

Year 1 - Day 8	
30 mins	<p><b>Get active / wake up shake up</b></p> <p>Do the dinosaur stomp! What do you notice happens to your heart and breathing? Follow this link if you can <a href="https://www.youtube.com/watch?v=Imhi98dHa5w">https://www.youtube.com/watch?v=Imhi98dHa5w</a></p>
10 mins	<p><b>Handwriting</b></p> <p>Complete page 18 of your handwriting book.</p>
40 mins	<p><b>Maths</b></p> <p>Watch this clip to remind yourself about subtraction. <a href="https://www.bbc.co.uk/bitesize/topics/zwv39j6/articles/ztpmrwx">https://www.bbc.co.uk/bitesize/topics/zwv39j6/articles/ztpmrwx</a> Now complete page 31 in your maths book.</p> <p><b>Challenge:</b> Can you form all your numbers to 20 correctly? Try to write all your numbers as neatly as you can.</p> <p>Can you match these number words to the correct digit? ten, six, one, three, nine, five, seven, two, eight, four</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 'or' . 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.</p> <p><a href="https://offschool.org.uk/fun-with-stories-and-words/an-introduction-to-the-phoneme-or/">https://offschool.org.uk/fun-with-stories-and-words/an-introduction-to-the-phoneme-or/</a></p>
30 mins	<p><b>Literacy</b></p> <p>Watch this clip about adjectives. <a href="https://www.bbc.co.uk/bitesize/topics/zrqqtftr/articles/zy2r6yc">https://www.bbc.co.uk/bitesize/topics/zrqqtftr/articles/zy2r6yc</a> You are going to describe Goldilocks today. Draw a picture of her in your book or login to Purple Mash. Think of words to describe her. Think about what she looks like, how she behaves and how she feels. Write a list of adjectives describe her. Now use these adjectives to write sentences.</p>
Lunch	
15 mins	<p><b>Reading</b></p> <p>Find the reading comprehension sheet in your pack. Try to read the sentences and answer the questions. Watch the alphabet song: <a href="https://www.youtube.com/watch?v=jYeMpUdufNk">https://www.youtube.com/watch?v=jYeMpUdufNk</a> Write down each letter from the alphabet in your book. Check that you have remembered them all by looking at the alphabet sheet in your pack. Can you find things around your home or in your garden that start with each letter of the alphabet? Write or draw the things beside each letter.</p>
15 mins	<p><b>Wellbeing</b></p> <p>Things that make you feel happy. In your pack is a sheet with thought bubbles on. In each bubble draw something that makes you feel happy. This could be anything, your favourite food, toy, TV programme, a good friend.</p>
30 mins	<p><b>Non-Core- History</b></p> <p>Logon to your Purple Mash account. Look at the slideshow of old toys. Think about words you can use to describe them. Can you tell what materials they are made from? Play the matching game which has been set for you on Purple Mash.</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>