

Morning Verse –

Each morning, say the verse. If you are allowed to, light a candle first.

Tips: There is a copy of the verse below. if you need to, print it out and keep it somewhere handy.

Recorder Practice – 10 minutes each morning

- 1) Run through the two songs you have been given so far.
- 2) Look at the faster notes in Cantate Domino and use small sections of these as scales to warm up your fingers and get used to the patterns of the notes.
- 3) Practice Cantate Domino - remember to practise a bar or two until it feels smooth and then build on this by practising the next couple of bars and joining it all together.
- 4) There is an audio available to listen to and try to play along with.

Maths Practice – 20 mins each morning

A one or two-page worksheet will be put up on the website each day with answers given on the following day. Each morning you can go over yesterday's work with the provided answers, then go on with the day's worksheet.

You can email me a copy of your work if you like, so I know how you are going. It's very helpful for me to see.

Tips: If it feels more manageable, set yourself the task of doing half of the sums for each question and then go back and do the rest if you are able.

Working with words – 10 mins each morning

This week we are going to learn a poem as much by heart as possible. You can put a copy somewhere you will see it often and practise it for 10 minutes each morning as well.

The Moon is Up, by Alfred Noyes

The moon is up, the stars are bright.
the wind is fresh and free!
We're out to seek the gold tonight
across the silver sea!
The world is growing grey and old:
break out the sails again!
We're out to see a Realm of Gold
beyond the Spanish Main.

We're sick of all the cringing knees,
the courtly smiles and lies
God, let Thy singing channel breeze
lighten our hearts and eyes!
Let love no more be bought and sold
for earthly loss or gain;
We're out to seek an Age of Gold
beyond the Spanish Main.

Beyond the light of far Cathay,
beyond all mortal dreams,
Beyond the reach of night and day
Our El Dorado gleams,
Revealing - as the skies unfold -
A star without a stain,
The Glory of the Gates of Gold
beyond the Spanish Main.

Walk outside – 10 mins (or longer) each morning

Take a stroll in your garden or up and down your street, if you are allowed.
Enjoy the sights, smells, and how it feels to be outside.

Remember I am available to give you help. I would love a phone call if you get stuck or have any questions. Just get your parent's permission – and get them to say hi to me at the start of the phone call. 😊

Morning Verse:

I look into the world
Wherein there shines the sun
Wherein there gleam the stars
Wherein there lie the stones.
The plants they live and grow.
The beasts they move and live.
And man to spirit gives
A dwelling in his soul.
I look into the soul.
That living dwells in me
God's spirit lives and weaves
In light of sun and soul
In heights of worlds without
In depths of soul within
Spirit of God, to thee,
I seeking turn myself
That strength and grace and skill
For learning and for work
In me shall live and grow.

