Reflect on how you were kind to yourself throughout the past week and how this made you feel. Look over your sheet and see if you have completed all your ideas on how to be kind yourself. <u>Continue to be kind to yourself</u>
- Complete some of the following "Random Acts of Kindness" in order to make others good during these tough times. Actions often speak louder than words.
 - 1. Run a bubble bath for a grown up.
 - 2. Make some food for somebody.
 - 3. Send a postcard to a friend.
 - 4. Set the table for dinner.
 - 5. Wash somebody's car.
 - 6. Donate old clothes and/or toys.
 - 7. Empty the dishwasher or clean up.
 - 8. Leave a secret message for somebody.
 - 9. Make a birdfeeder.
 - 10. Phone somebody who you haven't spoken to in a while.

<u>Religion</u>

• Grow in Love

Theme 9: The Pilgrim Church | Lesson 2

Our Lady of Guadalupe p.79-81

SESE Weds. 3rd June – Weds. 17th June

Science · Science Quest

- 1. Ch. 18 "Flower Press" p. 74-76 (This experiment has a two week wait for results)
- 2. Ch. 19 "Water Pressure" p. 77-80

Geography · Geography All Around Me

Ch. 24 "Welcome to Brazil!" p.96-99

Atlas Hunt

Using your atlas try to complete the pages on Ireland (p.3-21) that have not yet been completed over the next few weeks.

History · History All Around Me

- 1. Ch. 22 "The Maid Of Orléans" p.85-88
- 2. Ch. 25 "A Century of Fashion" p.98-101

<u>Arts Subjects 3rd June – 17th June</u>

<u>Art</u>

•

Some options below based on work covered for you to choose from. Of course feel free to come up with your own art ideas also.

<u>Brazil</u>

- Copy a map of Brazil from your atlas and mark in some of its cities and bordering countries. Decorate your page with drawings of some of Brazil's products. Use the information you read about in Sneak Thieves and Geography All Around Us to choose your drawings.
- Choose a creature that is found in The Amazon Rainforest and design a poster on it. Draw the animal and surround it with some of the most interesting facts you found out about it.

<u>Fashion</u>

- Design of suit of armour for Joan of Arc.
- Draw a timeline displaying how your clothes have changed over the years. Use old photos of yourself to help and inform you.

<u>Drama</u>

Get creative with your clothes and have a fashion show.

- 1. Have fun representing different decades and different family members or family friends.
- 2. Choose your favourite decade and hold a fashion show based on that decade.
- 3. Or create your own fashion for the future.

<u>Music</u>

Explore and study music from the past number of decades. (Examples below)

Listen to the musical elements* within the music *How does the song make you feel, how does it make you want to move...*

Select suitable music to go along with your fashion show.

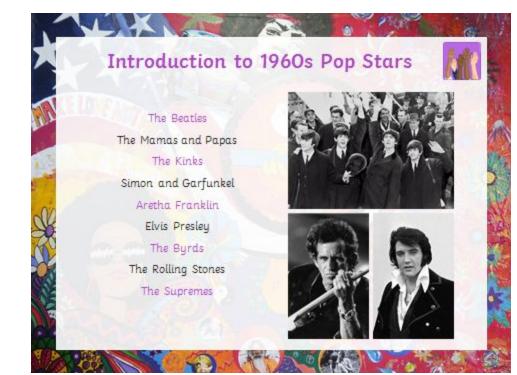
<u>OR</u> Just enjoy the music and dance like nobody is watching!

Music is for enjoyment!!!

Ask your parents, grandparents, aunts and uncles for their favourite music from the different decades.

- *Pitch: How high or low the notes sound in the music
- *Tempo: How fast or slow the music is
- *Texture: The lovely sounds of melodies and harmonies
- *Dynamics: How loud or quiet the music is
- *Duration: How long or short the notes are
- *Timbre: The sound of instruments or voices





Introduction to 1970s - Pop stars

Abba Alice Copper David Bowie Bay City Rollers Elton John Queen Rod Stewart Stevie Wonder T. Rex

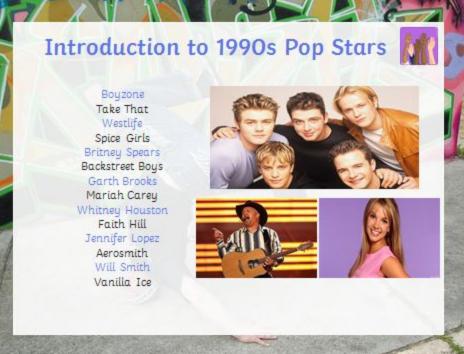
> The Bee Gees The Osmonds

> > Elvis Presley









<u> P.E</u>

Create a dance to go with your favourite song from the past few decades.

Watch this Decades of Dance video on YouTube for inspiration https://www.youtube.com/watch?v=orw4EK4Wvcs

There are famous moves from each decade:

1950s: The Hand Jive <u>https://vimeo.com/205449872</u> (video guide to moves below)

The Hand Jive				
Name of 'Dance move'	The movements			
Slap thighs	Both hands slap thighs twice at the same time			
Clap hands	Clap hands in front of the body twice			
Scissor action	Right hand on top of left, twice Left hand on top of right, twice			
Fist bumps	Bump fist right on top twice then left on top twice			
Hitch hiker	Thumb of right hand gestures over right shoulder twice. Repeat on other side			
The hand circles (you can add this in)	Right hand on left elbow, circle left fist with finger pointing repeat other side			
Steps from 'Grease'	Step together step, other side, step together step together, step together, step. Arms 'guns' and 'Cowboy Lasso'.			

1960s: <u>https://vimeo.com/204336221</u> (video guide to moves below)

The Dance Moves			
Name of 'Dance Move'	The Movements		
Swimming Forwards	Gesture with the arms alternately as doing the breast stroke forwards		
Pony Step	A run either travelling or on the spot with the knees high and the hands in front of the body		
Fosse Step with Hand Twists	Stepping forwards and turning a half turn, arms outstretched to the side with hands in a fist shape circlin		
Fosse Arms Behind Back	Waving arms side to side behind back, stepping on bende knees forward		
Chicken Head	Isolating the head forward to the beat of the music		
Circling the Arms – Side, Side then Circle (Small)	Stepping sideways with the hands circling close to the hips, the ribs isolating forwards and backwards		
The Twist	On both or alternate legs twisting the legs, hips and body from side to side		
Swimming Backwards	Bring the arms back over the head alternately as if doing the backstroke		

1970s https://vimeo.com/203818084 (video guide to moves below)

The Dance Moves				
Name of 'Dance Move'	The Movements			
The Hustle (backwards and forwards)	Step back Right, Left, Right together. Step forwards Left, Right, Left together			
9 Bus Stop – turn with clap	Step turning. Right, Left, Right together and clap. Othe side.			
John Travolta arms	Right arm up Right diagonally and back down to Left low diagonal			
Rolling Hands	With fists roll the hands around each other			
Funky Chicken	Hands close to body arms bent up			
Steps to Turn	Leg gesture forward, back, side then jump to face new direction			
Grape Vine – sideways	Step Right, Left behind, Right and jump feet together			
Snake Arms	Clasp hands together, undulate through arms			

1980s: <u>https://vimeo.com/205103882</u> (video guide to moves below)

The	Dance Moves
Name of 'Dance Move'	The Movements
Thriller Ball Changes	Step foot across, step other out to the side, repeat. On final one, bring arms high.
Thriller Step Together	Step together, step, turn. Use "monster" arms.
MJ Leg Move	Walking forwards, bring leg up bent.
MJ Stepping and Clicking	Step each foot in front of the other walking forwards. Click fingers of one hand with the arm close to the body.
Moon Walking	One foot flat and one foot on the ball, give the weight to the foot on the ball, drag the flat foot backwards, swap, repeat.
Six Step	Six steps on an imagined box, step, step behind, step out, step in front, step back, step back.
Threading	On the floor, hold the foot with the opposite hand and 'thread' the second leg through. Can be done with a roll.
Hand Plant Freeze	A one-handed handstand.
Three Step	Your opposite hand and foot support your weight, one foot ben- under, swap, both feet on the floor.

One of the most famous dances from the 90s performed by NTV from GoNoodle <u>https://www.youtube.com/watch?v=RbzcLzMPyIg</u>

- <u>Workout</u>: 10 rounds of the following exercises. 1st round do 10 reps of each exercise, 2nd round do 9 reps of each exercise, 3rd round do 8 reps of each exercise, 4th round do 7 reps of each exercise and so on. On your 10th round you will only be doing 1 rep of each exercise.
 - 1. Squats
 - 2. Sit ups
 - 3. Jumping Jacks
 - 4. Shoulder Taps
 - 5. Forward and Back Jumping Over Hurley
- <u>Go Noodle:</u> Category Guided Dance
- Yoga: Cosmic Kids Yoga https://www.youtube.com/user/CosmicKidsYoga