

Year 1 - Day 7	
30 mins	<p><b>Get active / wake up shake up</b></p> <p>Look at the link to Go Noodle. Can you do the moves and get active?  <a href="https://www.youtube.com/watch?v=etYhiq9hM8A">https://www.youtube.com/watch?v=etYhiq9hM8A</a></p>
10 mins	<p><b>Handwriting</b></p> <p>Complete page 17 of your handwriting book.</p>
40 mins	<p><b>Maths</b></p> <p>You are going to continue adding today. You can add by holding the first number in your head and then counting on. For example <math>12 + 7 =</math> Put 12 in your head and count on 7. Complete page 38 in your maths book.  <b>Challenge:</b> Can you recall your number bonds to 20? Write down all the pairs of numbers that make 20. For example <math>1 + 19 = 20</math>, <math>2 + 18 = 20</math>. Find the rainbow number bond sheet in your pack and complete it.</p>
Break	
20 mins	<p><b>Phonics</b></p> <p>Watch the phonics video and join in with the sounds.  <a href="https://offschool.org.uk/fun-with-stories-and-words/revision-of-phase-2-and-3-sounds/">https://offschool.org.uk/fun-with-stories-and-words/revision-of-phase-2-and-3-sounds/</a>  Today we are going to learn the sound 'ow'. Watch the lesson below and join in with reading the words. When you get to the writing part pause the video so you have time to try to write the word before the teacher writes it.  <a href="https://offschool.org.uk/fun-with-stories-and-words/an-introduction-to-the-phoneme-ow/">https://offschool.org.uk/fun-with-stories-and-words/an-introduction-to-the-phoneme-ow/</a></p>
30 mins	<p><b>Literacy</b></p> <p>You are going to describe the three bears today. Listen to the story again to remind yourself about the characters - <a href="https://www.bbc.co.uk/programmes/p02j8v46">https://www.bbc.co.uk/programmes/p02j8v46</a> Log on to your Purple Mash account and draw the three bears in 2 Paint. Think of words to describe each bear and type them in. If you save your work, your teacher can mark it.</p>
Lunch	
15 mins	<p><b>Reading</b></p> <p>Read your home reader book.  Which sight words can you find? Can you copy them into you book?  <b>Challenge:</b> Can you find these words in another book in your home?  Watch this clip to remind yourself how to read out loud  <a href="https://www.bbc.co.uk/teach/supermoovers/ks1-english-reading-aloud-with-the-worst-witch/zh6cpg8">https://www.bbc.co.uk/teach/supermoovers/ks1-english-reading-aloud-with-the-worst-witch/zh6cpg8</a></p>
15 mins	<p><b>Wellbeing</b></p> <p>You are going to be building your concentration and resilience muscles today. Try to complete the 'beanbag' challenge. Find the instructions in your pack. If you don't have a bean bag, you can use a pair of socks rolled up. Try to balance them on each knee. <b>Challenge:</b> What other parts of your body can you balance the 'beanbag' on?</p>
30 mins	<p><b>Non-Core - History</b></p> <p>Watch this clip if you can, about toys from the past:  <a href="https://www.stedward.bham.sch.uk/toys-through-time/">https://www.stedward.bham.sch.uk/toys-through-time/</a> What do you notice about these toys? Do they look different to the toys you play with? Do any look similar to the toys you play with today? What materials are they made from? Logon to your Purple Mash account and complete the assigned task, sorting old and new toys.  <b>Challenge:</b> Talk to an adult in your house about the toys they played with. Are they the same or different to the toys you have?</p>
Break	
10 mins	<p><b>Gratefulness</b></p> <p>Research shows that you can teach your brain to think positively by finding something you are grateful for each day!  At the end of every day we want you to think of something you are grateful for and draw it or write it in the hearts below.</p>
15 mins	<p><b>Storytime</b></p> <p>Listen to a story. An adult could read you a story or you can listen to one online.</p>