

Year 1

Home Learning

Week 7

This week the task 3 focus is on keeping ourselves happy, healthy and safe. We have given activities to help children to take a break or manage their emotions and remind them how to keep safe online. We hope these will be useful during such challenging circumstances.

Monday	<p>Task 1 - Literacy - Verbs - Watch this video on verbs https://www.bbc.co.uk/bitesize/topics/zrqqtfr/articles/zpxhdxs Can you use these verbs in a sentence? Jumping, singing, write, sliding, sit, munching, drinking, sleep. Can you think of any of your own?</p> <p>Task 2 - Maths - Addition - How many different addition sums can you make using the numbers below? You can use counting on, your hundred square, number line or drawings to help you to find the answers.</p> <p>Task 3 - Self esteem yoga - Try the yoga poses below to help you to relax, feel good and get some exercise!</p>
Tuesday	<p>Task 1 - Literacy - Epic books - We have signed you up to an amazing library of books! We have picked a book for you to read today. Enjoy!</p> <p>Task 2 - Maths - Counting with tens and units - go onto https://www.bbc.co.uk/bitesize/articles/z69fy9q This page is the bbc bitesize and white rose lesson for counting in tens and ones. Watch the videos and try to complete the challenge set. There is a worksheet you can then print (It is also below) or if you do not have a printer can you draw in your book how many tens and ones are in these numbers. 12, 26, 38, 47, 54, 28.</p> <p>Task 3 - Make a healthy snack - Can you make your own smoothie? Add your favourite fruit to a blender, add juice or ice and blend! If you do not have a blender you could create your own fruit kebab or fruit face.</p>
Wednesday	<p>Task 1 - Literacy - Instructions - Can you draw a set of 4/5 pictures to show the steps needed to make a fruit smoothie? There is an extra task on purple mash you can do where you need to order pictures for making a smoothie if you would like to do that too!</p> <p>Task 2 - Maths - Log into your purple mash account and complete the maths activity called matching models (+ and -). An adult may need to help you to read the questions. If you can not log into purple mash can you compare the pairs of numbers below by writing them in your books and showing how many tens and ones are in each number. Then circle the biggest number. For example 36 and 48 you would draw the tens and ones for each and then circle the numbers 48 as it is the bigger number. Can you explain to an adult why that number is bigger? How do you know?</p> <p>Task 3 - Internet safety - watch this video about 5 ways to stay safe online. https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-staying-safe-online Can you create a poster in your book about how to stay safe online? You could put it up in your window to remind others. If you can't watch a video there is a poster below to remind you of the ways to stay safe.</p>

Thursday

Task 1 - Literacy - Instructions - Can you write your own set of instructions for how to make a healthy smoothie? Can you use the words first, next, then and finally? Remember to add detail to your instructions to they are easy to follow!

Task 2 - Maths - Can you solve these addition sums? Write the sums and answers in your home learning book.

$$27 + 4 = \qquad 22 + 10 =$$

$$16 + 8 = \qquad 28 + 12 =$$

$$31 + 9 = \qquad 20 + 10 =$$

Task 3 - Mindfulness cards - Below are some mindfulness challenges. Can you complete these? How did you feel afterwards?

Friday

Task 1 - Phonics - Try to watch the new daily phonics lesson on YouTube (see link below). If you cannot access the internet can you find these digraphs in words in your home reader or any book at home? igh, oa, ea, wh, oy, ow. Use your sound mat in your packs to help you if you are not sure what the sounds are.

Challenge: Can you write these words in a sentence?

Task 2 - Maths - Multiplication practise - How quickly can you write or say the 2 5 and 10 times tables? How far can you go? Use your number line or hundred square to show how many jumps you add on each time. Can you jump across the room saying each number as you go?

Task 3 - Exercise - Having fun and exercising is a great way to release energy and smile! Try one for more of these websites below to get you moving.

Try this Oti Mabuse dance class

<https://www.youtube.com/watch?v=LieVOtvZXeOif> you don't want to do this one pick a different one on her you tube page.

Try a go noodle get moving 5 minute burst!

<https://www.youtube.com/watch?v=etYhiq9hM8A>

Extra mindfulness challenge!! - Laughing is a great exercise for the mind and tummy! How many people can you make laugh in your house? You could tell a joke, pull a funny face or do a funny dance!

New: Starting Monday 27th April 10.00am - 11.00am daily phonics lessons on YouTube funded by the Department of Education.

Daily lessons are also available via BBC bitesize. You can access these lessons via this link <https://www.bbc.co.uk/bitesize>

Try to continue to read for 5 minutes each day. Remember to fill in your reading stars box at the front of your reading diary!

Monday Task 1 -

How many sums can you make using these numbers?

5, 20, 14, 8, 46, 12, 2, 10

Monday Task 3 - Self-esteem yoga

Yoga Cards

Downward-Facing Dog - Adho Mukha Svanasana

Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

Benefits

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



Yoga Cards

Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



Yoga Cards

Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



Tree Pose - Vrikasana

Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



I am strong.



I am brave.



I am wise.



I am kind.



I am friendly.



Wednesday Task 2 -

34 and 21

28 and 42

16 and 32

50 and 12

34 and 36

24 and 30

Wednesday Task 3

Online Safety

Follow the **SMART** rules to help stay safe online.

S Stay **safe** online by not sharing your personal information. 

M Do not **meet** anyone who you have only become friends with online. 

A Do not **accept** messages and friend requests from people you do not know. 

R Not everything online is **reliable**. People online are strangers and you can't always trust everything they say. 

T **Tell** an adult you trust if anything happens online that you do not like. 

Be careful what you share online!
Stop and think before you share information online.
Don't say or do anything that you wouldn't do in the real world!



Thursday Task 3

Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.



Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.



At the same time of every day, think of one thing to be thankful for.



Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.

