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| Metacognitive strategies The learning sequence in the next two columns is spilt into a number of sessions. Each session will have a main metacognitive focus but will often include other elements as well. The metacognitive strategies are listed below. | Foundation Tasks (offline and online)Image result for reading cartoon  |
|  To design an Anglo-Saxon purse.  |
|  | **PE** Can you create your own workout routine? Maybe it will be cardio focused… or maybe you’d like to create a relaxing yoga routine. **PSHE**Super HeroesDraw a self portrait as a Super Hero (Yellow books)Write underneath to describe their special power, EG I am Super\_Elsie, I am kind to everyone and always helping others.**Art**Continue designing your Anglo Saxon purse. If you have a needle and thread at home, you could practise a running stitch and blanket stitch. These videos will show you how. Running stitch: <https://www.youtube.com/watch?v=i1-B01FB56s>Blanket stitch: <https://www.youtube.com/watch?v=S9zegUYdPmg>**Superhero Theme Week**Take a look in the **superhero folder** for some fun activities to complete during theme week! ☺  |
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